

Level of Anxiety among Two Genders Appearing for National Level Test: A Comparative Study

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Abstract

Anxiety disorders are the most common mental, emotional and behavioral problem that occurs during exam. University students suffer to some levels of study anxiety, such as; have new experiences, environment and situation. Study anxiety is a real phenomenon. The prevalence of study anxiety has been acknowledged by students. An attempt has been made to assess and compare the level of Anxiety of 25 male students & 25 female students from the Aligarh Muslim University in Uttar Pradesh. The Purpose of the study was to assess the level of anxiety of the two Genders undergoing (UGC NET EXAM) in Physical education. The data was collected by administering "Sinha's Anxiety scale" (SAC), to find out the level of anxiety of two genders the Data was analyzed by applying descriptive statistic i.e., Chi-square (χ^2), Mean, Standard deviation & t-test. The random sampling technique is used. Results revealed that the two genders students had low level anxiety during examination. After analysis of data it was found that there is no significant difference on level of Anxiety between the two genders students. The level of significance was set at 00.5.

Keywords: comparative, examination, anxiety, genders, education UGC.

INTRODUCTION

The present age, which we live in, is rightly called "age of Anxiety" among the psychological problems of modern society. The word "Anxiety" derived from Latin word anxieties means, trouble of mind is characterized by a variety of unpleasant sensations including fear, nervousness, apprehension, worry, sensation that things may get out of hand, the need to find an immediate solution and in the case of prolonged exposure to stress, frustration and depression. The anxious person worries a lot, particularly about unknown dangers. The anxious individual shows combination of the following symptoms rapid heart rate, shortness of breath, loss of appetite, fainting dizziness, sweating, trembling sleeplessness, frequent urination and tremors, all of these symptoms accompany fear as well as anxiety.

Anxiety as a future oriented mood state in which one is ready or prepared to attempt to cope with upcoming negative events. Anxiety is the most common mental disorder affecting millions of adolescents around the world. Anxiety is a major and growing health problem. According to research at Sydney University, 18.5 per cent of women and 10.4 per cent of men will suffer from one anxiety disorder or another at some time in their lives. As well as so-called generalized anxiety itself, they may suffer with panic disorder, phobias, or similar conditions. And a recent survey conducted in the UK by the Mental Health Foundation suggests that as many as seven million adults are suffering from anxiety in one form or another.

Many students experience some nervousness before, or after an exam, that it can lead to poor performance and interfere with their learning. These students suffer from anxiety which is also called an examination-anxiety. Anxiety disorders of the student interfering of academic functioning that means too much anxiety can interrupt examination performance, there will be negative relation between anxiety and academic achievement. High degree of anxiety can block thoughts, create negative frame in mind, and potential of poor exam performance. Hembree, (1998) evaluated High level anxiety is more closely associated with lowered performance in low-ability students than in high-ability counterparts. However, in some cases, anxiety can become so intense that it leads to a negative impact on one's performance. In these cases, it is important for students to attend to their symptoms and find a way to cope with examination-anxiety. A moderate amount of anxiety in students is often an aid to superior performance but if it increases beyond that degree the opposite happens. On the basis of Yerkes-Dodson law both the task difficulty and the level of anxiety must be taken into consideration. High level anxiety relates to obtain of low academic performance and low levels of arousal improve performance relative to high levels.

METHODOLOGY

The purpose of the present study was to check the anxiety level of the students undergoing lectureship eligibility examination in physical education

RESEARCH DESIGN

The researcher tried to know the level of anxiety of the two genders 50 students undergoing lectureship

eligibility examination (UGC NET EXAM) in physical education of Aligarh Muslim University UP. The variables, administration of test, collection of data and statistical analysis of data have been explained, under case study method, questionnaire type research was selected as research design. **SELECTION OF SAMPLE:** The researcher selects 50 students of the two genders undergoing lectureship eligibility examination (UGC NET EXAM) in physical education of Aligarh Muslim University, of the sample of study.

TOOLS AND MEANS:

Sinha's Anxiety Scale, Paper, rubber and Pencil.

DESCRIPTION OF THE TEST:

Sinha Anxiety scale (Sinha W.A. Self Analysis form) constructed and standardized by D. Sinha. This Scale has 100 questions related to the following categories personal data, opinions, suggestions, reaction of the students.

ADMINISTRATION OF THE TEST:

INSTRUCTIONS:

The respondents were instructed to give the true responses to all the 100 questions, after imagining themselves before the examination time the students were also instructed to fully express their views as the questions goes in "Yes" or "no" type. When the students completed the questionnaire, it was taken back from him.

INTERPRETATION OF SCORES:

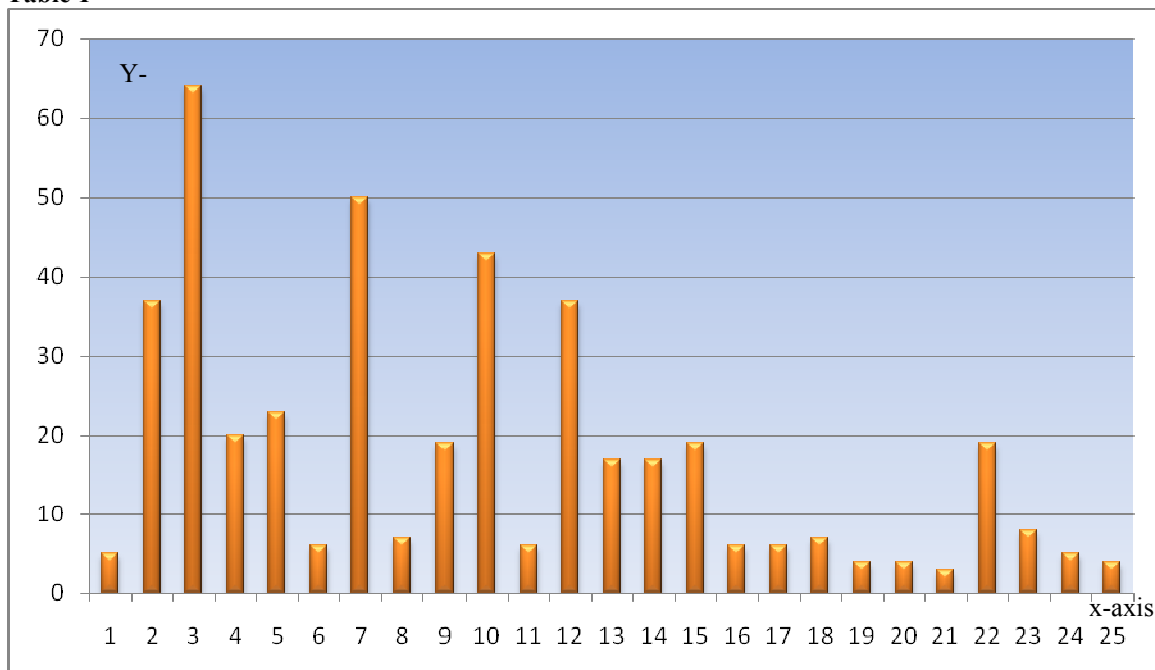
Scores	Interpretation
80-99	Very high level anxiety
70-75	High level anxiety
40-60	Normal range of anxiety
25.30	Low anxiety
1-20	Very low level of anxiety

RESULTS AND DISCUSSIONS

Chi-square test (χ^2) was administered to all the students selected for this study, who were instructed to give the true responses to all the 100 questions, after imagining themselves before the examination time. After collecting the questionnaire, they were scored according to the instructions as given by the author of the test in its manual. The Means ,S.D.'s & t-test of the anxiety scores of the students were find out and their anxiety level were also calculated in order to find out the significant differences.

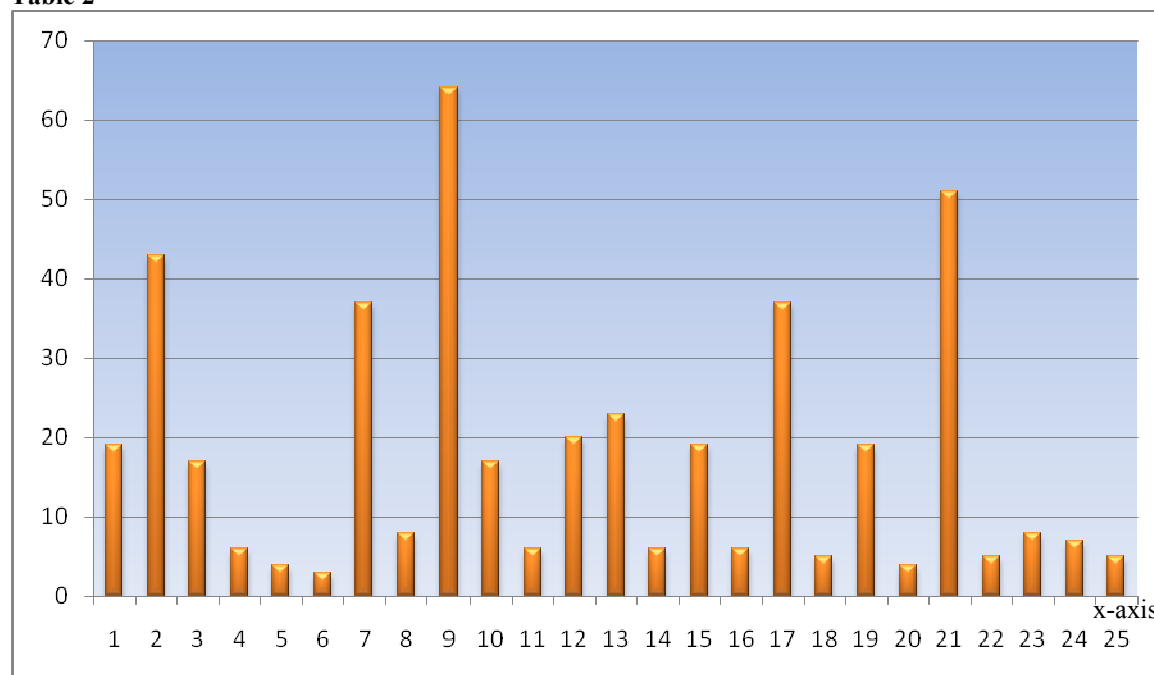
ANALYSIS OF THE DATA:

Table 1



Individual Score of the boy's student

Table 2



Individual score of the girl's student

Table 3

Gender	Group students	N	Chi-square test(x ²)	Mean	SD	t-value
	Male	25	25.03	9.77	3.408	1.464
	Female	25	26.09	10.24	2.997	

ANALYSIS AND INTERPRETATION OF DATA:

By analyzing Table -1 & 2 chi square test 25.03(male) and 26.09(female) was used to find out the anxiety level among the students undergoing lecturership eligibility examination in physical education. It was find-out from the sinha's anxiety scale that there was low level of anxiety among the students.

By analyzing Table -3, we can interpret the difference of anxiety among the two genders, calculated Mean is 9.77 (male) and 10.24(female) respectively The standard deviation in case of the male students is 3.408 and in case of the female students is 2.997 and obtained t' value is 1.464, which is insignificant at 0.05 level of significance which means that there is no significant difference of anxiety among the males and female students.

CONCLUSION

On the basis of findings this study revealed that psychological characteristic (Anxiety level) of the two genders undergoing (UGC NET EXAM) in physical education, the study found that most of the male & female students had low anxiety level during examination. In this paper, we present a survey aimed to identify of study level of anxiety sources among university students. The survey involves 50 students of Aligarh Muslim University UP. The respondents have answered the survey questionnaire about experiences, feeling and thoughts related with anxieties during study process. The data was analyzed by applying descriptive statistic i.e., Chi-square test (x²) mean, standard deviation & t-test to find out there is no significant differences on Anxiety level between the students of two genders at the level of significance 0.05. Anxiety level is not significantly related to age, Body weight and experience. The perception is that high level anxiety relates to obtain of low academic performance, it makes students have bad experience then they will keep the experience for next situations. Based on the result, The Subjects have low level anxiety will perform better.

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