

comparative study

## A comparative study of anxiety in male and female students

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### ABSTRACT

Anxiety is a multidimensional construct that has been defined as the set of phenomenological, physiological, and behavioral responses that accompany concern about possible negative consequences or failure on an exam or similar evaluation. Anxiety is prevalent problems in colleges across the country. “There is no question that all of the national surveys we have at our fingertips show a distinct rise in the number of mental health problems. This study aims at comparing the level of anxiety in male and female students at Ranchi. Results of data analysis suggested that female students scored higher anxiety level than male student. A significant difference was observed between male and female students.

*Keywords: Gender, Age, Anxiety*

Anxiety is a normal, if unpleasant, part of life, and it can affect us all in different ways and at different times. Anxiety is defined as nervousness and an inability to relax. Some level of anxiety is normal in human beings; however, excessive anxiety can interfere with relationships, sleeping patterns, eating habits, work, school, and all areas of life. Anxiety can take several forms, including phobias, obsessive-compulsions, and panic attacks, and it is often associated with depression. Anxiety is often found in people with psychotic symptoms, especially those who are paranoid. Excessive anxiety can also be a symptom of posttraumatic stress.

Anxiety is an emotional state characterised by changes in one’s body, thoughts and behaviour. It tends to be associated with certain situations or things, and most people who are anxious believe that staying in feared situations will result in their anxiety reaching intolerable levels for an indefinite period of time.

Anxiety is part of our day-to-day lives. Nearly all of us will experience anxiety at some point in our lives. Anxiety can be unpleasant but it is our body’s normal response to threat, fear or danger, and it is not dangerous. People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation. Anxiety disorders can be classified into several more

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specific types. The most common are briefly described below. Worries, fears and anxieties are familiar to us all. Most of the time they are reasonable responses to the situation we are in, and indeed may be crucial to our survival. They prepare us for coping with stress or danger by releasing the hormone adrenaline, which generates physical and mental changes that prepare us to take on a challenge or react to a dangerous situation. On the basis of the empirical literature, it is clear that test anxiety is associated with reduced student grade point average (Farooqi, Ghani, & Spielberg, 2012), but there are few large-scale studies reporting that there are significant gender differences in test anxiety. Although, studies have consistently found that females student have significantly higher test anxiety than male students, sex differences and a mix of other independent sample variables should be factored (age chronology, gender and disciplines for example mathematics and sciences verse verbal aptitude tests) into future investigation to support this hypothesis (Farooqi, Ghani, & Spielberg, 2012).

### *Objectives*

1. To find out difference in anxiety experiences between male and female student.
2. To find out the impact of age on anxiety.

### *Hypotheses*

1. Male students experience comparatively less anxiety as compared to female students.
2. There will be no significant impact of age on the anxiety experience of the students.

## **METHODOLOGY**

### *Sample*

The sample of the present study consisted of 100 male and female students healing from urban area of Ranchi. Data was selected on stratified random sample technique. The stratification was based on gender (male/female), age-I (25-35) and age-II (36-45). All together 2x2 factorial design consisting of 25 subjects.

### *Tools*

**State-Trait Anxiety Inventory:** State-Trait anxiety was measured by the Hindi version of STAI Spielberger Sharma and Singh, 1973. It is a 40- item self- temporary condition experienced in specific situations, and trait anxiety' the general chronic anxiety experienced by some individuals. The 40-question test booklet allows clients to response on a 4- point like scale. The scoring key is easy to use. The first subscale measures state anxiety. The second measures trait anxiety, the range of scores is 20-80, the higher score indicating greater anxiety. The trait anxiety scale consisted of 20 self- report scales, with each scale running from I to 4 for a full score of 80 to evaluate the general tendency to be anxious as a personality trait.

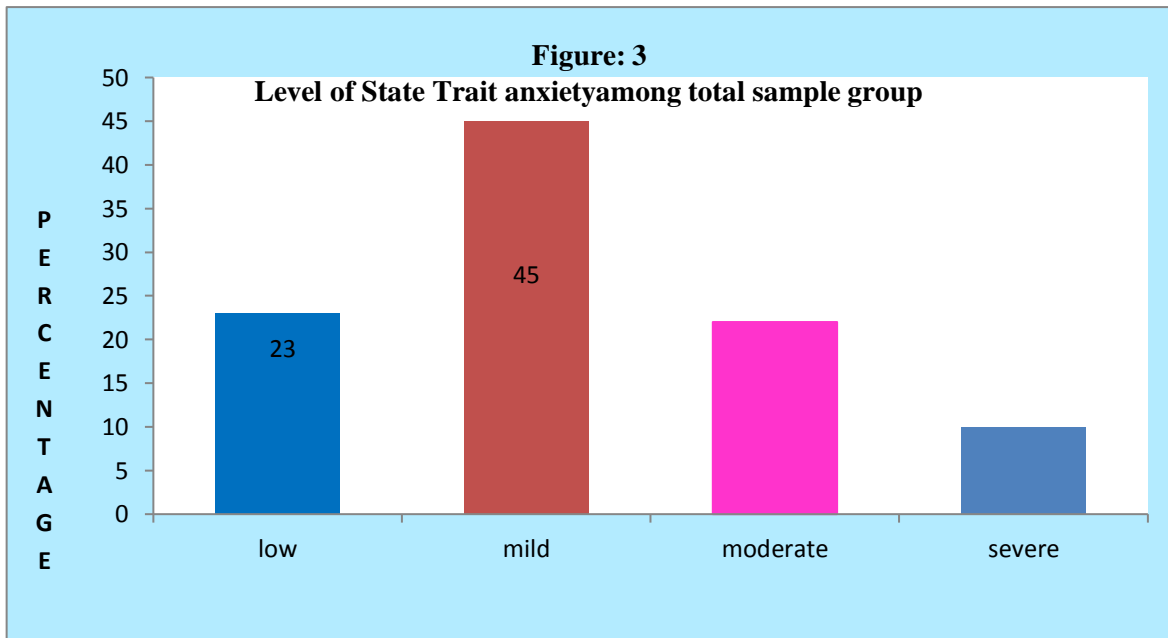
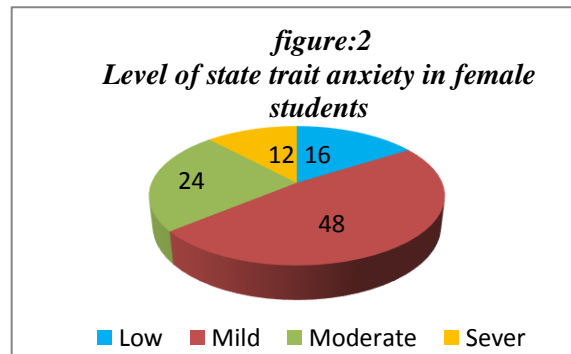
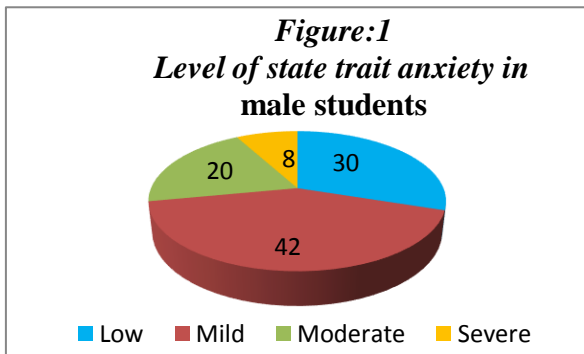
### *Procedure*

State-Trait Anxiety scale was administered to the subjects with proper instruction. Data was checked and scoring was done with the help of scoring key. Percentage, mean, standard-deviation and t-test were computed. The data have been graphically presented where it has been felt.

**RESULTS AND DISCUSSION**

*Table –1 Level of State Trait Anxiety male and female students*

Group	N	Level of State Trait Anxiety							
		Low (21-30)		Mild (31-50)		Moderate (51-70)		Severe (71-80)	
		N	%	N	%	N	%	N	%
Male students	50	15	30%	21	42%	10	20%	4	8%
Female students	50	8	16%	24	48%	12	24%	6	12%
Total	100	23	23	45	45	22	22	10	10



**The data showed that:**

1. In total sample of 100 students 23% showed low level of anxiety while 45% was in mild level, 22% students moderate level and 10 % of students were in severe level of anxiety.
2. The female students showed higher percentage of (12%) severe state anxiety as compare to male students (8%).
3. Female students (24%) reported higher percentage of moderate level anxiety as compare to male students (20%).

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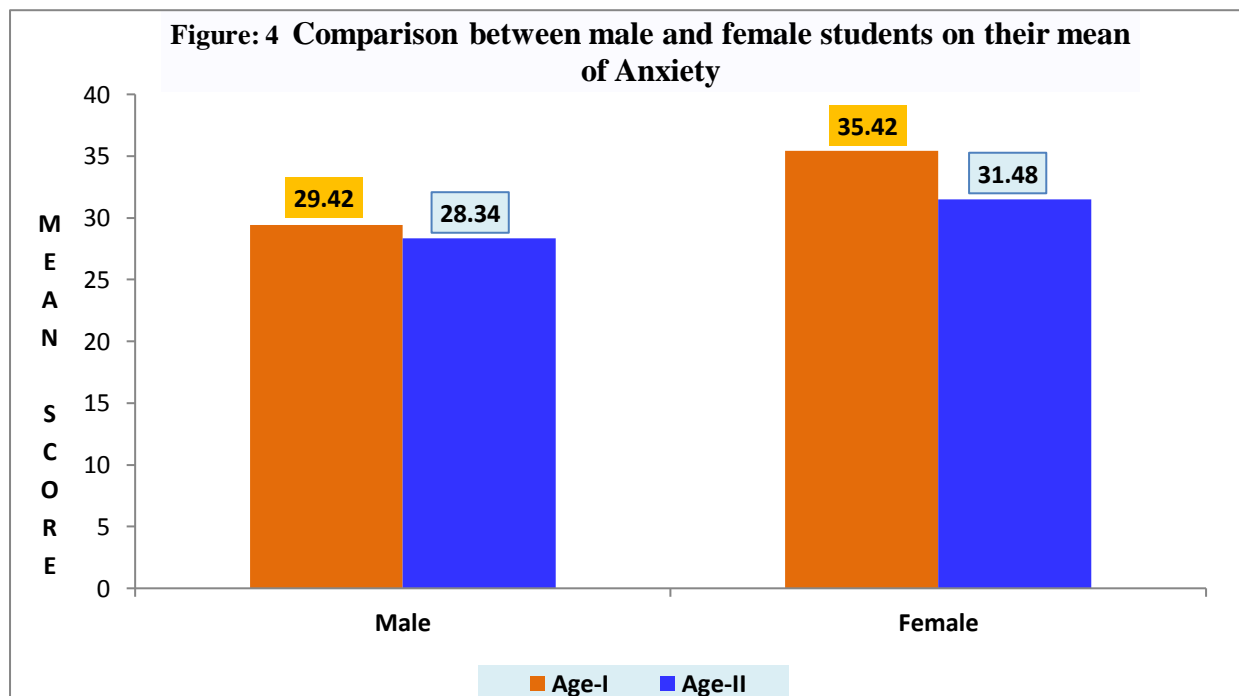
4. The female showed higher percentage of (48%) mild state trait anxiety as compare to male students (42%).
5. Whereas male students have higher percentage in low level of anxiety (30%).
6. Mean and standard deviation values in terms of state trait anxiety scores of male and female students Results have been presented in the table 2

**Table- 2 Mean, standard deviation and t values of scores on of the Male and Female students**

	Male students		Female Students	
	Age group-I (25-35)	Age group-II (36-45)	Age group-I (25-35)	Age group-II (36-45)
<b>N</b>	25	25	25	25
<b>Mean</b>	29.42	28.34	35.42	31.48
<b>Standard deviation</b>	3.30	2.96	5.80	3.99

**Table- 3 Values of t for the differences between means as given in table-3**

Variables	t	P value
Male students age I Vs Male students age II	1.72	NS
Female students age I Vs Female students age II	3.95	<.01
Male students age I Vs Female students age I	2.07	<.05
Male students age II Vs Female students age II	3.14	<.01



**The data showed that:**

1. The male students group of age I (25-35 years) has greater mean score on anxiety (M=29.42) than the male students group of age-II (M=28.34).
2. The female students of age-I have higher mean scores on anxiety (M=35.42) as compared to their counterpart age group-II (M=31.48).
3. Female students age-I group have higher mean score on anxiety (M=35.42) as compared to male age-I group (M=29.42).The differences is highly significant at .05 level of confidence (t=2.07, p<.05).

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4. In age group II male students and female students differ significant on anxiety score. Female students group scored higher (M=31.48) than male group (M=28.34). The differences is highly significant ( $t=3.14$ ,  $p<.01$ ).

### CONCLUSION

On the basis of the present research it can be said that gender and age play significant role in the level of anxiety among students. Female students experiences significantly higher anxiety than male students group. It was also observed that anxiety decrease with age.

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### Conflict of Interest

The author declared no conflict of interest.

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