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A STUDY TO ASSESS THE RISK FACTORS RELATED TO ANXIETY REGARDING EXAMINATION AMONG HIGHER SECONDARY SCHOOL CHILDREN AT SELECTED SCHOOLS OF SASARAM

¹BABLU KUMAR, ²ABHISHEK TIWARI, ³BRIJESH KUMAR VERMA, ⁴PINKI KUMARI, ⁵MOHD. AFTAB KHAN

^{1,2,3,4,5}B.Sc. Nursing 4th year Students

⁶Ms. Nandini Bhumij

⁶Assistant Professor, Dept. of MHN

Jamuhar, Rohtas

Narayan Nursing College, Jamuhar, Rohtas,

Abstract: Anxiety has to be defined as psychological and physical strain or tension generated by physical, emotional, social, economic, or occupational circumstances, events or endure Stress is a body's reaction to a change that requires a physical, mental, or emotional adjustment or response Stress can be come from any and thought that makes your feel frustrated, angry, or anxious.

Methodology- the currents study was Descriptive design (Basic pre-test only design) conducted at Shri Shankar High Secondary School. The total sample size was consisting 60 study participants were selected by using purposive non randomized sampling techniques. The data collection by the Face to face interview method by the using selfmade questionnaire. The data analysis by the descriptive inferential statistics and paired "t" test and chi-square test to determine the pre-test compliance score and selected demographic variables regarding the hand washing among school going children's

Results- In this study results revealed that the during pre-test compliance score, the majority out of 60 study participants, 77 (95.1%) had negative compliance score and, 3 (4.9%) had about 3.3%(2) of samples are at average level of anxiety score, 8.3% (5) of samples are at extremely high score, 25 % (15) of samples are at high level of anxiety score, 56.7% (34) of samples are at moderate level of anxiety score, 6.7% (4) of samples are at normal level of anxiety score. The significant of the study was between the pre-test Anxiety score and selected demographic variables such as age, gender father educational status, mother educational status, income of family, Type of family was p-value less <0.05.

Keyword- Anxiety, risk factors, pre test

I. INTRODUCTION

Anxiety literally means "a condition of extreme difficulty, pressure or strain. The word "anxiety" is derived from the latin word "string" which means "to be drawn tight".

Anxiety is a felling of apprehension or fear. The source of this uneasiness is not always known or recognize, which can add to the distress you feel.

Stress effects an individual positively or negatively by way of an evolutionary concept named the fight or flight response on potentially stress full life even is the examination of the children.

Education is the process through which efforts are made to change thinking and behavior of an individual in a desirable direction. To find out much this object has been achieved , it is measured by conducting tests on student. The process of testing is called an examination.

1.1 OBJECTIVES OF THE STUDY

- To assess the level of anxiety among higher secondary school children
- To assess the mean value of girls and boys.
- To find association between level of anxiety scores with socio demographic variables.

II. METHODOLOGY

2.1 Population and Sample

The settings in the current Shri Shankar Secondary school, Takiya and sample were students studying in in this school. Sample size was 60 students. The sampling technique was Purposive Sampling Technique. It includes all the students who were present there, who can communicate and who are willing to participate.

2.2 Conceptual Framework

Conceptual frame work for the present study is based on Imogene king's Goal attainment Model (1981). King's goal attainment theory is based on the concepts of personal, interpersonal and social conception system including perception, judgment, action, reaction, transaction and feedback includes perception, judgment and action on the part of the anxiety regarding examination among higher secondary school children.

Perception:

A person imports energy from the environment and transforms processes and stores it. This includes perception, judgement and action on the part of parents of hospitalized children the researcher perceives the anxiety as a commonly problem faced by anxiety regarding examination among higher secondary school children.

Researcher perceive that anxiety is a psychological factor which deteriorates health condition and so it has to be managed appropriately. Here the researcher analysis the area of action to be carried out for the anxiety regarding examination among higher secondary school children the researcher expresses the need for the action. Researcher judges that practicing adaptive coping strategies may reduce anxiety regarding examination among higher secondary school children.

Action:

Here, the researcher takes the actual action for the perceived need anxiety regarding examination among higher secondary school children takes action by keeping themselves ready to receive the action. The researcher develops anxiety scale to assess the level of anxiety.

Mutual foal setting:

Here, the researcher and the anxiety regarding examination among higher secondary school children identify a common goal that is to obtain relief from anxiety and practise adaptive coping.

Positive outcome:

Reduction of anxiety and increased

Negative level can exaggerate in anxiety regarding examination among higher secondary school children.

Variables of the study contains dependent and independent variable. The study used pre-specified method for the selection of variables. The study used the Stock returns are as dependent variable. From the share price of the firm the Stock returns are calculated. Rate of a stock salable at stock market is known as stock price.

2.3 Descriptive Statistics

GENDER	N	Mean	Std. Deviation	Std. Error Mean	Mean Difference
MALE	43	33.23	4.16	0.628	-.415
FEMALE	17	32.65	3.181	0.771	.415

There are 43 male students and 17 female students have participated in this study, in which 33.23 is mean of male student, 32.65 is mean of score of female students., so there is .415 is the mean difference of both groups. The p value of t test if equal variances is not assumed is .679, so mean difference is highly insignificant

III. RESULTS AND DISCUSSION

3.1 TABLES AND FIGURES

Table- 1 Showing the frequency and percentage distribution of sample characteristics

Demographical Data	Frequency(f)	Percentage(%)
Q1. Age		
15-16Year	7	11.7%
17-18Year	22	35.0%
19-20Year	20	33.3%
Above20	12	20.0%
Q2. Gender		
Male	43	71.7%
Female	17	28.3%

Q3. Area		
Rural	42	70.0%
Urban	18	30.0%
Q4. Family Income		
10,000-20,000	31	51.7%
21,000-40,000	15	25.0%
41,000-60,000	8	13.3%
Above 61,000	6	10.0%
Q5. Education of father		
Primary School	14	51.7%
High School	27	25.0%
Graduate	12	13.3%
Post Graduate	7	10.0%
Q6. Support System		
Family	49	81.7%
Friend	11	18.3%
Q7. Type of family		
Nuclear	38	63.3%
Joint	22	36.7%

TABLE 2 Chi Square Association of Demographic variable with Selected Samples

Demographical Data	Frequency(f)	Percentage (%)	Chi Square test result
Q1. Age			0.629
15-16Year	7	11.7%	
17-18Year	22	35.0%	
19-20Year	20	33.3%	
Above20	12	20.0%	
Q2. Gender			0.118
Male	43	71.7%	
Female	17	28.3%	
Q3. Area			0.152
Rural	42	70.0%	
Urban	18	30.0%	
Q4. Family Income			0.505
10,000-20,000	31	51.7%	
21,000-40,000	15	25.0%	
41,000-60,000	8	13.3%	
Above 61,000	6	10.0%	
Q5. Education of father			0.654
Primary School	14	51.7%	
High School	27	25.0%	
Graduate	12	13.3%	
Post Graduate	7	10.0%	
Q6. Support System			0.611
Family	49	81.7%	
Friend	11	18.3%	
Q7. Type of family			

Nuclear	38	63.3%	0.967
Joint	22	36.7%	

TABLE 3 IT SHOWS ANALYSIS OF ANXIETY SCORE.

	Frequency	Percent
AVG	2	3.3
EXTHIGH	5	8.3
HIGH	15	25.0
MODERATE	34	56.7
NORMAL	4	6.7

It shows that about 3.3% (2) of samples are at average level of anxiety score, 8.3% (5) of samples are at extremely high score, 25% (15) of samples are at high level of anxiety score, 56.7% (34) of samples are at moderate level of anxiety score, 6.7% (4) of samples are at normal level of anxiety score.

Table-4 INDEPENDENT T TEST OF ANXIETY SCORE OF MALE AND FEMALE.

GENDER	N	Mean	Std. Deviation	Std. Error Mean	Mean Difference
MALE	43	33.23	4.16	0.628	-.415
FEMALE	17	32.65	3.181	0.771	.415

	t	Degrees Freedom	P value of t test (significance)
Equal variances assumed	-.373	58	.711
Equal variances not assumed	-.417	37.876	.679

There are 43 male students and 17 female students have participated in this study, in which 33.23 is mean of male student, 32.65 is mean of score of female students., so there is .415 is the mean difference of both groups. The p value of t test if equal variances is not assumed is .679, so mean difference is highly insignificant.

RESULT OF THE STUDY

In this study results revealed that the during pre-test compliance score, the majority out of 60 study participants, 77 (95.1%) had negative compliance score and, 3 (4.9%) had about 3.3%(2) of samples are at average level of anxiety score, 8.3% (5)of samples are at extremely high score, 25% (15)of samples are at high level of anxiety score, 56.7% (34)of samples are at moderate level of anxiety score, 6.7%(4) of samples are at normal level of anxiety score. The significant of the study was between the pre-test Anxiety score and selected demographic variables such as age, gender father educational status, mother educational status, income of family, Type of family was p-value less <0.05.

DISCUSSION

According to our first objective which is to find association between level of anxiety scores with socio demographic variables to assess the level of anxiety among higher secondary school children, the results concluded that about 3.3% (2) of samples are at average level of anxiety score, 8.3% (5) of samples are at extremely high score, 25% (15)of samples are at high level of anxiety score, 56.7% (34)of samples are at moderate level of anxiety score, 6.7%(4) of samples are at normal level of anxiety score.

According to our first objective which is to assess the mean value of girls and boys the results concluded that There are 43 male students and 17 female students have participated in this study, in which 33.23 is mean of male student, 32.65 is mean of score of female students., so there is .415 is the mean difference of both groups. The p value of t test if equal variances is not assumed is .679, so mean difference is highly insignificant. It means, there is no difference in anxiety level of girls and boys.

According to our third objective which is to find association between level of anxiety scores with socio demographic variables. The results concluded that the chi square test score of age is 0.629the chi square test score of age gender is 0.118. The chi square test score of area is 0.152. The chi square test score of age family income is 0.505. The chi square test score of age education of father is 0.654. The chi square test score of age support system is 0.611. The chi square test score of age type of family is 0.967.

So, none of the variable has p value less than 0.05 and that's why none of the variable has significant association with anxiety score of pre test.

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