

Study on Anxiety Level of College Girls

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Abstract: Anxiety is a common symptom which is found in almost every individual of the world and especially in students today. Anxiety can be defined as a 'state of arousal'. Caused by threat to well being 'state' means a condition involving the entire organisation 'Arousal' means a condition of tension, unrest or anticipation of pain or danger or serious interference with goal seeking activities, operationally anxiety can be defined as the automatic response pattern characteristic of a particular individual organism offer the administration of a noxious stimulus. Now-a-days students face so many problems like pressure of education, financial problem, competition for different jobs and career. So anxiety is one of the most important problem in psychology. Hence present study is needed for assessment of anxiety level.

Keywords: Anxiety, College, Girls, Depression, Manifestation.

Introduction: Everyone feels anxious at times. Challenges such as workplace pressures, public speaking, highly demanding schedules or writing an exam can lead to a sense of worry, even fear. These sensations, however uncomfortable, are different from the ones associated with an anxiety disorder. People suffering from an anxiety disorder are subject to intense, prolonged feelings of fright and distress for no obvious reason. The condition turns their life into a continuous journey of unease and fear and can interfere with their relationships with family, friends and colleagues. Research on anxiety is one of the most active areas in psychology, and it has been the focus of considerable study especially in the last two decades (Abdel-Khalek & et al 2004) Anxiety disorders are the most common of all mental health problems. It is estimated that they affect approximately 1 in 10 people. Test anxiety often manifests in uncomfortable symptoms as a racing heart, trouble concentrating, and difficulty recalling and applying relevant material. When girls experience these symptoms they often turn to ineffective test-taking techniques: they give up and start filling in answers randomly, or they exert too much energy on the test by anxiously double-checking and changing answers. Either way, their scores go down. This gap in the area led the investigator to explore the combined prognostic value of self-concept, emotional intelligence and academic anxiety of visually challenged students in inclusive and exclusive schools in relation to their scholastic achievement. The self recruitment of feedback improved the students' accuracy in evaluating social skills requiring visual cues.

Objectives: To assess and causes of anxiety among college going girls.

- **Sample:** For the present study 50 samples were taken from Mata Jija Bai Govt. Girls PG College, Indore (M.P.), India, belonging to age group of 18-21 years by random sampling method.
- **Testing Tool:** In present study "Manifest of Anxiety scale" by Dr. Shrivastav and Dr. Tiwari was used to assess anxiety of the girls. In this test, 100 questions Yes or No type of item related to following areas shall be used as:
 - Psychological Manifestation
 - Ambition
 - Future

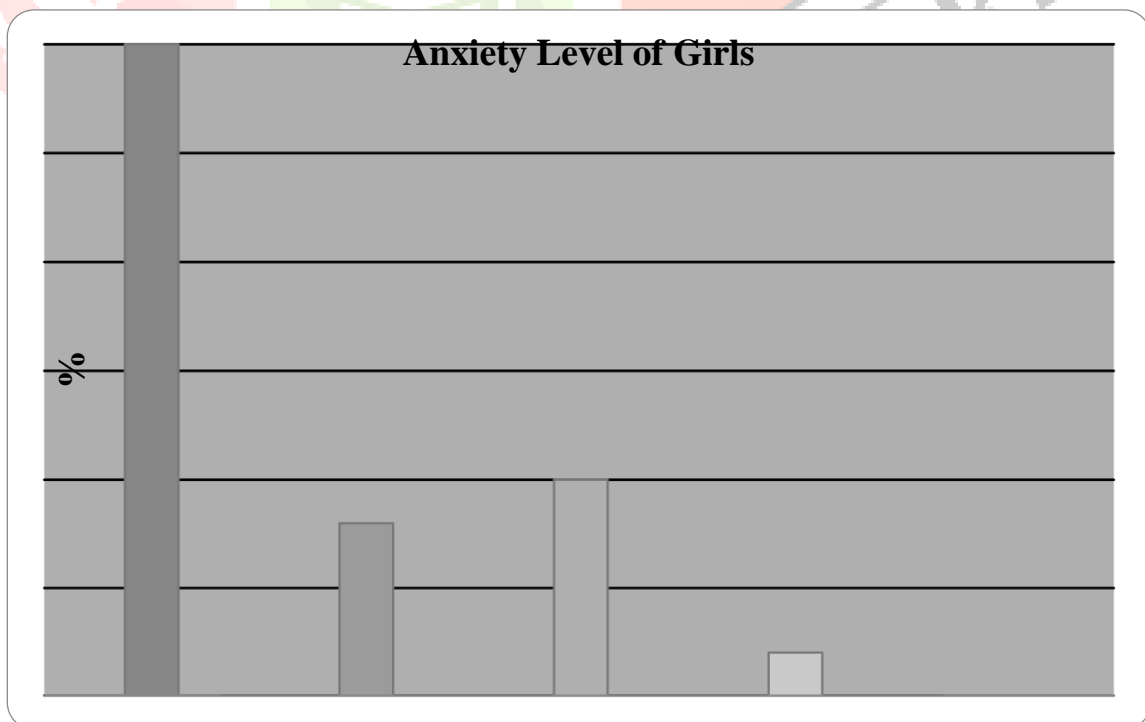
- Family
 - Relation
 - Friendship
 - Love
 - Health
 - Virtue and war
 - Shame and
 - Guilt
- Scoring of Test: Answer obtained as yes is given score of '1' according to marks obtained in screening test student were giving grading A+, A, B, C and C-. Where A+ stands for very high level of anxiety of hyper anxiety person, A stands for high anxiety, B stands for normal range, C stands for low anxiety and C- stands for very low anxiety.

Observation table:

Table 1: Showing Anxiety level of Girls

Interpretation	Category	No. of Samples	Percentage
Very high level anxiety	A+	30	60%
High anxiety	A	08	16%
Normal range of anxiety	B	10	20%
Low level anxiety	C	02	04%
Very low anxiety	C-	Nil	0%
	Total	50	100%

Sources: Collected from primary data.



Graph 1: Showing Anxiety level of College Girls

Results and Discussion: The present study shows that 60% of girls are in very high level of anxiety, 16% are in high anxiety and only 20% are normal level. Very high level of anxiety is dangerous for girls, it may lead them to depression, maladjustment, suicidal tendency and other physical and psychosomatic disorders.

Tradition maintains a hierarchical order in the family in which dominance of male over female and older over younger is observed (Fakhr-E-Islam 2000). By the same taken, Seeman (1997) basing her conclusion on the examination of the female hormones: the cyclical fluctuations of estrogens and progesterone enhance the response to stress, which confers susceptibility to depression and anxiety. In the present research opinion the anxiety score of any given person is the product of both biological and psychological factors and their interaction.

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Conclusion: The main objective of the current series of investigations was fulfilled. Girls obtained 20%, normal range of anxiety.

Suggestion and Recommendation:

- Counselling centre should be established in every Educational Institute.
- Some Yoga and meditation camp and course should be organized in Institute.
- Students should be involved in extracurricular activities like sport, games, debates, social services and cultural programmes. The promising student should be encouraged with rewarded with cash, medal and certificate awards.
- More study to undertaken on larger number of students populations.

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