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A study on academic anxiety of college students

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ABSTRACT:

Anxiety have become common problem for many college students. The purpose of this study was to investigate students' academic anxiety at the college level. The descriptive survey research method was used for the study and the sample consisted of 56 college students (28 male and 28 female) which were selected randomly from Govt. PG College Haldwani Uttarakhand. Academic Anxiety Scale by Dr. Pooran Jain and Smt. Neelam Jain was used. The result of the study showed that: (1) (2) there is no difference between male and female students' in their academic anxiety. There is no difference between Arts and commerce students' in their academic anxiety. Based on research findings, researchers suggest that the psychological counselling and guidance services of colleges must be functionalized and improved to moderate students' academic anxiety.

Key: Academic anxiety, college student

Introduction:

Education is one of the best processes of development. In this century, everywhere in educational field, there is a race, a tuff competition. To survive in this competition, students always feel some pressure and tension in their academic field as the academic achievement is important for taking decision in future life.

This type of pressure and tension in academic field create uncontrollable nervousness, stress, and fear among students, called academic anxiety (Encyclopedia of Children's health). With other types of anxiety, a little quantity of academic anxiety is normal for the students but when it extreme, adrenal gland become more active and a biochemical change starts in body and mind (Jay D. Tarnow). As a result of academic anxiety in students creates psycho-physiological situation such as headache, hypertension, insomnia and other conditions.

So for good academic achievement, stress free learning is necessary. Both parents and teachers agree that there is lot of pressure on students in the way (standardized testing) of their academic achievement (Barksdale-Ladd & Thomas, 2000). A notable academic anxiety always creates negative environment for the students. Anxiety is complicated psychological situations which have an effect on cognitive, behavioral and psychological states (Putnam 2010). Anxiety disorders are common mental health conditions among all children in almost every field of their life specially in the academic field. Anxiety can be classified into three sections in which academic anxiety is situation-specific form of anxiety related to academic circumstances (Tohill & Holyoak, 2000).

Objective:

- Study of family background of youth undergoing Academic anxiety.

- To ascertain the socio-economic status of youth undergoing Academic anxiety.
- To study the problems of youth going through Academic anxiety.
- To find out the difference in Academic anxiety of young boys and young girls of arts class and commerce class.
- Comparative study of Academic anxiety of young boys and young girls of arts class.
- To find the difference in Academic anxiety of young boys and young girls of commerce class.

Research hypothesis:

- The purpose of the present research was to investigate the following research hypotheses.
- There will be no significant difference between the Academic anxiety of arts class and commerce class youth.
- There will be no significant difference between the Academic anxiety of young boys and young girls in the arts class.
- There will be no significant difference between the Academic anxiety of young boys of commerce class and that of young girls.

Method and Sample:

Population and Sample of the study

Descriptive survey method was used by the investigator to collect the relevant information for the research. In the present study the sample consisted of 56 college students (28 male and 28 female) selected through stratified random sampling technique from Govt. PG College Haldwani Uttarakhand.

Tools used in the study:

For the data collection, investigator used the Academic Anxiety Scale by Dr. Pooran Jain and Smt. Neelam Jain. This test consists of 28 posts with 5 alternative answers. Highly agree, agree, uncertain, disagree highly disagree statements are awarded 5, 4, 3, 2, 1 marks respectively. The researcher created a personal information form to collect information of the subjects, which contained the subject's sex, age, religion, school, educational level, family status etc.

Research hypothesis:

The purpose of the present research was to investigate the following research hypotheses.

- There will be no significant difference between the Academic anxiety of arts stream students and commerce stream students.
- There will be no significant difference between the Academic anxiety of male and female students of arts class.
- There will be no significant difference between the Academic anxiety of male and female students of commerce class.

Limitations of the study:

- The present study has been done only on the students of Nainital district.
- The study included young people who were between 18 and 25 years old.

- The study included those youth studying in the undergraduate arts stream and those studying in the commerce stream.
- The study included only youth of Hindu religion and not youth of other religions.

Result and discussion:

The data was analyzed by used statistical techniques like, Mean, SD and t-test.

Table-1

Academic anxiety level of Art and Commerce students

S.N.	Group	Group	Mean	SD	t-value	Significant level
1	Art student	28	185.78	11.40	0.1196	0-01 0-05
2	Commerce student	28	178.85	16.13		

It is clear from the above table that 28 students of Bachelor of Arts have a mean Academic anxiety of 185.78 and the standard deviation is 11.40. The mean scale of academic anxiety for a total of 28 students of Bachelor of Commerce is 178.85. The standard deviation is 16.13. The value of t obtained is 0.1196 which is less than the value of t at 0.05 and 0.01 level of significance.

That is, there is no significant difference between the Academic anxiety of Bachelor of Arts and Commerce students. Thus, our hypothesis 1 proved to be worthwhile.

Table-2

Academic anxiety between male and female students of commerce

S.N	Group	N	Mean	SD	t-value	Significant-level
1	Male Students of commerce	14	87.64	17.42	0-3157	0-01. & 0-05
2	Female Students of commerce	14	91.21	14.38		

It is clear from the above table that total 14 young boys of commerce graduate have a mean of 87.64 in academic stress, the standard deviation is 17.42. The mean Academic anxiety of 14 young girls who graduated commerce is 91.21 The standard deviation is 14.38. The value of t obtained is .3157 which is less than the value of t at 0.05 and 0.01 level of significance. That is, there is no significant difference between the Academic anxiety of commerce graduate boys and girls. Thus, our hypothesis 2 proved to be worthwhile.

Table-3

Academic anxiety between Male and female students of arts

S.N.	Group	N	Mean	SD	t' value	Significance level
1	Male student	14	94.07	7.21	0.2969	0-01 & 0-05
2	Female students	14	91.71	12.17		

It is clear from the above table that the mean Academic anxiety of total 14 young boys of Bachelor of Arts is 94.07. The standard deviation is 7.21. The mean Academic anxiety of 14 young girls of Bachelor of Arts is 91.71. The standard deviation is 12.17. The value of t obtained is 0.2969 which is less than the value of t at 0.05 and 0.01 level of significance. That is, there is no significant difference between the Academic anxiety of arts stream boys and girls. Thus, our hypothesis 3 proved to be worthwhile.

Conclusion:

- There is no significant difference between the Academic anxiety of Bachelor of Arts and Bachelor of Commerce students. Thus, our hypothesis 1 proved to be worthwhile.
- There is no significant difference between the Academic anxiety of commerce graduate boys and girls. Thus, our hypothesis 2 proved to be worthwhile.
- There is no significant difference between the Academic anxiety of bachelor of arts boys and bachelor of arts girls. Thus, our hypothesis 3 proved to be worthwhile.

Suggestion -

- To overcome Academic anxiety, it is necessary to be theoretical and practical.
- Yoga classes are very important for the students studying in the college every day.
- Work place in the college from time to time; Workshops and seminars should be organized.
- It is mandatory to have a counselor for the Academic anxiety of the students in the college.
- To remove the Academic anxiety of the students, it is sure to motivate them towards sports, entertainment, social work.
- To understand the ideological relationships and practical qualities of the students by the college, it is mandatory for the teachers to hold monthly meetings with the parents of the students.

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