To assess the anxiety level of young adults through State trait Anxiety test

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Abstract

Anxiety is defined as the apprehension of danger without appropriate cause in reality. State anxiety is defined as the anxiety which is all about how a person is overwhelmed by anxiety due to a particular situation. This type of anxiety is totally depended upon the situation that has been aroused and will go away if the situation is passed whereas trait anxiety is the type of anxiety which is genetical and can be seen in an individual's personality.

So, an attempt has been made to study the level of State trait anxiety among young adults. 30 males and 30 female subjects have been taken for the study. State trait anxiety test (STAT) Questionnaire of Sanjay Vohra has been used for the present study. Results indicate that female subjects showed slightly more State and trait anxiety compared to male subjects of the study (Male trait anxiety mean =3, State anxiety mean= 4. Female trait anxiety mean= 5, state anxiety mean= 6). Male subjects also showed more variability of responses compared to female subjects (Male State anxiety S.D.= 1.1566, Trait anxiety S.D. = 1.184 whereas Female State anxiety S.D = 1.2415, Trait anxiety S. D= 1.4967). "t" value has been found significant at 0.05 level.

Keywords: State anxiety Trait anxiety, Young adults, STAT (State Trait Anxiety Test)

Introduction

Anxiety is a feeling of unease, such as worry or fear,that can be mild or severe.It is feeling of fear,dread and uneasiness. We all experience anxiety; it is a natural human state and a vital part of our lives. Anxiety helps us to identify and respond to danger in 'fight or flight'mode. It can motivate to us face up to dealing with difficult challenges. The'right' amount of anxiety can help us perform better and stimulate action and creativity. But there is another side to anxiety. Persistent anxiety causes real emotional distress and can lead to us becoming unwell and, at worst, developinganxiety disorders such as panic attacks, phobias and obsessional behaviours. Anxiety at this level can have a truly distressing and debilitating impact on our lives and impact on our physical as well as our mental health.

Statement of the problem

The current study is focused on " young adults with regard to state and trait anxiety." However, previous research has clearly established the connection of State and trait anxiety within individuals. Anxiety though has rarely been considered in the development of young people.

The American Psychological Association (APA) defines anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure."

Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam or having a medical test or job interview. During times like these, feeling anxious can be perfectly normal. Anxiety has two different types-

STATE ANXIETY - This is a natural human response. You don't need to have an underlying anxiety condition to experience fear when facing some type of danger. State anxiety tends to show up when you face a potential threat or other frightening situation. It usually involves a mix of mental and physical symptoms. Mental symptoms might include:

- feelings of worry

- difficulty concentrating

- irritability

In-the-moment physical symptoms might include:

- trouble breathing

- rapid heartbeat

- upset stomach

- muscle tension and pain

- **TRAIT ANXIETY -** This refers to anxiety that shows up as part of your personality, not just in stressful situations. The symptoms of this anxiety are-

- changes in your mood, like irritability and unease

- trouble concentrating on tasks

- tendency to avoid the source of your fear

- insomnia and other sleep problems

- appetite changes

- fatigue

- body aches and pains that have no clear cause

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- upset stomach

- muscle tension and pain

Significant differences were observed between girls and boys in anxiety thoughts (health anxiety, social anxiety). Anxiety thoughts affect girls more than boys. (Naser Yousefi et.al. 2011)

Effect of state trait anxiety have been found at very high rate among young adults during covid-19 (Bailong Liu et.al. 2021)

Objectives

1. To find out State trait anxiety among young adults
2. To see the comparisons between male and female subjects in respect to State trait anxiety.

Hypothesis

1. There will be no significant relation among young adults in respect to state trait anxiey. (H_0)
2. There will be no significant relation in comparison with male and female subjects in respect to state trait anxiety. (H_0).

METHODOLOGY

Samples

The total Sample for this study is 60 where 30 male subjects and 30 female subjects have been taken from the Phagwara, Lawgate, Punjab (144401) for the present study. Their age ranges from 14 to 30 years

Tools

STATE TRAIT ANXIETY TEST - In this present study**,** the state trait anxiety test was developed by Sanjay Vohra (2011), which intends to assess the State-Trait Anxiety. It measures State-Trait Anxiety in five dimensions- Guilt Proneness (Gp), Maturity (Ma), Suspiciousness (Su), Self-Control (Sc) and Tension (Tn) which contains immediate manifest content suggesting psychiatric symptoms of anxiety, to a total number of 40 items.

Reliability of State trait anxiety test aof Guilty proneness is (r=0.93, r=0.83, r=0.77); followed by Maturity (r=0.87, r=0.82, r=0.75), Selfsufficient (r=0.82, r=0.85, r=0.81), Suspiciousness (r=0.86, r=0.78, r=0.76) and Tension (r=0.92, r=0.82, r=0.78); State anxiety section (r=0.91, r=0.89, r=0.80, Trait anxiety section (r=0.92, 0.82, 0.82) and for Total anxiety it is (r=0.88, r=0.82, r=0.79) respectively.

The validity of STAT is based on construct validity. The validity of the subtest of STAT for subtest Guilty proneness is (r=0.86); followed by Maturity (r=0.77), Self-sufficient (r=0.80), Suspiciousness (r=0.77) and Tension (r=0.73).

Procedure

30 male and 30 female subjects from around the Punjab, India were taken for the present study. They were instructed properly for Stat questionnaire. The booklet was distributed to them and the responses were recorded. After that, the scores have been tabulated and analyzed statistically. Then discussions were made and conclusion was drawn.

Data Analysis

Parameters can be determined such as the 't' value were used to analyze the data statistically.

For this, the statistical packages for social sciences (SPSS, 16.0 version) and excel sheet were used.

Result and Discussion

Table no 1 showing Male score Set 1

Subject	gp	Ma	Sc	Su	tn	Raw Score	Sten Score (t)
1	4	2	1	3	4	14	3
2	3	3	2	2	6	16	4
3	2	2	3	3	2	12	3
4	4	1	1	1	1	8	1
5	2	4	2	2	2	12	3
6	1	5	2	3	3	14	3
7	4	2	1	2	5	14	3
8	5	3	2	1	2	13	3
9	2	6	1	2	1	12	3
10	5	2	2	3	6	18	5
11	6	3	1	2	3	19	5
12	2	3	3	1	2	11	2
13	1	2	2	2	1	8	1
14	4	1	1	3	5	14	3
15	2	4	2	2	2	12	3
16	3	2	1	3	1	10	3
17	6	2	2	2	8	20	5
18	5	5	2	2	2	16	4
19	2	2	2	1	3	10	2
20	6	3	5	2	6	22	6
21	1	2	1	3	4	11	2
22	2	2	1	2	2	9	2
23	3	2	2	2	5	14	3
24	6	1	2	1	6	16	4

25	2	4	2	2	1	11	2
26	1	1	6	1	2	11	2
27	4	2	3	2	3	14	2
28	2	3	2	3	5	15	4
29	5	5	1	2	2	15	4
30	3	2	2	1	6	14	3

Table no 2. Showing male set 2 score

Subject	gp	Ma	Sc	Su	tn	Raw Score	Sten Score (S)
1	8	3	3	4	5	23	7
2	9	3	5	2	8	27	8
3	11	3	4	4	7	29	9
4	5	4	8	2	7	26	8
5	6	4	6	2	3	21	6
6	6	2	5	2	5	20	6
7	5	3	7	4	7	26	8
8	4	4	4	2	4	18	5
9	7	2	6	2	3	20	6
10	6	3	5	2	4	20	6
11	7	3	4	4	6	24	7
12	6	4	8	4	3	25	7
13	7	3	6	4	6	26	8
14	5	5	5	2	6	23	7
15	8	2	4	2	7	23	7
16	7	4	7	2	8	28	8
17	10	3	5	4	5	27	8

18	7	5	6	4	4	26	8
19	9	1	8	4	6	28	8
20	7	6	7	2	5	27	8
21	5	4	4	4	4	21	6
22	4	3	6	2	3	18	5
23	3	1	8	4	6	22	6
24	4	5	4	2	2	17	5
25	4	4	6	2	3	19	5
26	6	3	8	4	4	25	7
27	5	1	4	4	3	17	5
28	8	4	6	2	4	24	7
29	5	6	8	2	3	24	7
30	3	2	7	4	4	20	6

Table no 3. Showing score of Female set 1

Subject	gp	Ma	Sc	Su	tn	Raw Score	Sten Score
1	5	2	6	2	3	18	4
2	6	3	4	3	8	24	7
3	8	4	2	4	5	23	6
4	4	4	2	2	4	16	4
5	2	5	4	1	2	14	3
6	3	1	8	2	1	15	4
7	5	6	7	3	6	27	8
8	7	4	5	2	5	23	6
9	6	2	2	1	3	14	3
10	4	3	3	3	6	19	5
11	2	3	1	4	1	11	2
12	2	5	2	2	2	13	3

13	6	6	4	1	5	22	6
14	1	6	5	1	2	15	4
15	5	1	6	3	4	19	5
16	2	4	4	0	8	18	5
17	3	2	3	4	7	19	5
18	4	5	3	3	4	19	5
19	7	5	5	4	6	27	8
20	6	3	4	3	7	23	6
21	8	4	2	4	6	24	7
22	4	2	5	2	5	18	5
23	2	1	2	1	4	10	2
24	4	6	3	2	3	18	5
25	3	3	4	2	6	18	5
26	5	4	2	3	4	19	5
27	3	5	1	4	8	21	5
28	4	5	2	4	7	22	6
29	4	5	2	1	8	20	5
30	3	4	2	1	8	20	5

Table no 4. Showing score of females set 2

Subject	gp	Ma	Sc	Su	tn	Raw Score	Sten Score
1	6	3	7	1	8	25	7
2	4	2	8	3	2	19	5
3	5	6	6	2	6	25	7
4	3	3	5	4	4	19	5
5	2	2	1	1	10	16	5
6	5	4	2	2	8	21	6

7	6	1	4	3	7	21	6
8	7	2	2	3	6	20	6
9	8	5	3	4	4	24	7
10	9	2	1	4	7	23	7
11	12	6	2	3	2	25	7
12	3	2	5	3	5	18	5
13	5	3	3	1	6	18	5
14	2	5	2	2	7	18	5
15	1	4	1	2	2	10	3
16	4	3	6	3	8	24	7
17	1	2	2	2	6	13	4
18	6	1	3	1	3	14	4
19	8	2	5	2	7	24	7
20	4	6	1	2	9	22	6
21	6	4	2	3	10	25	7
22	4	2	3	4	9	22	6
23	2	1	2	4	8	17	5
24	3	2	3	3	7	18	5
25	3	3	1	2	9	18	5
26	4	2	2	2	7	17	5
27	3	5	5	4	8	25	7
28	2	6	2	3	9	24	7
29	8	5	3	3	7	26	8
30	12	1	5	3	6	27	8

Table no 5 showing the mean S.d and t value of male

Male	Mean	S.D	't' value
Trait Anxiety	3	1.184	3.3090
State Anxiety	4	1.1566	

Table no 6. Showing females mean, S.D and 't' value

Female	Mean	S.D	't' value
Trait Anxiety	5	1.4967	2.8166
State Anxiety	6	1.2415	

Discussion

From the above results, it has shown that both male and female subjects have shown very less in state trait anxiety test. Their mean scores reveal that female subjects have shown slightly greater score compared to male subjects, it indicates that females are slightly more prone to state and trait anxiety. From S.D. value, it has revealed that males have shown more variability in scores compared to males. 't' value indicates that the difference between the two mean scores is statistically significant which means that the female subjects differ from male subjects significantly.

The findings of the study are inline with the previous research findings (Fatemeh Bahrami et.al 2011).

Therefore, it may be concluded that both the subjects in the present study have scored very less to be prone to state trait anxiety. Among the two groups, however females showed to be more anxious than that of its male counterparts. The difference between two means have found to be significant at 0.05 level, hence the difference is statistically significant.

Conclusion

Conclusion From the above findings, it may be concluded that both the groups in the present study have shown less prone to state and trait anxiety and the female subjects are slightly more prone towards dysfunction compared to the other group. So the null hypothesis has been rejected and alternative hypothesis has been accepted. So, the State trait anxiety among young adults have been found in the study.

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