

Gender differences of Anxiety among College Students

(A case study of business Management students in Vijayawada)

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Abstract:

The present era in which we live today has been called the ‘age of anxiety’ and anxiety manifestation are certainly widespread. Present study conducted on 50 boys and 50 girls comprise of 1st, 2nd and 3rd year students of different business management colleges of Vijayawada city by using STAT test (The state - Trait Anxiety test developed by Psy-com service. The result disclosed that the guilt proneness level of Male and Females have no significant difference and maturity level of Males and Females have no significant difference.

Key words: age of anxiety,

JETIR

Introduction:

Anxiety is an unpleasant state of inner turmoil, often accompanies nervous behaviour such as pacing back and forth, somatic complaints and rumination. Anxiety is a feeling of fear, worry and uneasiness, usually generalized and unfocused as an over reaction to a situation that is only subjectively seen as menacing. Symptoms of anxiety can range in number, intensity and frequency depending on the person.

Business Management Students Anxiety:

It's no secret that many college students spend most of their time on campus stressed out. Balancing classes, tests, projects, extra-curricular activities and work is enough to make anyone feel overwhelmed, especially with final exam right around the corner.

The State Trait Anxiety Test:

STAT which measures 20 personality dimensions. The following are the five important dimensions of Anxiety Dimension Tn (Tension) Dimension Gp (Guilt proneness), Dimension Ma (Maturity), Dimension Su (suspiciousness), Dimension Sc (self control).

Objectives of the study:

1. To study the level of anxiety among boys and girls of Business Management students of Vijayawada.
2. To study the relationship between boys and girls in their anxiety levels in the dimension Gp.
3. To study the relationship between boys and girls in their anxiety levels in the dimension Ma.
4. To study the relationship between boys and girls in their anxiety levels in the dimension Sc.
5. To study the relationship between boys and girls in their anxiety levels in the dimension Su.
6. To study the relationship between boys and girls in their anxiety levels in the dimension Tn.
7. To study the relationship between boys and girls in their anxiety levels in the dimension Trait.
8. To study the relationship between boys and girls in their anxiety levels in the dimension State.

Review of Literature:

“Improving student performance by Reducing Anxiety “ Elsie Chan, University of Victoria (1980) stated that Anxious students and complex subject matter combine to create a difficult environment in which to teach successfully. Charles (1984) and Kassim, Hanafi and Hancock (2008) stated that Significant negative relationship was found between test anxiety and academic performance which might have contributed to lower grades among the female medical students.

Hypothesis of the study:

- 1) There will be no significance in the level of anxiety among the boys and girls of business Management Students, Vijayawada.
- 2) There will be no significance difference in the Gp levels of boys and girls if the $T_{cal} < T_{tab}$ value at 5% level of significance and there will be significant difference in the Gp levels of Boys and Girls if $T_{cal} > T_{tab}$ value a 5% level of significant.
- 3) There will be no significant difference in the Ma level of Boys and Girls if the $T_{cal} < T_{tab}$ value at 5% level of significance and there will be significant difference in Ma level of Boys and Girls if $T_{cal} > T_{tab}$ value at 5% level of significance.
- 4) There will be no significant difference in the Sc level of Boys and Girls if the $T_{cal} < T_{tab}$ value 5% level of significance and there will be significant difference in the Sc level of boys and girls if $T_{cal} > T_{tab}$ value at 5% level of significance.
- 5) There will be no significant difference in the Su levels of Boys and Girls if the $T_{cal} < T_{tab}$ value at 5% level of significance and there will be significant difference in the Su level of Boys and Girls if $T_{cal} > T_{tab}$ value at 5% level of significance.

6) There will be no significant difference in the Tn levels of Boys and Girls if the $T_{cal} < T_{tab}$ value at 5% level of significance and there will be significant difference in Tn levels of boys and girls if $T_{cal} > T_{tab}$ value at 5% level of Significance.

7) There will be no significant difference in the Trait levels of Boys and Girls if the $T_{cal} < T_{tab}$ value at 5% level of significance and there will be significant difference in Trait levels of boys and girls if $T_{cal} > T_{tab}$ value at 5% level of Significance.

8) There will be no significant difference in the State level of Boys and Girls if the $T_{cal} < T_{tab}$ value at 5% level of significance and there will be significant difference in the State level of boys and girls if $T_{cal} > T_{tab}$ value at 5% level of Significance.

Data Analysis:

T test is used for analysis of the Data.

Primary Data:

Structured questionnaire containing 40 questionnaire prepared by researcher.

Selection of Sample Colleges:

The colleges which are taken into understanding are the private colleges which offer bachelor of Business Management 50 Boys and 50 Girls are the total sample.

Research tool:

The state - Trait Anxiety Test developed by Psy-com services, Delhi (1993).

Scoring :

The RAW scores were converted in to Sten scores for calculation.

High Anxiety: Sten scores falls in between 7 - 10

Moderate Anxiety: Sten scores falls in between 5 - 6

Low Anxiety: Sten scores falls in between 1 - 4

Results

Table-I Anxiety level among Boys and Girls in Business Management Colleges

Total	Low Anxiety		Moderate Anxiety		High Anxiety	
	Total No.	Percentage	Total No	Percentage	Total No.	Percentage
Boys	11	22%	21	42%	18	36%
Girls	08	16%	27	54%	15	30%

Table - II Gp levels of Boys and Girls among Business Management Colleges.

Total	Low Anxiety		Moderate Anxiety		High Anxiety	
	Total No.	Percentage	Total No.	Percentage	Total No.	Percentage
Boys	16	32%	14	28%	20	40%
Girls	12	24%	10	20%	28	56%

Findings:

- * It is found through the results of the study that there is a significant difference between the anxiety levels of the students of both boys and girls of the Business Management students.
- * Guilt proneness levels of Males and Females have no significant difference.
- * The result disclosed that the Maturity levels of Males and Females have a significant Difference.
- * The result disclosed that the self control level of Males and Females have no significant difference.
- * The result disclosed that the suspiciousness level of Male and Females have no significant difference.
- * Tension level of Male and Female have a significant difference.
- * Trait level of Male and Female have no significant difference.
- * State level of Male and Female have no significant difference.

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