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STUDY ON ANXIETY AMONG FEMALE COLLEGE STUDENTS

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Abstract:

The aim of the present study is to find out the level of anxiety among female college students. 60 samples were selected on the basis of random sampling method. Hamilton anxiety scale is used to measure the level of anxiety among the female college students (HAM-A.1959). 't'-test is used to test the hypothesis. Result found that there is significant difference in Anxiety between the female psychology college students and non psychology female college student. ($P < 0.05$).

keywords:

Anxiety, college students.

INTRODUCTION:-

Anxiety (also called angst or worry) is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. It is also associated with feelings of restlessness, fatigue, concentration problems, and muscle tension. However, anxiety should not be confused with fear, which is more of a dreaded feeling about something which appears intimidating and can overcome an individual. Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. However, when anxiety becomes overwhelming, it may fall under the classification of an anxiety disorder. Anxiety can be confused with fear. However, fear is concrete, (a real danger) whereas anxiety is the paranoia of something out there that seems menacing but may not be menacing, and, indeed, may not even be out there. Because anxiety disorders are a group of related conditions rather than a single disorder, they can look very different from person to person. One individual may suffer from intense anxiety attacks that strike without warning, while another gets panicky at the thought of mingling at a party. Someone else may struggle with a disabling fear of driving, or uncontrollable, intrusive thoughts. Yet another may live in a constant state of tension, worrying about anything and everything. Despite their different forms, all anxiety disorders share one major symptom: persistent or severe fear or worry in situations where most people wouldn't feel threatened.

EMOTIONAL SYMPTOMS OF ANXIETY

In addition to the primary symptoms of irrational and excessive fear and worry, other common emotional symptoms of anxiety include:

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STUDY ON ANXIETY AMONG FEMALE COLLEGE STUDENTS



Feelings of apprehension	Irritability
Trouble concentrating	Restlessness
Feeling tense and jumpy	Watching for signs of danger
Anticipating the worst	Feeling like your mind's gone blank

PHYSICAL SYMPTOMS OF ANXIETY

Anxiety is more than just a feeling. As a product of the body's fight-or-flight response, anxiety involves a wide range of physical symptoms. Because of the numerous physical symptoms, anxiety sufferers often mistake their disorder for a medical illness. They may visit many doctors and make numerous trips to the hospital before their anxiety disorder is discovered.

Common physical symptoms of anxiety include:

Pounding heart	Tremors and twitches
Sweating	Muscle tension
Stomach upset or dizziness	Headaches
Frequent urination or diarrhea	Fatigue
Shortness of breath	Insomnia

In most cases, anxiety attacks respond quickly to treatment, Anxiety treatment can often rapidly and effectively help the individual regain control.

HYPOTHESIS

There may be a significant difference in anxiety level between female psychology college students and non psychology female college student

Need of the study

Anxiety and anxiety related conditions are the most common psychological Problem of the female. As a symptom, anxiety is a final common pathway for many Conditions, physical as well as psychological. Anxiety disorders are under intensive Study to find out their etiologies and clinical outcomes, this study aim intends to assess the efficacy of supportive reducing the anxiety

Research Design

Survey research design was adopted and sample size of the study was 60. (30 female psychology college students and 30 non psychology female college students.) They were selected on the basis of random sampling technique. Hamilton Anxiety scale was used to find the level of anxiety of the college students. The HAM-A was one of the first rating scales developed to measure the severity of anxiety symptoms, and is still widely used today in both clinical and research settings. The scale consists of 14 items, each defined by a series of symptoms, and measures both psychic anxiety (mental agitation and psychological distress) and somatic anxiety (Physical complaints related to anxiety). Although the HAM-A remains widely used as an outcome measure in clinical trials, it has been criticized for its sometimes poor ability to discriminate between anxiolytic and antidepressant effects, and somatic anxiety versus somatic

side effects. Each item is scored on a scale of 0 (not present) to 4 (severe), with a total score range of 0–56, where greater than 17 indicates mild severity, 18–24 mild to moderate severity and 25–30 moderate to severe. Initially, 69 samples were administered and out of them, responses of 9 samples were omitted since their data was incomplete. Independent sample 't' test was applied to find the difference.

RESULT AND DISCUSSION

Table 1 : 't' VALUE AND LEVEL OF SIGNIFICANCE FOR THE LOCALITY

Locality	N	Mean	S.D	't'-value	L.S
Rural	30	56.50	5.689	3.24	0.05
Urban	30	68.70	9.917		

LEVEL OF THE SIGNIFICANCE 0.05

From the above table it is inferred that rural group students obtained the mean value of 56.50 and the Urban group students obtained the Mean value is 68.70, By comparing the both group Urban students having the High level of Anxiety. This is statistically confirmed by the obtained t-value which is significant at 0.05 level. So, null hypothesis is not accepted and alternative hypothesis accepted

Table 2 SHOWING 't' VALUE AND LEVEL OF THE SIGNIFICANCE FOR THE AGE LEVEL

Age	N	Mean	S.D	"t" value	L.S
17-20	30	47.00	6.801	1.80	N S
21-above	30	44.00	9.257		

LEVEL OF THE SIGNIFICANCE 0.05

It is evident from the table respondent whose age is 17 to 20 scored mean value of 47.00 and age above 21 scored mean value 44.00 this mean difference is statistically not confirmed since the t value less than so null hypothesis accepted, alternative hypothesis rejected so age is not influencing factor for anxiety. This is statically confirmed by the obtained t which is significant at 5%level.

Table 3
SHOWING 't' VALUE OF THE SIGNIFICANCE AND FOR THE TYPE OF FAMILY LEVEL

Type of family	N	Mean	S.D	't' value	L. S
Nuclear	30	35.40	9.97	.128	N S
Joint	30	33.80	7.82		

It is evident from the table respondent type of family nuclear family obtained mean score value of 35.40 and joint family obtained mean score value of 33.80. This mean difference is statistically not confirmed. so null hypothesis accepted, alternative hypothesis rejected so type of family is not influencing factor for anxiety. This is statically confirmed by the obtained t which is significant at 5%level.

CONCLUSION

Locality is an influencing factor to determine the anxiety level so alternative hypothesis accepted Null hypothesis not accepted. Therefore Urban female students have high level of anxiety.
Age is not an influencing factor to determine the various level of anxiety so Null hypothesis is accepted
Type of family is not an influencing factor to determine the various level of anxiety so Null hypothesis is accepted

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