

## A comparative study of anxiety among Hindu and Muslim school students of Angara Block

Shakil Ahmad Ansari<sup>1\*</sup>, Dr. M. Perwaiz Hassan<sup>2</sup>

### ABSTRACT

The objective of this study is to find out the level of Anxiety with respect to Gender and Religious sub-groups. Subjects were selected on Stratified Random Sample techniques. The data were collected in a small group of 40 students in a class room situation with the help of PDQ and Sinha's Anxiety Scale. In this study it was found that different sub-groups have different level of anxiety. Muslim students are more anxious as compared to Hindu students and the girls are more anxious as compared to boys.

*Keywords: Anxiety, Religious, Gender*

Anxiety is the most common mental Health issue for persons of all age. Although everyone experiences anxiety from time to time, anxiety has become a problem when these feeling begin in interfere with day-to-day functioning. Anxious feeling includes 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.

When a person is faced with danger or a threatening situation, the body natural response is to prepare him or her to either fight or run away. The central nervous system is stimulated and a range or responses occur including increased heart rate, raised blood pressure, rapid breathing tremor and tightness in the stomach. The person is often afraid and highly alert to danger. As the threat passes, the body rapidly returns to normal functioning. Flow ever, when a person experiences an anxiety disorder be or she is often in a state of prolonged and uncontrollable physical and emotional arousal and can experience severe distress. The anxiety is often triggered by places or events that others would find non-threatening or benign, but can also occur without an obvious trigger.

<sup>1</sup>Research Scholar, University Department of Psychology, Ranchi University, Ranchi, India

<sup>2</sup>Former Chairman (Acting), Jharkhand Public Service Commission, Assistant Professor, University Department of Psychology, Ranchi University, Ranchi, India

\*Responding Author

Received: February 19, 2021; Revision Received: March 17, 2021; Accepted: March 28, 2021

### ***Characteristics of Anxiety***

- Anxiety as an independent variable.
- Anxiety as a dependent variable.
- Anxiety as a mediator between stressful life event and ill health.
- Anxiety is generalized feeling of fear.
- Anxiety is a normal response to stress.

### ***Symptoms of Anxiety***

- Physical symptoms
- Cognitive Symptoms
- Emotional Symptoms
- Behavioral Symptoms

### ***Causes of Anxiety***

- Environment
- Pressure from oneself
- Lack of self - Confidence and low self esteem
- Negative thinking
- Time Pressure

## **REVIEW OF LITERATURE**

Suhail and Akram (2002)'s study on Pakistani Muslims discovered that women experienced greater death anxiety than men.

Abdel-Khalek (2005) discovered that females experienced significantly higher death anxiety levels than males.

Huberty (2009) wrote an article about test and performance anxiety. At the time of the article, Huberty was a professor and the director of Indiana University's School Psychology program. The article is very informative and lists characteristics, causes, and types of anxiety.

Robinson, (1966). Student anxiety has long been a topic of discussion amongst researchers. Some research from the 1950s indicates a negative correlation between anxiety and academic performance and other research that did not support that correlation. The researcher worked with students at Brigham Young University to test the hypothesis that honors students with high academic ability have less anxiety than honors students with lower academic ability.

### ***Objectives of study***

*The objectives of the present research are as following:*

- To assess the level of anxiety in different sub groups of school students.
- To find out the level of anxiety among Hindu and Muslim school students.
- To find out the gender difference on the level of anxiety among the school students.

### ***Hypothesis***

*The hypotheses of the present research are as following:*

- The level of anxiety will differ among the different sub-groups.

## A comparative study of Anxiety among Hindu and Muslim school students of Angara Block

- Level of anxiety will be higher in Muslim school students.
- There will be no gender differences in the level of anxiety.

### Sample

The sample consisted of 40 school students studying in class IX & X. They were selected by stratified random sample technique. The Stratification was based on Religion (Hindu and Muslim) and gender (Boy and Girl). Thus, the sample design based on 2X2=4 factorial design. In each of four strata 10 cases were selected randomly making a total of 40 cases.

### Sample design

GENDER	RELIGION	
	HINDU	MUSLIM
BOYS	10	10
GIRLS	10	10
<b>G. TOTAL</b>	<b>40</b>	

### Tools

- **Personal data Questionnaire (PDQ):** It elicits information related to study like-respondents Name, Class, Age, Gender, Religion, School, Address etc.
- **Sinha's Anxiety Scale:** The scale is developed by Dr. Durganand Sinha, Professor & head of the Department of psychology, University of Allahabad. There are 100 items in the scale. Each item had dual-alternative answering option. Respondent has to give answer either 'Yes' or 'No' score were given 1 to 'Yes' and 0 to 'No' finally counted all score for the full scale.

### Procedure

The data was collected in small groups in classroom situation. During the testing session respondent were instructed in brief about the purpose of study. They were instructed to read the items carefully and tick (✓) one of the options. Never tick the both options. There was no time limit but they were asked not to take unnecessary time. They were asked to fill their personal details properly and then start the procedure. If any confusion they could had asked to the investigator.

### Statistical Analysis

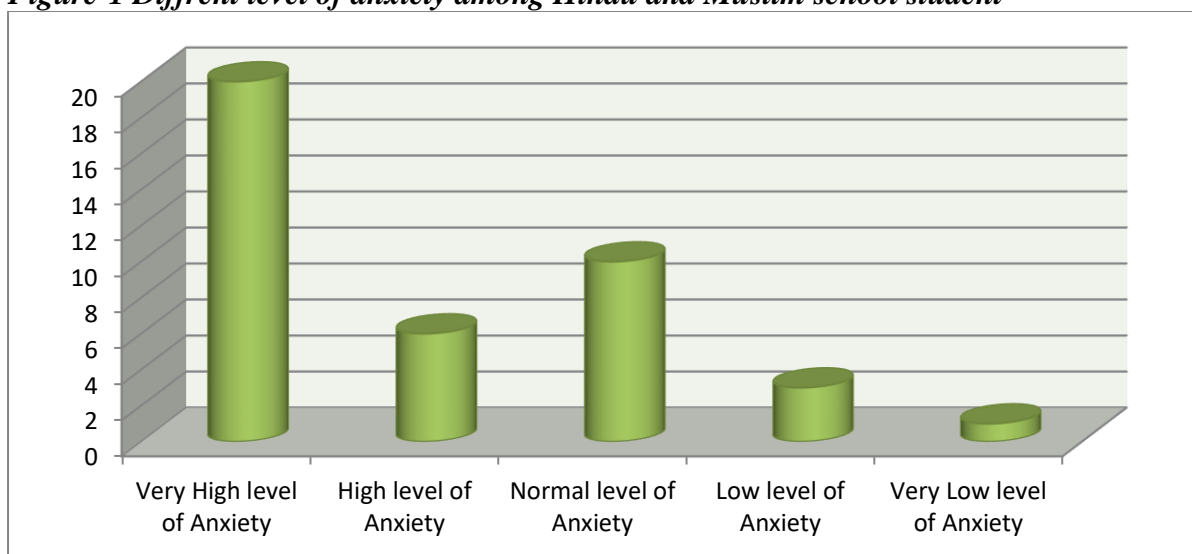
Data were analyzed manually and Mean, SD, and t-ratio were found out.

*Table 1. Showing different level of anxiety with the proportion of students in each category.*

SN	Level of Anxiety	Proportion of Students	Percentage
1	Very high level of a anxiety	20	50%
2	High level of anxiety	6	15%
3	Normal range of anxiety	10	25%
4	Low level of anxiety	3	7.5%
5	Very low of anxiety	1	205%
<b>Grand Total</b>		<b>40</b>	<b>100.00%</b>

**A comparative study of Anxiety among Hindu and Muslim school students of Angara Block**

**Figure-1 Different level of anxiety among Hindu and Muslim school student**

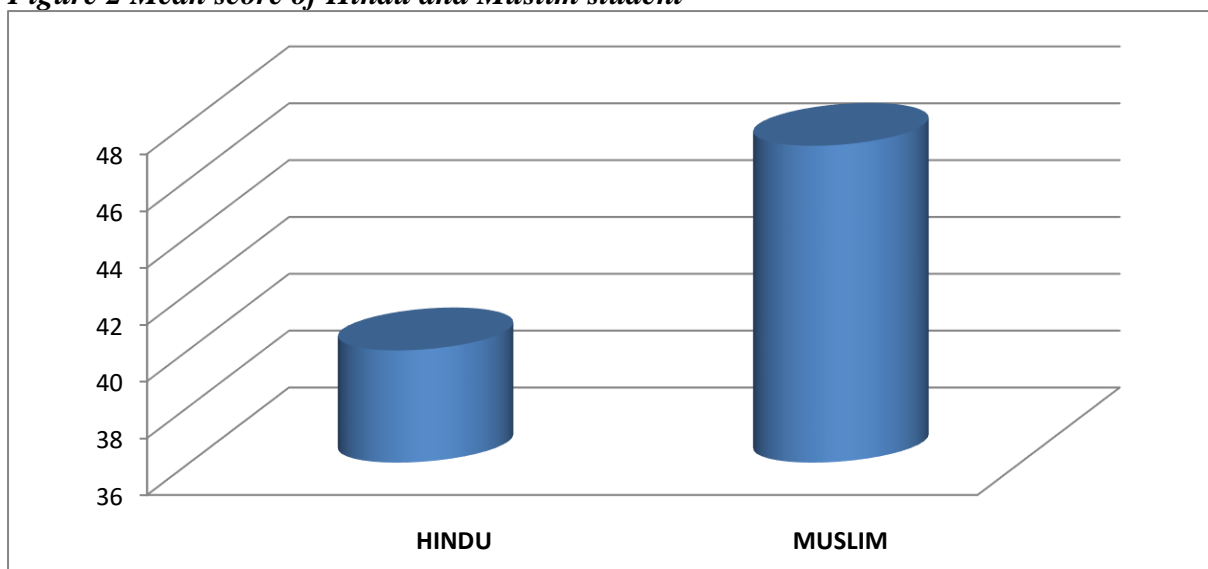


**Table 2 showing Mean, SD, and t-ratio between both Religion.**

Religion	No of Student	Total	Mean	SD	T	P
Muslim	20	40	47.15	17.15	1.59	P>.05
Hindu	20		39.95	9.85		

Table 2 Shows that the Mean score (47.15) of Muslim students is higher as compared to Hindu students. But t-ratio was not significant.

**Figure 2 Mean score of Hindu and Muslim student**

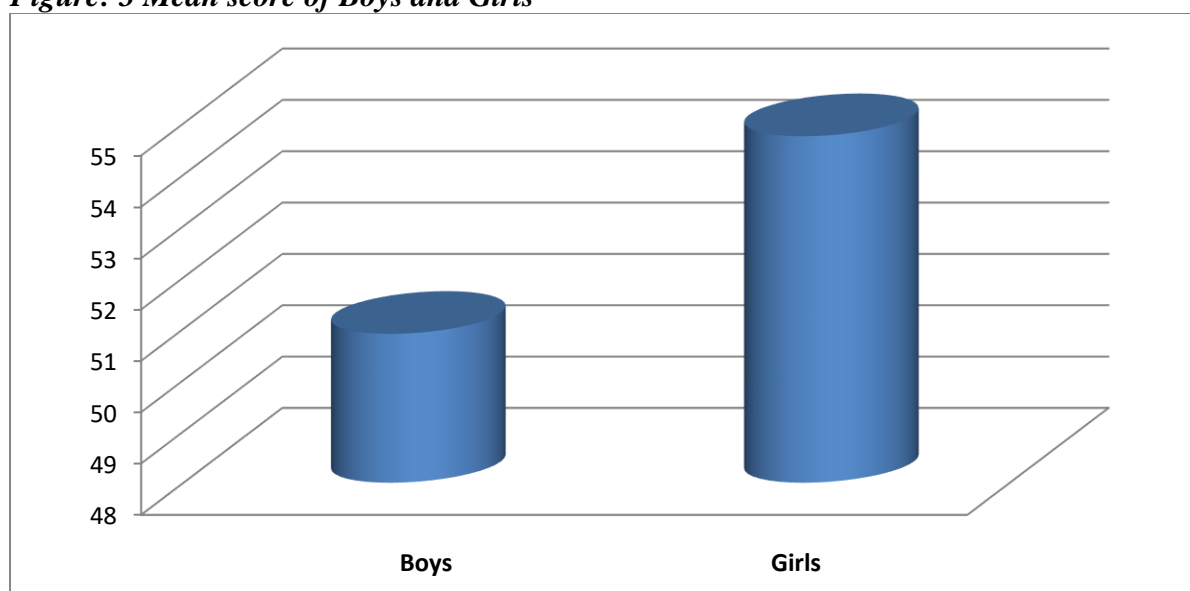


**Table 3 Showing Mean, SD, t-ratio of both Gender**

Gender	No of Student	Total	Mean	SD	T	P
Boy	20	40	41.3	15.67	0.86	P>.05
Girl	20		45.3	13		

Table 3 Shows the Mean score of Girls is higher (45.3) as compared to Boys (41.3). The t-ratio is not significant. Thus, the hypothesis was not proved.

*Figure: 3 Mean score of Boys and Girls*



## **DICUSSION**

According to the objective and hypothesis of the study, we have analyzed the obtained data. It may be recalled that the first objective of the research was “To assess the level of anxiety of different sub groups of school students of Angara block”. We also recalled that my hypothesis was “Different sub groups different in level of anxiety of school students of Angara block”. But after statistical analysis of entire sample, we found that different sub groups different in level of anxiety. So we have to accept our first hypothesis.

The second objective was “To find out the level of anxiety among Hindu and Muslim school students of Angara Block. We recalled the hypothesis is that “Level of anxiety will be higher in Muslim school students of Angara Block”. After statistical analysis of both samples, this hypothesis was proved. But t-ratio showing not significant difference between both means.

The third objective of the study was “To find out the gender difference on the level of anxiety among Boy and Girl school students of Angara Block”. The hypothesis was “There will be no gender difference in the level of anxiety among Boy and Girl school students of Angara Block”. But after Statistical analysis of these groups, we found that Girls have higher anxiety as compared to Boys. Calculated t-ratio is not significant at any level. Thus, the third hypothesis was rejected.

## **CONCLUSION**

On the basis of above analysis, we find that different sub groups different in level of anxiety, when we talk about different variables measured by the study. The Muslim students had more anxiety than the Hindu students. But difference between them was not significant. The second variable showed that the Girl had more anxiety than the Boys.

### **Main findings**

- Different sub groups different in level of anxiety.
- Student of Muslim religion showed more anxiety than the students of Hindu religion.
- Girls had more anxiety than the Boys.

## REFERENCES

- Ahmed, W., Minnaert, A., Kuyper, H., & van der Warf, G. (2011). Reciprocal relationships between math self-concept and math anxiety. *Learning and Individual Differences*, 22, 385-389.
- Huberty, T. J. (2009). Test and performance anxiety. *Principal Leadership*, 10, 12–16.
- Nelson, J. M., & Harwood, H. (2010). Learning disabilities and anxiety: A meta-analysis. *Journal of Learning Disabilities*, 44(1), 3–17.
- Robinson, B. W. (1966). A study of anxiety and academic achievement. *Journal of Consulting Psychology*, 30(2), 165–167.
- Suhail, K., & Akram, S. (2002). Correlates of death anxiety in *Pakistan*. *Death Studies*, 26, 39-50.

### **Acknowledgement**

The author appreciates all those who participated in the study and helped to facilitate the research process.

### **Conflict of Interest**

The author declared no conflict of interest.

**How to cite this article:** Ansari S. A. & Hassan M. P. (2021). A comparative study of Anxiety among Hindu and Muslim school students of Angara Block. *International Journal of Indian Psychology*, 9(1), 1247-1252. DIP:18.01.130/20210901, DOI:10.25215/0901.130