

Research Paper

A Study of Anxiety among Arts and Commerce Undergraduate Students of Dogra Degree College of Samba District (J&K)

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ABSTRACT

The objective of the present study is to investigate anxiety among arts and commerce undergraduate students of Dogra Degree College of Samba district (J&K). A purposive sampling was employed to select the sample of 20 participants. Sinha comprehensive anxiety test (SCAT) was administered to the participants. The results indicated that there was a significant difference between the anxiety level of arts and commerce undergraduate students of Dogra Degree College. Commerce students had high anxiety than the arts students.

Keywords: *Anxiety, College Students*

One of the most common problem exist among college students is anxiety. Certainly, the added pressure of being in new Surroundings, being away from home and the stress of doing well in the college can overwhelm some people. Anxiety disorders are the most frequently occurring problem among college students.

Anxiety is described as a fear of something like a situation, person or thing etc. It is an unpleasant state. It is feeling of extreme worry, continuous illogical thoughts often said as an overreaction to a stimulus. Anxiety is regarded as a kind of mental disorder that leads people towards fear, worry, apprehension and an extreme amount of nervousness. Anxiety is a common response of the body when it is under an extreme amount of stress. Anxiety greatly affects the behaviour of people. Anxiety sometimes appropriate and help to improve the performance of people as it acts as a positive stress also called eustress but when it is felt regularly an individual can suffer from various anxiety disorders, these disorders are very common among college students. Stress, fear, palpitations are very common among college students because of heavy study or work schedule. Some college students are mentally very strong and cope up with day-to- day challenges that are thrown towards them, but some college students find it relatively tough or intricate to deals with these issues. These issues can be linked with family members or friends in college.

Usually in anxiety people experience irritability, restlessness, insomnia, trembling, and nausea. There are various unwanted thoughts lined up and people to over think on issues which are otherwise very easy to solve. These sentiments of uneasiness increase with day-to-

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day events are hard to control, are out of extent to real threat and can keep going quite a while.

Anxiety can also be induced by drug use, alcohol, caffeine. Anxiety is not bubbles in your stomach it is the inability to process or to believe with any conviction that you will survive the night. Anxiety includes stressing over future outcomes of several situations. Anxiety issue regularly happen with emotional wellness issue, especially real burdensome issue, bipolar confusion, dietary problems or certain character issue. Anxiety can affect anyone at any age group.

Rajput, Raghav & Pande (2022) examined the prevalence of anxiety on the personality of young adults and founded the relationship between anxiety, neuroticism and extraversion. The sample comprised of 100 students of college ranging from 19-25 years of age in which 48 were males and 52 were females. Result indicated that there was a significant correlation between anxiety and neuroticism. Results also indicated that there was no significant relationship between anxiety and an extraversion trait which means that more extraverted personality the less are chances of developing anxiety. Results showed that high prevalence of anxiety in the personality of young adults.

Brahma & Barman (2022) conducted a study to determine the level of academic anxiety among secondary school students in both private and also compared the academic anxiety of both boys and girls students. Sample comprised of 200 secondary school students. Study discovered that there was no significant difference between the academic anxiety of both boys and girls secondary school students.

Mishra & Mudali (2021) conducted a study on 120 college students. Study used Sinha anxiety scale (1991). Results revealed that rural college students have more anxiety as compared to urban college students.

Statement of the Problem

To study the anxiety among Arts and commerce students of Dogra Degree College of Samba District.

Hypothesis

On the basis of review of current scenario and previous related literature, we hypothesized that,

H1 There will be significant difference between the anxiety level of arts and Commerce undergraduate students.

METHODOLOGY

Participants

The participants of the study comprised of 20 Undergraduate students both from arts and commerce stream. Out of 20 students 10 students were from arts stream and 10 students were from commerce stream belonging to Dogra Degree College of Samba district i.e., both accounting for 50% of the sample. Non probability purposive sampling was used.

Measures

Sinha comprehensive Anxiety test (SCAT) was used to assess anxiety among arts and commerce undergraduate students. It has 90 items in which subjects were required to

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respond to each item in terms of Yes and No. The reliability coefficient of the test found 0.92 with spearman Brown formula. The validity coefficient was found 0.62.

Data analysis

All the analysis were conducted using IBM SPSS statistics version 20. t-test was used to explore anxiety among arts and commerce undergraduate students.

RESULTS AND DISCUSSION

The aim of the present study is to study the anxiety among arts and commerce undergraduate students of Dogra Degree College of samba district. t-test was used to assess the anxiety among arts and commerce undergraduate students and results are presented in table 1

Table1: Showing mean, standard deviation and t-value among Arts and Commerce undergraduate students.

Dimension	Arts students (N=10)			Commerce Students (N=10)			t-test	df	p
	Mean	SD	SE	Mean	SD	SE			
Anxiety	26.52	4.19	1.52	33.31	4.79	1.57	3.87**	18	0.01

Table no 1 indicate that the mean scores on the anxiety of arts and commerce undergraduate students are found to be 26.52 & 33.31 and the standard deviation is 4.19 & 4.79 respectively. The t-value is found to be (18) 3.87 which is highly significant at both level.

CONCLUSION

On the basis of result, it is concluded that there was significant difference between the anxiety level of Arts and commerce undergraduate students of Dogra Degree College of samba district. It means commerce students had high anxiety than the arts students.

The present study has also certain limitations. The sample size of the present study was relatively small. So, the findings may vary for a large sample. In this study only anxiety level was assessed. The present study only includes undergraduate students therefore in further studies, other vulnerable population like university students and school going can also be taken.

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Conflict of Interest

The author(s) declared no conflict of interest.

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