

A Study of Mood State on Urban and Rural Adolescents

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ABSTRACT

This Study Purpose was to find out the Mood State on Urban and Rural Adolescents. Total sample of present study 120 Adolescents, in which 60 Urban Adolescents (30 Male and 30 Female Adolescents) and 60 Rural Adolescents (30 Male and 30 Female Adolescents). The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. non-probability purposive Quota Sampling will be used. The data was collected by using the Eight state Questionnaire developed by Catell and Curran (1973) and this Questionnaire Indian adaption by Kapoor and Mahesh Bhargava (1990). The data was analyzed by using descriptive Statistics and ANOVA. Results show that Rural Adolescents high Anxiety, Regression, Guilt and Extraversion than Urban Adolescents. 2) No significant difference between Urban and Rural Adolescents on Stress, Depression, Fatigue and Arousal.

Keywords: *Adolescents, Urban, Rural, Anxiety, Stress, Depression, Regression, Fatigue, Extraversion and Arousal.*

Adolescence is a period of rapid physical, intellectual, emotional and social growing-period of growing up. Physically the boys or girls become adults and the sex organs mature. There is intellectual growth towards a more abstract and mature mode of thinking. Intelligence reaches its maximum. Emotionally the adolescents grow independent of parents and prepare him for entering into other relationships that are needed in marriage, in work and in the community. Sex consciousness develops and this influences the emotional as well the psychological part of the person.

Mood states

Anxiety

Anxiety is a painful uneasiness of mind concerning some impending or anticipated ill. An anxiety reaction is a state of apprehension without an apparent object, in which attempts are made to discharge internally generated tension and to reduce anxiety through increased bodily activity. It represents a danger or threat within the person himself rather than solely on external danger. Anxiety is vague and unsettling, while severe anxiety can be extremely Debilitating, having a serious impact on daily life. People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview.

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Stress

Stress is the psychological response of the body to physical and psychological demands. The concept of “stress” is one of the most significant concepts ever developed in the social and biochemical sciences, however, its potential as a prime intellectual tool for not only understanding but also explaining individual and collective human behavior and disorders has not yet been fully realized what has hampered the adequate use of the concept of stress is the fact that different investigations have employed somewhat different referents or meaning for the term stress and thus have employed different explicit or implicit psychological stimuli.

Depression

Depression is a serious and pervasive mood disorder that causes feelings of sadness, hopelessness, helplessness, and worthlessness. Depression can be mild to moderate with symptoms of apathy, little appetite, difficulty sleeping, low self-esteem, and low-grade fatigue. Or it can be major depression, with symptoms of depressed mood most of the day, diminished interest in daily activities, weight loss or gain, insomnia or hypersomnia (sleeping too much), fatigue, feelings of guilt almost daily, and recurring thoughts of death or suicide.

Regression

The concept of regression, famously employed by Sigmund Freud and others in his circle, derived from ideas suggested by Herbert Spencer and by John Hughlings Jackson. The regression concept was applied by Winnicott and others in treatment of disturbed children and in adult psychotherapy. In addition, behavioral regression came to be seen as a part of a normal developmental trajectory, with a focus on expectable variability.

Fatigue

Mental fatigue is more slanted towards feeling sleepy and being unable to concentrate properly. Fatigue is a symptom, rather than a sign. Fatigue is a non-specific symptom, i.e., it may have several possible causes. Experts say that 10% of people globally at any one time are suffering from persistent tiredness. Patients describe fatigue, especially chronic fatigue (chronic fatigue syndrome) as overwhelming, and describe the tiredness as completely different from what they have experienced before - not a result of overdoing things, but simply a loss of motivation.

Guilt

Guilt is a cognitive or an emotional experience that occurs when a person realizes or believes accurately or not that he or she has compromised his or her own standards of conduct or has violated a moral standard, and bears significant responsibility for that violation. It is closely related to the concept of remorse. Regretful, concerned about misdeeds, unkind and dissatisfied.

Guilt is an emotion that occurs when people believe that they have violated a moral standard while sympathy is the feeling of being sorry for somebody showing that people understand and care about somebody's problem.

Extraversion

Extraversion is characterized by sociability, talkativeness, assertiveness and excitability. Extraversion is associated with leadership behavior. Extraversion is characterized by sociability, talkativeness, assertiveness and excitability.

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Arousal

The motivational concept of arousal is important to many areas of life; understanding motivational theories is important to work and personal life. The arousal there can easily be considered when analyzing motivational situations in the workplace. When work is very busy or very slow an employee's arousal level may not be at the optimal level for peak performance.

Statement of the Problem

To Study of Mood State on Urban and Rural Adolescents.

Objective of the Study

To study the mood States on Urban and Rural Adolescents.

Hypothesis of the Study

There will be no significant difference between Urban and Rural Adolescents on Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion and Arousal.

METHODOLOGY

Sample:

Total sample of present study 120 Adolescents, in which 60 Urban Adolescents (30 Male and 30 Female Adolescents) and 60 Rural Adolescents (30 Male and 30 Female Adolescents) from Aurangabad Dist. in Maharashtra. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. non-probability purposive Quota Sampling will be used.

Research Design

2 X 2 Factorial Design used in the present study.

Variables used for study

Independent variables - Gender 1- Male Adolescents 2- Female Adolescents.

Dependent variables –Mood States- 1) Anxiety, 2) Stress, 3) Depression, 4) Regression, 5) Fatigue, 6) Guilt, 7) Extraversion 8) Arousal.

Research Tools

Eight States Questionnaire

This Questionnaire developed by Catell and curran (1973) and Indian adaption this Questionnaire by Kapoor and Mahesh Bhargava (1990). This Questionnaire has 96 items which covers 8 dimensions. There is 8 dimensions Anxiety, Stress, Depression, Regression, Fatigue, Extraversion and Arousal. Their forms Questionnaire each questions in the 85 Q has four options and is scored 0, 1, 2, or 3. The score of each item contributes to only one each from the highest possible raw score per form is 36. This Questionnaire reliability is .91 to .96 and validity is .62 to .92.

Data Analysis

The Mean, SD and ANOVA on Moods States was analyzed.

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RESULT ANALYSIS

Table No.01 Show the Mean, SD and F Value of Living of Area on Mood States.

Sr. No	Factor	Living of Area	Mean	SD	N	DF	F Value	Sign.
Table No. 01 (A)	Anxiety	Urban Adolescents	16.06	3.96	60	118	6.485	0.05
		Rural Adolescents	17.83	3.75	60			
Table No. 01 (B)	Stress	Urban Adolescents	15.48	3.89	60	118	0.287	NS
		Rural Adolescents	15.88	4.35	60			
Table No. 01 (C)	Depression	Urban Adolescents	17.33	5.09	60	118	1.031	NS
		Rural Adolescents	18.16	4.57	60			
Table No. 01 (D)	Regression	Urban Adolescents	15.25	4.60	60	118	4.859	0.05
		Rural Adolescents	17.10	4.55	60			
Table No. 01 (E)	Fatigue	Urban Adolescents	16.71	4.21	60	118	1.083	NS
		Rural Adolescents	16.03	3.54	60			
Table No. 01 (F)	Guilt	Urban Adolescents	15.25	4.72	60	118	9.284	0.01
		Rural Adolescents	17.53	3.38	60			
Table No. 01 (G)	Extraversion	Urban Adolescents	16.00	5.74	60	118	8.458	0.01
		Rural Adolescents	18.75	4.77	60			
Table No. 01 (H)	Arousal	Urban Adolescents	15.63	5.29	60	118	0.550	NS
		Rural Adolescents	16.33	4.72	60			

Observation of the Table No. 01 (A) indicated that Mean and SD of Urban Adolescents was 16.06 and 3.96 and Rural Adolescents was 17.83 and 3.75 on Anxiety and F value is 6.485 which found significant at 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that Urban and Rural Adolescents high Anxiety than Urban and Rural Adolescents.

Observation of the Table No. 01 (B) indicated that Mean and SD of Urban Adolescents was 15.48 and 3.89 and Rural Adolescents was 15.88 and 4.35 on Anxiety and F value is 0.287 which found no significant at 0.01 and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that No significant difference between Urban and Rural Adolescents on Stress.

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Observation of the Table No. 01 (C) indicated that Mean and SD of Urban Adolescents was 17.33 and 5.09 and Rural Adolescents was 18.16 and 4.57 on Depression and F value is 1.031 which found no significant at 0.01 and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that No significant difference between Urban and Rural Adolescents on Depression.

Observation of the Table No. 01 (D) indicated that Mean and SD of Urban Adolescents was 15.25 and 4.60 and Rural Adolescents was 17.10 and 4.55 on Regression and F value is 4.859 which found significant at 0.05 level at were null hypothesis was Accepted and Alternative hypothesis is Rejected it mean that Rural Adolescents high Regression than Urban Adolescents

Observation of the Table No. 01 (E) indicated that Mean and SD of Urban Adolescents was 16.71 and 4.21 and Rural Adolescents was 16.03 and 3.54 on Fatigue and F value is 1.083 which found no significant at 0.01 and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that No significant difference between Urban and Rural Adolescents on Fatigue.

Observation of the Table No. 01 (F) indicated that Mean and SD of Urban Adolescents was 15.25 and 4.72 and Rural Adolescents was 17.53 and 3.38 on Guilt and F value is 9.284 which found no significant at 0.01 and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that Rural Adolescents high Guilt than Urban Adolescents.

Observation of the Table No. 01 (G) indicated that Mean and SD of Urban Adolescents was 16.00 and 5.74 and Rural Adolescents was 18.75 and 4.77 on Extraversion and F value is 8.458 which found significant at 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that Rural Adolescents high Extraversion than Urban Adolescents.

Observation of the Table No. 01 (H) indicated that Mean and SD of Urban Adolescents was 15.63 and 5.29 and Rural Adolescents was 16.33 and 4.72 on Arousal and F value is 0.550 which found no significant at 0.01 and 0.05 level at were null hypothesis was Rejected and Alternative hypothesis is Accepted it mean that No significant difference between Urban and Rural Adolescents on Arousal.

Limitations of the Study

- The sample was restricted to Aurangabad Dist. in Maharashtra.
- The study was restricted to only UG College students only.
- The study was restricted students are only 18-21 years only.

CONCLUSION

- Urban and Rural Adolescents high Anxiety than Urban and Rural Adolescents.
- No significant difference between Urban and Rural Adolescents on Stress.
- No significant difference between Urban and Rural Adolescents on Depression.
- Rural Adolescents high Regression than Urban Adolescents.
- No significant difference between Urban and Rural Adolescents on Fatigue.
- Rural Adolescents high Guilt than Urban Adolescents.
- Rural Adolescents high Extraversion than Urban Adolescents.

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- No significant difference between Urban and Rural Adolescents on Arousal.

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Conflict of Interest

The author declared no conflict of interests.

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