THE IMPACT OF HEALTH ANXIETY ON ACADEMIC ACHIEVEMENT AMONG HIGHER SECONDARY STUDENTS

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Abstract

The present study examines the relationship between health anxiety on academic achievement among higher secondary students. Health anxiety on the academic achievement scale was administered to 300 higher secondary students. The investigator has adopted the normative survey method. The sample has consisted of 300 higher secondary students. Health Anxiety Scale developed and standardized by Muthumanickam, A and Prabaharan, I (2009). The results revealed that there is a positive definite significant relationship between health anxiety and academic achievement of higher secondary students.

Keywords: Health Anxiety, Academic Achievement and higher secondary students

Introduction

The term anxiety originates from the Latin word "anxietus" which denotes an experience of varying kind of uncertainly, agitation and dread. Anxiety has become one of the most important phenomena of the present age. It is a nodal problem of the present generation. The 17th century has been called the "age of enlightment", 18th century the "age of reason", 19th the age of progress", 20th century "the age of anxiety". The Dictionary of education define anxiety as apprehension, tension (or) uneasiness characterized by fear, dread (or) uncertainly, the source of which is largely unknown (or) unrecognized by the individual. Many investigators have studied this concept and have interpreted it differently. Anxiety is one of the dynamic personality variable which act as barrier to learning. There are various forms of anxiety. This study intends to study the level of test-anxiety among the secondary students.

Anxiety

Nervousness is a mental reaction to a genuine or envisioned danger. It is a complex enthusiastic state portrayed by an overall dread or premonition generally joined by strain. It is identified with anxiety and dread and is regularly connected with disappointment, either genuine or expected. It frequently has to do with entomb individual relations and social circumstances. Sensations of dismissal and instability are generally a piece of tension. As indicated by Ice (1970), Tension is an anxiety and sensation of premonition regularly discovered when an individual is going to set out on a perilous endeavor; it is normal joined by a powerful urge to excel. Henceforth, nervousness state emerges from broken transformations to the pressure and is brought

about by over activities trying to meet these hardships. A specific measure of tension is required for top execution. Our body self-governing sensory system plans for consummation with the instinctive 'reaction which speed response time, hones our sense and expands our solidarity. Be that as it may, over the top nervousness anyway is crippling to execution. It genuinely occupies execution by causing outrageous muscle strain, windedness and sickness. Tension is a physiological reaction to a genuine or envisioned danger. It is a complex passionate state portrayed by an overall dread or premonition generally joined by strain. It is identified with anxiety and dread and is oftentimes connected with disappointment, either genuine or expected. It regularly has to do with relational relations and social circumstances. Sensations of dismissal and instability are typically a piece of uneasiness.

Higher Secondary Education

Now-a-days for the development of educational development in the country, a uniform pattern of educational, structure is followed. In this pattern, 10 years of general education followed by diversified higher secondary education of 2 years and then three years of university education is provided. In the modern parlance of all India level, higher secondary education means the education which comes after X standard. Higher secondary education occupies a prominent place in our educational ladder. It provides the link between secondary and higher education.

Need for The Study

The fundamental determinants of health, apart from the genetic constitution, are nutrition, environment and life style; the health of any rural Indian society is directly linked to it's value system, cultural traditions, socio-economic set up and political influence on the health of an individual or community. Sound mind in sound body, healthy persons only can have healthy thoughts. Due to the fast life style, students are ignoring consumption of healthy food items. Students do not bother their health till it gets suffer. Particularly adolescent female students suffer due to lot of health related issues like anemia, general weakness due insufficient intake of healthy diet. Though parents and teachers are repeatedly insisting students to have healthy diet, students ignored it and unable to concentrate on regular studies. So the investigator felt the need to study the level of health anxiety among higher secondary students. The investigator has been working as a postgraduate teacher and also shouldering responsibility as principal in a self-financed school for twenty years. Investigator could come across many girl students suffering lot, related to health issues. Hence the present title entitled "The impact of health anxiety on academic achievement among higher secondary students".

Statement of the Problem

The investigator has thought of the conduct of the present study and which is entitled **"The impact of health anxiety on academic achievement among higher secondary students"**.

Terms and Definitions

Health Anxiety: refers to fear or worry about the health of oneself.

Academic Achievement: refers to a measure of knowledge gained in formal education usually indicated by test scores, grade, grade points, average and degrees. Here, the achievement level of the student is judged by the marks that the students have scored in the half-yearly examinations.

Higher Secondary Students: refer to the girl students studying in the +1/ +2 classes in the higher secondary schools.

Variables of the Study

Dependent Variable

1. Health Anxiety
2. Academic Achievement

Objectives of the Study

The main objectives of the study are listed below

1. To find out whether there is a significant influence of independent variables viz., gender, locality, Medium of Instruction.
2. To find the correlation between health anxiety and academic achievement of higher secondary students.

Hypotheses of the Study

1. There is a significant difference in viz., gender, locality, Medium of Instruction.
2. There is no correlation between health anxiety and academic achievement of higher secondary students.

Review of Related Literature

Shang, Lili; Zuo and Meiyun(2020) conducted a study on Investigating Older Adults' Intention to Learn Health Knowledge on Social Media, Bountiful wellbeing information assets are accessible via web-based media to work with innovation improved information learning among more seasoned grown-ups. The target of this examination is to research the indicators and the fundamental arrangement system of more seasoned grown-ups' goal to learn wellbeing information via online media. We propose an original model to analyze how more seasoned grown-ups' passionate state (i.e., wellbeing uneasiness) and intellectual state (i.e., e-wellbeing education) during information procurement impact danger examination (for example seen seriousness and saw helplessness) and adapting evaluation (for example self-viability and saw

benefits), accordingly molding more established grown-ups' expectation to learn wellbeing information. Review information from 337 Chinese more established grown-up clients of online media was gathered to test the exploration model. Results uncover that apparent weakness, self-viability and saw benefits apply beneficial outcomes on more seasoned grown-ups' wellbeing information learning goal, while the effect of apparent seriousness on wellbeing information learning goal isn't genuinely huge; wellbeing tension is decidedly associated with seen seriousness and seen powerlessness, and e-wellbeing proficiency is an incredible indicator of self-adequacy and saw benefits. This paper improves the writing identified with innovation upgraded information learning and online wellbeing conduct among more seasoned grown-ups. Viable methodologies are proposed dependent on the discoveries for specialists committed to advancing wellbeing information by means of online media and more established grown-ups who apply wellbeing information to address wellbeing related requirements.

METHODOLOGY- IN- BRIEF
Design: Descriptive
Method: Normative
Technique: Survey

Population for the Study
Population is the aggregate or totality of objects or individuals, who are proposed to be covered under the scheme of study. The population for the present study is higher secondary school students in Madurai district.

Sample of the Study
A stratified representative sample of 300 students constituted from eight Government and Government aided and Matriculation Schools recognized by the Department School Education, Tamil Nadu, situated in Madurai District Districts with due representation given to the variables viz., Gender, Location and Medium of Instruction.

Tools
The following tool was used by the investigator for the data collection: Health Anxiety Scale developed and standardized by Muthumanickam, A and Prabaharan, I (2009).

Statistical Treatments
The statistical treatments employed in the study are listed below:
  i.   't' test for significance of difference between the means of large independent samples.
  ii. Correlation Analysis – Pearson's Product Moment Correlation –'r'

Health Anxiety among the Higher Secondary Students: Gender–Wise
Null Hypothesis: 1

There is no significant difference between students male and female of higher secondary students in their health anxiety

Table 1 Significant difference between students male and female of higher secondary students in their health anxiety

Variable	Sub-variables	N	Mean	SD	't' - value	Significance At 0.05 level
Gender	Male	146	45.68	5.91	4.29	S
	Female	154	43.02	4.80		
Locality	Rural	160	45.09	5.384	2.63	S
	Urban	140	43.43	5.575		
Medium	Tamil	161	44.95	5.512	2.15	S
	English	139	43.58	5.474		

(At 5% level of significance the table value of "t" is 1.96)

The obtained 't' value 4.29 is greater than the table value 1.96 at 0.05 level of significance. Null hypothesis is "There is no significant difference between students male and female of higher secondary students in their health anxiety." rejected. Hence there is significant difference between students male and female of higher secondary students in their health anxiety. When compare male and female students, male students (M=45.68) have higher health anxiety than female (M=43.02) students in their health anxiety with respect to gender.

The obtained 't' value 2.63 is greater than the table value 1.96 at 0.05 level of significance. Null hypothesis is "There is no significant difference between students rural and urban of higher secondary students in their health anxiety "rejected. Hence there is significant difference between students rural and urban of higher secondary students in their health anxiety. When compare rural and urban students, rural students (M=45.09) have higher health anxiety than urban students (M=43.43) in their health anxiety with respect to locality

The obtained 't' value 2.15 is greater than the table value 1.96 at 0.05 level of significance. Null hypothesis is "There is no significant difference between students Tamil and English medium of higher secondary students in their health anxiety "rejected. Hence there is significant difference between students Tamil and English medium of higher secondary students in their health anxiety. When compare Tamil and English medium students, Tamil medium students (M=44.95) have higher health anxiety than English medium students (M=43.58) in their health anxiety with respect to medium.

Academic Achievement among The Higher Secondary Students: Gender–WISE
Null Hypothesis: 1

There is no significant difference between students male and female of higher secondary students in their health anxiety

Table 2 Significant difference between students male and female of higher secondary students in their health anxiety

Variable	Sub-variables	N	Mean	SD	't' - value	Significance At 0.05 level
Gender	Male	146	73.55	9.134	2.37	S
	Female	154	75.90	8.036		
Locality	Rural	160	76.02	8.054	2.72	S
	Urban	140	73.32	9.109		
Medium	Tamil	161	73.74	8.99	2.21	S
	English	139	75.94	8.11		

(At 5% level of significance the table value of "t" is 1.96)

The obtained 't' value 2.37 is greater than the table value 1.96 at 0.05 level of significance. Null hypothesis is "There is no significant difference between students male and female of higher secondary students in their academic achievement." rejected. Hence there is significant difference between students male and female of higher secondary students in their academic achievement. When compare male and female students, Female students (M=75.90) are better than male (M=73.55) students in their academic achievement with respect to gender.

The obtained 't' value 2.72 is greater than the table value 1.96 at 0.05 level of significance. Null hypothesis is "There is no significant difference between students rural and urban of higher secondary students in their academic achievement "rejected. Hence there is significant difference between students rural and urban of higher secondary students in their academic achievement. When compare rural and urban students, rural students (M=76.02) better than urban students (M=73.32) in their academic achievement with respect to locality

The obtained 't' value 2.21 is greater than the table value 1.96 at 0.05 level of significance. Null hypothesis is "There is no significant difference between students Tamil and English medium of higher secondary students in their academic achievement "rejected. Hence there is significant difference between students Tamil and English medium of higher secondary students in their academic achievement. When compare Tamil and English medium students, English medium students (M=75.94) have higher academic achievement than Tamil medium students (M=73.74) in their academic achievement with respect to medium.

Correlating Between Health Anxiety and Academic Achievement Among the Higher Secondary Students

Null Hypothesis

There is no significant relationship between health anxiety and academic achievement among higher secondary students

Table 3 Relationship between health anxiety and academic achievement among higher secondary students

Variable	Calculated value	Count	Table value	Remarks
Health Anxiety and Academic Achievement	0.007	300	0.114	NS

It is inferred from the above table that the calculated values (0.007) is lesser than the table value (0.114) for df (300) at 5% level of significance. Hence the null hypothesis is rejected. It shows that there is no significant relationship between health anxiety and academic achievement among higher secondary students

Finding

1. There is significant difference between students male and female of higher secondary students in their health anxiety. When compare male and female students, male students (M=45.68) have higher health anxiety than female (M=43.02) students in their health anxiety with respect to gender.

2. There is significant difference between students rural and urban of higher secondary students in their health anxiety. When compare rural and urban students, rural students (M=45.09) have higher health anxiety than urban students (M=43.43) in their health anxiety with respect to locality

3. There is significant difference between students Tamil and English medium of higher secondary students in their health anxiety. When compare Tamil and English medium students, Tamil medium students (M=44.95) have higher health anxiety than English medium students (M=43.58) in their health anxiety with respect to medium.

4. There is significant difference between students male and female of higher secondary students in their academic achievement. When compare male and female students, Female students (M=75.90) are better than male (M=73.55) students in their academic achievement with respect to gender.

5. There is significant difference between students rural and urban of higher secondary students in their academic achievement. When compare rural and urban students, rural students (M=76.02) better than urban students (M=73.32) in their academic achievement with respect to locality

6. There is significant difference between students Tamil and English medium of higher secondary students in their academic achievement. When compare Tamil

and English medium students, English medium students (M=75.94) have higher academic achievement than Tamil medium students (M=73.74) in their academic achievement with respect to medium.

Educational Implications

It is known fact that poor mental and physical health will debilitate one's performance. Higher secondary school students were found to have high level of health anxiety and more among school type, nature of school, parents education, parents occupation and parents income necessitates specific unique for programmes to eradicate the health anxiety from the students.

Suggestion for the Further Research

Following are the areas of research related to the present investigation which deserves explorations:

1. In this present study, students learn health anxiety and academic achievement of higher secondary students
2. This study may be replica of the present study with other districts in Tamil Nadu.
3. This study may be replica of the present study with other variables.
4. This study may be Health anxiety among the Teacher Trainees.
5. The impact of Health anxiety among the College Students.

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