Research Paper

Level of Anxiety and Adjustment among Hindu and Muslim College Students of Ranchi Town, Jharkhand

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ABSTRACT

The present research aims to study the level of anxiety and adjustment among Hindu Muslim college students of Ranchi town. The objectives of this research were to examine the level of anxiety and adjustment among Hindu and Muslim college students and to examine the effect of socio economic status on anxiety and adjustment. The samples for the present research were drawn 160 Hindu and Muslim college students of Ranchi town. The sample was selected by stratified random sampling technique from different college of Ranchi town. Sinha's Anxiety Scale and Bell Adjustment Inventory were used for data collection. Mean, SD, t-ratio, and correlation were used for data analysis. The result revealed that high socio economic status had lower level of anxiety and good adjustment than low socio economic status. Muslim college students had high level of anxiety and bad adjustment than Hindu college students.

Keywords: *Anxiety, Adjustment, Socio-economic status, Religion.*

Anxiety is the most common mental Health issue for persons of all age. Although everyone experiences anxiety from time to time, anxiety become a problem when these feeling begin in interfere with day to day functioning. Anxious feeling include both physical responses, such as increased heart rate and blood pressure, trembling and sweating a feared or actual threat. Young child may express symptoms of anxiety indirectly as physical complaints, such as headaches and stomach aches, over activity, acting out, Separation difficulties, or sleep difficulties. Older children and adolescents are better able to describe their anxiety, but more likely than adults to display disruptive behaviors as a part of their anxiety disturbance.

Adjustment
Adjustment is the relationship which comes to be established between the individual and the environment. Every individual plays certain position in his social relations. He is trained to play his role in such way that his maximum needs will be fulfilled. So he should play his role properly and get maximum satisfaction. If he does not play his role according to standards and training home environment received his needs may not be fulfilled and he may get frustrated.

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Socio-economic status

Socioeconomic status is typically broken into three categories, High SES, Middle SES, and Low SES to describe the three areas a family or individual into one of these categories any or all of the three variable (income, education and occupation can be assessed. Additionally, Low income and little education have shown to be strong Predictors of a range of physical and mental health problems, ranging from respiratory viruses, arthritis, coronary disease and Schizophrenia. These may be due to environmental conditions in their workplace, or in the case of mental illnesses, may be the entire cause of that person's social predicament to being with.

REVIEW OF LITERATURE

Adimora et.al. (2015) examined the influence of socioeconomic status and classroom climate on mathematics anxiety of primary school pupils. 432 pupils selected as a sample from primary school, Nigeria. Socioeconomic status scale and mathematics anxiety scale were used for data collection. Result indicated that socioeconomic status and classroom climate significantly influence mathematics anxiety of pupils. Salami et.al. (2013).examined the socioeconomic status and symptoms of depression and anxiety in Africa, America college students. 133 college students selected as a sample. Result indicated that higher socioeconomic status was associated with depression and anxiety.

Karisen et.al.(2004) conducted a study related to social anxiety and mental health problems. The aim of the study was to examine the relation between social anxiety and mental health problem related to parental socioeconomic status. 9707 adolescents selected as a sample. Result indicated that anxiety and mental health problem mostly found in lower socioeconomic status groups comparison to high socioeconomic status groups. Ansseau et.al. (2007) examined the socioeconomic correlates of generalized anxiety disorder and major depression in primary care. 13,699 participants selected as a sample from Belgium and Luxemburg. Result showed that socioeconomic status and regional factors effect to depression and anxiety. Alam (2001) explore the academic achievement in relation to socioeconomic status ,anxiety level and achievement motivation. The main objective of this research was to compare the data on academic achievement, socioeconomic status anxiety level and achievement motivation between Muslim and non Muslim school children. Result indicated that the non -Muslim children had less anxiety in comparison to Muslim children. Mahabeer et.al. (1984) examined the relationship between religion, religiosity and death anxiety among Indian adolescent. 360 Indian university and high school students living in South Africa selected as a sample. Results indicated that Muslim were more death anxious than Christian or Hindu students. Hassan (1978) examined a study of ethnocentrism, prejudice, and related personality factors in Hindi and Muslim college students. The personality variables were anxiety, authoritarianism, and rigidity. 160 Hindu and 160 Muslim college students selected for this research and each community having equal number of high caste, Low caste, urban and rural cases. Stratified random sampling technique used for this research. Results indicated that Muslims had more prejudice than Hindu and also Muslim had higher level of anxiety than Hindu.

Sangeeta et.al.(2012) examined a study of adjustment problem of college students in relation to gender, socioeconomic status and academic achievement. Results indicated that college students of low socioeconomic status and low academic achievement have more adjustment problem than the students of high socioeconomic status. Fregussion et.a(2001) conducted a study related to educational psychological and sexual outcome of girl with conduct problem

in early adolescent. Results found that low socioeconomic status families were at risk from a variety of adjustment problem. Schoon et.al. (2001) explore the long term influence of socioeconomic disadvantages on the psychological adjustment of women It was a longitudinal study and 15,000 women taken as a sample for this study. Result indicated that socioeconomic position and circumstances effect behavior adjustment during childhood and adolescence. Mishra et.al. (1998) conducted a study related to personality adjustment of graduates with reference to their socioeconomic status. Results showed that low and high socioeconomic status significantly differ in social adjustment. Nidhi et.al. (2015) examined the adjustment problem of college students in relation to gender, socioeconomic status and academic achievement. 80 college students (40 male and 40 female) selected as a sample from Degrading district of Utrakhand. Adjustment inventory for college students (AICS) and socioeconomic status scale tools were used for data collection. Results indicated that low socioeconomic status students had more adjustment problem than the high socioeconomic status college students. Fatimal et.al.(2011) conducted a study related to Muslim identity, dress code adherence and college adjustment among American Muslim women. 53 Muslim female undergraduate students selected as a sample from university in southern California. Results indicated that participants who reported higher Muslim world identity reported lower college adjustment and participants who reported dressing with higher level of adherence to Islamic standards of dress reported better college adjustment. Patel (2014) conducted a study related to social adjustment of Hindu and Muslim people. 120 sample selected for this research. Results indicated that there was a significant difference between Hindu and Muslim regarding to social adjustment. Bhatta et.al. (2018) conducted a study related to test anxiety. 38, 10th standard students selected as a sample for this study from Bhaktapur district, Nepal. Result indicated that test anxiety didn't differ significantly with adjustment. Jenaabadi et.al.(2016) conducted a study related to anxiety and adjustment. This was a description correlation study 4000 female high school students selected as a sample from Zahedan. Results indicated that anxiety among students was directly related to students' adjustment. Chaturvedi (2015) examined the impact of anxiety on self concept and adjustment of adolescents with learning disabilities in Mumbai. 110 students, aged group 14-18 selected as a sample for this research. Finding indicated that anxiety and adjustment were positively correlated.

METHODOLOGY

Objectives
1. To examine the impact of socio economic status on anxiety.
2. To examine the impact of religion (Hindu & Muslim) on anxiety.
3. To examine the impact of socio economic status on adjustment.
4. To examine the impact of religion (Hindu & Muslim) on adjustment.
5. To examine the relationship between anxiety and adjustment.

Hypotheses
1. There may be significant impact of socio economic status on anxiety .
2. There may be significant impact of religion (Hindu & Muslim) on anxiety.
3. There may be significant impact of socio economic status on adjustment.
4. There may be significant impact of religion (Hindu & Muslim) on adjustment.
5. Anxiety and adjustment may be positively correlated to each other.

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Sample
Stratified random sampling method was used for this research, by this technique 160 student were selected, in which 40 were high socio- economic status Hindu, 40 low socio – economic status Hindu, 40 high socioeconomic status Muslim, and 40 low socioeconomic status Muslim. Whose student parents were per month income 50,000 above, they were under high socio economic status, and whose students parents were per month income under 30,000, they were under low socio economic status.

Research Design

Socio economic status	Hindu	Muslim	Total
High socio economic status	**40**	**40**	**80**
Low socio economic status	**40**	**40**	**80**
Total	**80**	**80**	**160**

Tools used: Following tools used for the research
1. **Personal Data Questionnaire:** Personal data questionnaire (PDQ) Prepared by the researcher and used to collect demographic information of the sample such as name, age, religion, gender, ethnicity, education, family income, occupation and residence etc.
2. **Sinha's Anxiety Scale:** This scale was developed by Dr. Durganad Sinha (1975), which consists of 100 items. Respondent have to respond their answer in yes or no.
3. **Bell Adjustment Inventory:** 'Mohsin-Shamshad Adaptation inventory is the Hindi adaptation of H.M. BELL'S Adjustment Inventory. This adaptation presented in 1963. Bell's adjustment inventory consist 140 items.

Procedure
All tests were used in two sessions. In Session - I, personal data questionnaire and socio-economic scale were administrated on the subject. In session - II Sinha's Anxiety scale and mohsin-shamshad adaptation of Bell's adjustment inventory were administered to collect relevant data.
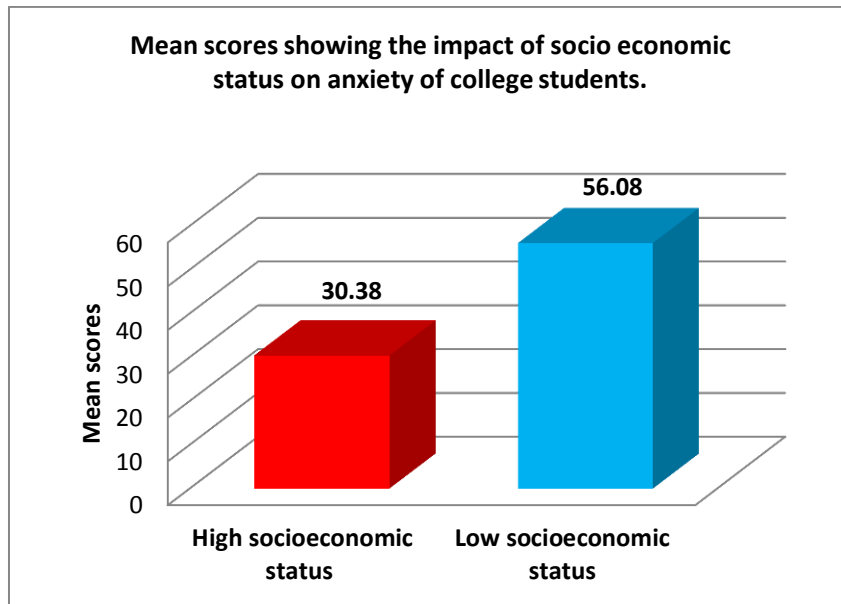
Statistical technique
Mean, SD and t-test and correlation were used for the data analysis.

Impact of socioeconomic status on anxiety
Table-1.0: Mean score, S.D., & t-ratio showing the impact of socioeconomic status on anxiety.

| Group	N	Mean	SD	T	P value
High Socio-economic status	80	30.38	13.77	11.79	0.01
Low Socio- economic status	80	56.08	13.83		

This table showed that, high socioeconomic status had lower mean score and low socioeconomic status had high mean scores on anxiety. 80 High socio economic status mean scores have been found 30.68 and mean of low socio economic status have been found 56.08. SD of high socio-economic status have been found 13.77 and SD of Low socio-economic status have been found 13.83. The t-ration between two groups have been found 11.79. This is significant on 01. Hypothesis 1" There may be significant impact of socio economic status on anxiety." Have been proved, that high socioeconomic status had low level of anxiety level compression to low socioeconomic status.

Impact of religion on anxiety
Table-2.0: Mean score, S.D., & t-ratio showing the impact of religion on anxiety.

Group	N	Mean	SD	t	P value
Muslims	80	49.78	16.88	4.38	.01
Hindu	80	36.98	20.02		
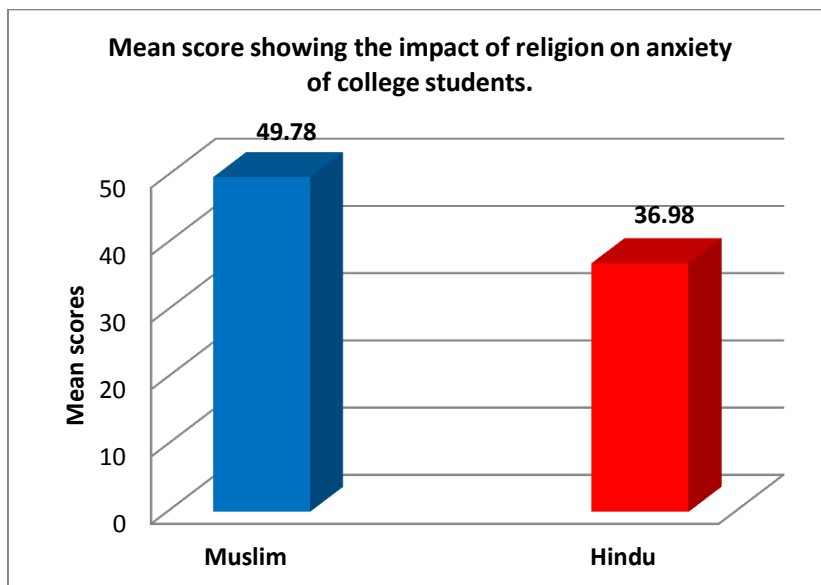
Table no 2 revealed that, mean of anxiety scores of Muslim and Hindu students have been found 49.78 and 36.98 respectively and the standard deviation of Muslim and Hindu students have been found 16.88 and 20.02 respectively. The t-ratio between both the groups have been found 4.38, which is significant on .01. Hypothesis 2" There may be significant impact of religion on anxiety." Have been proved, that Hindu students had lower level of anxiety compression to Muslim students.

Impact of socioeconomic status on adjustment
Table-3.0: Mean score, S.D., & t-ratio showing the impact of socioeconomic status on adjustment.

Group	N	Mean	SD	t-ratio	P value
High Socio-economic status	80	32.38	15.70	9.55	.01
Low Socio- economic status	80	53.38	11.74		

Mean scores showing the impact of socio economic status on adjustmentof college students.
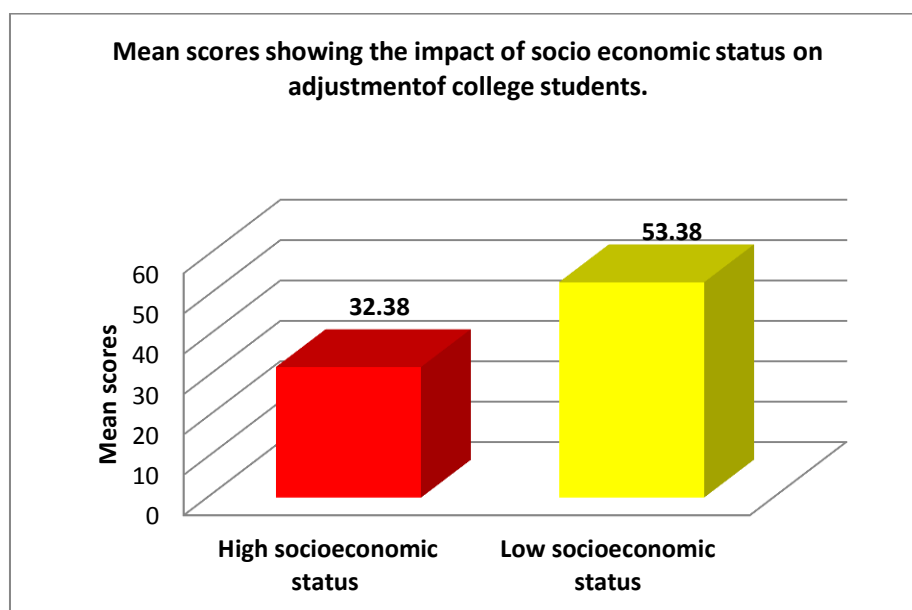
This table showed that, high socioeconomic status had low mean score and low socioeconomic status had high mean score on adjustment. 80 High socio economic status mean scores have been found 32.38 and mean of low socio economic status have been found 53.38 SD of high socio-economic status have been found 15.70 and SD of Low socio-economic status have been found 11.74. The t-ration between two groups have been found 9.55. This is significant on 01. Hypothesis 3" There may be significant impact of socio economic status on adjustment." Have been proved, that high socioeconomic status had good adjustment level compression to low socioeconomic status .

Impact of religion on adjustment
Table-4.0: Mean score, S.D., & t-ratio showing the impact of religion on adjustment.

Group	N	Mean	SD	t	P value
Muslims	80	49.94	15.75	5.64	.01
Hindu	80	35.82	15.92		

Mean score showing the impact of religion on adjustment of college students.

49.94

35.82

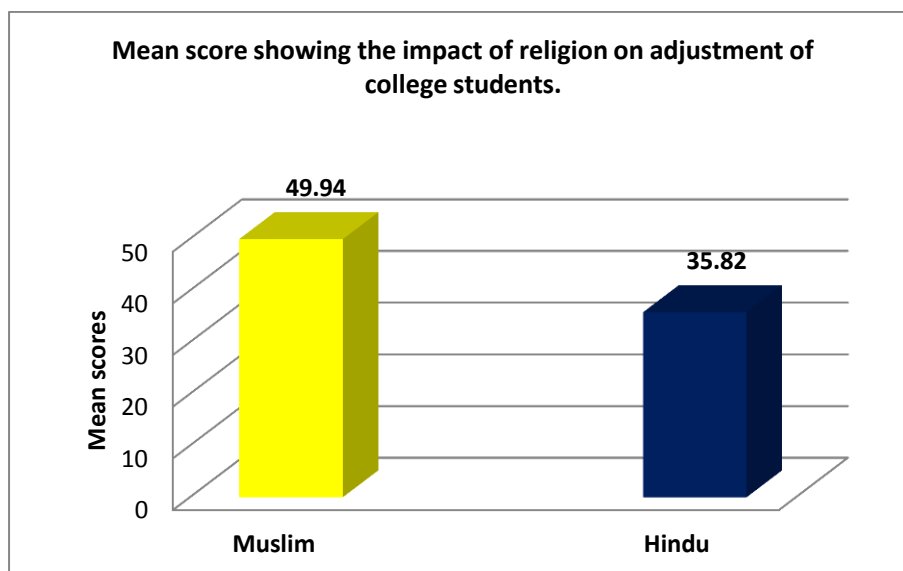| Mean scores | |
50	
40	
30	
20	
10	
0	

Muslim   Hindu

Table no 4 showed that, mean of adjustment scores of Muslim and Hindu students have been found 49.94 and 35.82 respectively and the standard deviation of Muslim and Hindu students have been found 15.75 and 15.92 respectively. The t-ratio between both the groups have been found 5.64, which is significant on .01. Hypothesis 4" There may be significant impact of religion on adjustment." Have been proved, that Hindu students had good adjustment compression to Muslim students.

Relationship between anxiety and adjustment
Table-5.0 Showing the relationship between anxiety and adjustment

	Adjustment	**P. value**
Anxiety	0.79	0.01

The correlation score between Anxiety and Adjustment have been found 0.79 which was significant on 0.01 levels. The result showed that students those had high level of anxiety also had high Adjustment problem and result also shows that there was positive and significant relationship between Anxiety and Adjustment.

DISCUSSION

It is concluded that high socio- economic status college students showed lower level of anxiety compared to low socio economic status college students. Adimora et.al. (2015), Adimora et.al. (2015), Karisen et.al.(2004) studies support to above findings. Result also revealed that there were significant differences among Muslim and Hindu college students on anxiety level, that Muslim college students had higher level of anxiety comparison to Hindu college students. Alam (2001), Mahabeer et.al. (1984), Hassan (1978) studies supports to above findings that there were significant difference between Muslim and Hindu on anxiety level. Result also indicated that high socioeconomic status had good adjustment level compression to low socioeconomic status . Sangeeta et.al.(2012), Fregussion et.al (2001), Schoon et.al. (2001), Mishra et.al. (1988), Nidhi et.al. (2015) studies support to above findings that there were significant difference between high and low socioeconomic status on adjustment. Hypothesis 4 also proved that there may be significant impact of religion on adjustment. Patel (2014) conducted a study related to social adjustment of Hindu and Muslim people. Results indicated that there was significant differences between Hindu and Muslim

regarding to social adjustment and it study support to hypothesis 4. Last hypothesis also proved in this research that anxiety and adjustment were positively correlated. Jenaabadi et.al.(2016), . Chaturvedi (2015) studies support to last hypothesis of this research.

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Conflict of Interest

The author declared no conflict of interests.