

A study of superstition among anxiety reactive adolescents and normal adolescents

Dr. Rekha Paliwal^{1*}, Ankita Joshi²

ABSTRACT

The present study was conducted with the objective to assess the difference in level of superstition found in between anxiety reactive adolescents and normal adolescents. The sample consisted of 40 adolescent (16-19 years) taken randomly from different school and college of Udaipur, Rajasthan, India. Superstition Scale (SS) developed by L.N.Dubey and B.M.dixit and Sinha's Comprehensive Anxiety Test (SCAT) developed by A.K.P.Sinha and L.N.K.Sinha were used to collect the data. The result showed significant difference of superstition between anxiety reactive adolescent normal behaviour adolescent.

Keywords: *Superstition, Anxiety reactive Adolescent, Normal behaviour Adolescent.*

Anxiety is a feeling of fear, uneasiness, and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. Bouras et al.(2007). Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder American Psychiatric Association, (2013).

There are various types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face mathematical anxiety, somatic anxiety, stage fright, or test anxiety. Social anxiety and stranger anxiety are caused when people are apprehensive around strangers or other people in general. Anxious adolescent is more supersites as compare to normal behaviour adolescent.

Long period of anxiety is converting to anxiety disorder. Anxiety disorders are a group of mental problems characterized by feelings of anxiety and fear. They often occur with other mental problems, such as bipolar problem, eating problem, major depressive problem, or certain personality disorders and individual person is more supersites. Cordina, et. Al. (2009) indicated that anxiety is more common among patients with asthma than among the general population. a total of 51.5% of participant register significant levels of anxiety. Female reported significant higher BAI (Beck anxiety Inventory) than males.

¹Head, Dept. of Psychology, Guru Nanak Girls College, Udaipur, India

²Research Scholar Dept. of Psychology, MLSU, Udaipur, India

*Responding Author

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Superstition is the belief in supernatural casualty that one event leads to the cause of another without and natural process linking the two events – such as astrology, religions, omens, witchcraft, prophecies, etc. that contradicts natural science. A superstition is anything that people believe that is based on myths, magic or irrational thoughts they are beliefs that are steeped in lore and tradition and it is usually difficult to pin point the exact origin.

Superstition is also known as old wives tales, legends and traditions. Superstition is an integral part of almost every culture around the world. Even people don't believe in superstition may still pause before walking under a ladder or may think of a wish when they see a falling star. People have good luck charms, such as lucky piece of jewelry, horse shoe. Superstition weather believed by a whole culture or just one person, still have some sway over people lives, with or without having any actual power.

It can be supposed that younger people might be more strongly influenced by superstition as they have less social stakes and experience and are more easily influenced. Adolescent is the time when the individual is expected to prepare for adulthood by replacing the childish attitude and behaviour pattern with those of an adult type (Gupta, 2009). A crucial task of childhood and adolescence is learning right from wrong and developing character (Joshi, Gupta & Bhargav, 2008).

Ebrahimi Zad, (2014) examine the range and influence of some aspects related to superstition that exists among Gachsaran citizens. Accordingly using the questionnaire and survey method, it was conducted that: women's tendency to superstition belief is much more than man's.

Objective

1. To assess the level of superstition in anxiety reactive adolescent and normal behavior adolescent.

Hypothesis

1. There would be significant difference in level of superstition in anxiety reactive adolescent and normal adolescent.

METHODOLOGY

Sample

The sample of the study consisted of 40 adolescent. The subjects were taken randomly from different school and college of Udaipur, Rajasthan, India. The respondents belonged to the age group of 14 to 19 years and 10 to 12 classes where 20 were Anxiety reactive adolescent and 20 was normal behaviour adolescent.

Tests

Standardized tests were administered for the study. Superstition Scale (SS) developed by L.N.Dubey and B.M.dixit and Sinha's Comprehensive Anxiety Test (SCAT) developed by A.K.P.Sinha and L.N.K.Sinha were used to collect the data.

Procedure

20 anxiety reactive adolescent were selected with Sinha's Comprehensive Anxiety Test (SCAT) by purposive sampling technique and were request to participate in the study. The data was collected through standardized questionnaires. After distribution of both

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Questionnaire instructions were given to respondents as per the manual of respective tests. Scoring of responses was done according to the manual.

The score obtained were analyzed statistically. Measures of central tendency, variability and t-value were calculated to see the effect of independent variables on Superstition Scale (SS).

RESULT AND DISCUSSION

Table 1 showing Means, Standard Deviations and t- value of scores of anxiety reactive adolescent and normal behaviour adolescent on Superstition Scale (SS).

Group	Mean	S.D.	t- Value
Anxiety reactive adolescent	37.9	3.75	5.65*
Normal adolescent	29.3	2.57	

**Significant at .05 level*

Table shows that mean of Anxiety reactive adolescent on Superstition Scale was 37.9 and normal behaviour adolescent was 29.3 and t-value was 5.65* which was observed significant at .05 level. Finding reveal that Anxiety reactive adolescent have more superstition as compared to Normal adolescent.

From above statistics, it may be concluded that Normal Adolescent has low social anxiety and superstition as compared to Anxiety Reactive Adolescent. It may be because those normal behaviour adolescent participate more in general day to day social activity like meeting new people, talking in a group, or speaking in a public so they have less fear, anxiety and superstition linked to the presence of other people as well as their self confidence level are also high as compared to Anxiety reactive adolescent.

CONCLUSION

Normal adolescent have low social anxiety and superstition as compared to anxiety reactive adolescent.

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Conflict of Interest

The author declared no conflict of interests.

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