

A STUDY ON GENERAL ANXIETY AMONG POST GRADUATE STUDENTS IN SALEM DISTRICT

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Abstract

This study is intended to study on General Anxiety among Post Graduate Students in Salem District. The Normative Survey method has been adopted to study the General Anxiety among Post Graduate Students. The General Anxiety Scale was used for the study. The present study was conducted with 250 Post Graduate Students in Salem District. The findings revealed that the Female students are having high mean scores than the Male students. It is because of the fact that Female Post Graduate Students have lot of exposure to develop their attitude of General Anxiety level. There is no significant difference between Rural and Urban Post Graduate Students with respect to their General Anxiety level. There is no significant difference among Government, Government Aided and Private College Post Graduate Students in their General Anxiety level.

Keywords: *General Anxiety, Post Graduate Students and Salem District.*

Introduction

Anxiety is generally characterised as “normal” or “neurotic” depending on whether an individual’s reaction seems appropriate or not to the situation that caused it. Sigmund Freud considered normal or objective anxiety reactions to be the reactions to real threats in the outside world and neurotic anxiety reactions to be the result of unacceptable internal impulses that the individual is striving to control. “Anxiety” is described in DSM-11 (Diagnostic and Statistical Manual of Mental Disorders), as the chief characteristic of neuroses. It may be felt and expressed directly or it may be controlled unconsciously. It is in this context that George W. Kisker has defined neurosis as “a pattern of maladaptive behaviour in which a person responds to life stress with persistent anxiety or other behaviour representing attempts to control the anxiety”.

Related Literature

Yazici, K. (2017) studied "The Relationship between Learning Style, Test Anxiety and Academic Achievement of Social Science Pre-service Teachers". It was found in the study that there was no significant relationship between test anxiety and academic achievement. A significant relationship was also found between the

competitive learning style and test anxiety. There was no effect of gender on test anxiety.

Hasan Mohammad (2016) enquired about the "Academic Anxiety of the Male and Female Secondary Students in Relation to Their Academic Achievement" with some objectives like finding out the relationship between the academic anxiety and academic achievement, knowing the effect of high and low academic anxiety on academic achievement, finding the impact of high and low academic anxiety on academic achievement of male and female students and investigating the effect and impact of high and low academic anxiety on the academic achievement. The entire study was conducted on the secondary school students. The results had shown that there was a negative correlation between academic anxiety and academic achievement. Again, no difference was found between academic achievements of high and low academic anxiety groups of male and female secondary school students. But, a significant difference was found between the academic achievement of low academic anxiety groups of male and female secondary students.

Objectives of the Study

The objectives of the study are:

1. To find out the General Anxiety among Male and Female Post Graduate Students.
2. To find out the General Anxiety among Rural and Urban Post Graduate Students.
3. To find out the General Anxiety among Type of Management of Post Graduate Students.

Hypotheses of the Study

The study has been designed to verify the following hypotheses:

1. There is no significant difference between Type of Gender of Post Graduate Students with respect to General Anxiety.
2. There is no significant difference between Type of Locality of Post Graduate Students with respect to General Anxiety.
3. There is no significant difference among Type of Management of Post Graduate Students with respect to General Anxiety.

Methodology

In the present study, the investigator has employed the Normative survey method.

Tool Used for The Study

To verify the framed hypotheses, the following tool was used in the present investigation. The Tool sinha's Anxiety scale developed by Durganand Sinha.

Sample Selected for The Study

The samples were collected from Arts and Science college students in Salem district. A total number of 250 Post Graduate Students were contacted for this study. Among these 250 students 125 students are Male and remaining 125 students are Female.

Analysis and Interpretation of Data

To find the meaningful interpretation of raw scores, the data analyzed using Mean, SD, 't' test and F test.

Hypothesis - 1

There is no significant difference between Type of Gender of Post Graduate Students with respect to General Anxiety.

Table 1 Mean, SD and 't' value for the scores on Post Graduate Students General Anxiety with respect to Gender

Type of Gender	N	Mean	SD	SED	't' Value	5% level of Significance
Male	125	147.79	4.40	0.39	2.232	Significant
Female	125	149.16	5.24	0.46		

Interpretation

From the above table, it is inferred that the calculated 't' value (2.232) is greater than the table value (1.96) at 0.05 level of significance. Hence, the Null hypothesis is rejected. It is concluded that there is a significant difference between male and female with respect to General Anxiety among Post Graduate Students. To compare the mean scores of Male and Female students, Female students mean score is better than the Male students in General Anxiety level.

Hypothesis - 2

There is no significant difference between Type of Locality of Post Graduate Students with respect to General Anxiety.

Table 2 Mean, SD and 't' value for the scores on Post Graduate Students General Anxiety with respect to Type of Locality

Type of Locality	N	Mean	SD	SED	't' Value	5% level of Significance
Rural	111	148.62	5.00	0.47	0.421	Not Significant
Urban	139	148.35	4.79	0.40		

Interpretation

From the above table, it is inferred that the calculated 't' value (0.421) is less than the table value (1.96) at 0.05 level of significance. Hence, the Null hypothesis is accepted. It is concluded that there is no significant difference between Type of Locality of Post Graduate students with respect to General Anxiety.

Hypothesis – 3

There is no significant difference among Type of Management of Post Graduate Students with respect to General Anxiety.

Table 3 Mean, SD and F- ratio for the scores on Post Graduate Students General Anxiety with respect to Type of Management

Sources of variation	Sum of Squares	df	Mean sum of Squares	F-ratio	5% level of significance
Between Groups	136.09	2	68.04	2.897	Not significant
Within Groups	5802.25	247	23.49		
Total	5938.35	249			

df = 2, 247

Interpretation

From the above table, it is inferred that the calculated 'F' value (2.897) is less than table value (2.99) at 0.05 level of significant. Hence, the Null hypothesis is accepted. It is concluded that there is no significance difference among Government, Government Aided and Private College Post Graduate Students with respect to General Anxiety level.

Findings of the Study

1. There is a significant difference between Male and Female Post Graduate Students with respect to General Anxiety. Female students have better attitude towards General Anxiety than Male students.
2. There is no significant difference between Type of Locality of Post Graduate Students with respect to General Anxiety.
3. There is no significant difference among Government, Government Aided and Private College Post Graduate Students with respect to General Anxiety level.

Conclusion

From the above study it is inferred that the mean scores of Male and Female Post Graduate Students, Female Post Graduate Students Mean score is better than the Male Post Graduate Students in General Anxiety level. It is because of the fact that Female Post Graduate Students have lot of exposure to develop their attitude of General Anxiety level. There is no significant difference between rural and urban with respect to General

Anxiety among post Graduate students. There is no significant difference among Government, Government Aided and Private College Post Graduate Students in their General Anxiety level.

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