

A Study of Academic Anxiety of Higher Secondary School Students

Amita Sharma^{1*}, Dr. Neeraj Sharma²

ABSTRACT

The current research is about to study the academic anxiety of rural and urban higher secondary school students. The sample consisted of 180 students of higher secondary schools. The sample has been selected on the basis of random sampling technique. Academic anxiety scale of Dr. Mohd. Abid Siddiqui & Dr. Atieq Ul Rehman has been used for the data collection. The students read all the directions silently and carefully before they put any answer as mentioned on the test form. Students fill inventory within given time for analysing and interpreting the data. In the present study mean, standard deviation and t-test were used to compare mean difference in academic anxiety of rural and urban higher secondary school students. The result revealed a significant difference in academic anxiety of rural and urban higher secondary school students. As compared to urban higher secondary school students rural higher secondary school students were found to have significantly higher academy anxiety.

Keywords: *Academic anxiety, Academic anxiety Scale, Locale, Higher Secondary Students, Hapur District*

Today Anxiety is a common phenomenon daily life. It plays a vital role in the life of a human because all of us are the sufferer of anxiety in various ways (Goodstein and Lanyon, 1975)¹. Anxiety disorder are a group of mental health condition that causes dread, fear, sweating and also other symptoms that are out of the related to the situation. There are several types of anxiety including generalized anxiety disorder, phobias social anxiety and academic anxiety. Academic anxiety refers to the feeling of agitation, fear, worry or being nervous ness that are associated with academic task or situations. It is a type of state anxiety. It is a psychological and physiological stress response triggered by academic demands and pressure. It manifests as difficulty concentrating, sleeplessness, raising thoughts and physical symptoms like nausea, racing hurtbeat and overwhelming fear of failure. At the higher secondary level, the main reason for the academic anxiety is academic demands and pressure. (Pandey and Ahmad)², explained that in today's time parents always expected to climbed as high as possible from the children and that expectation put a lot of pressure on children and makes them unhappy and anxious that is also one of the causes of academic anxiety. Academic performance of students affects due to

¹Research Scholar College of Education, IIMT University, Meerut (U.P.), India

²Assistant Professor College of Education, IIMT University, Meerut (U.P.), India

*Corresponding Author

Received: July 31, 2025; Revision Received: August 01, 2025; Accepted: August 04, 2025

A Study of Academic Anxiety of Higher Secondary School Students

academic demand and pressure. Anxiety can lead to feeling of nervousness about academic assignments and situations.

REVIEW OF RELATED STUDY

Azeem (2018)³, Carried study on academic anxiety and academic achievement among senior secondary school students. Sample of 340 secondary school students from various schools of Aligarh district were selected for this study. The result of the study showed that there is no significant difference is found in the academic achievement and academic anxiety of male and female students respectively. Though, a significant and negative relationship is found among the academic achievement and academic anxiety.

Pathak, S. (2020)⁴, carried a study on academic stress and self-efficacy in relation to study habits among adolescents. The main aim of the study is to find out the relationship between study habits and academic stress among secondary students and to determine the relationship between study habits and self-efficacy among secondary students. The result revealed a significant negative relationship between academic stress and study habits of students. The result showed a significant positive relationship between self-efficacy and study habits of secondary school students.

Mishra,S and Muduli,B (2021)⁵, conducted a comparative study between the rural and urban college students. A total number of 120 college students were selected from both rural and urban areas of Odisha state. Results revealed that rural college students have more anxiety compared to urban college students.

Baro and Mishra (2022)⁶, analyzed the relationship between academic anxiety and socio-economic status of adolescents. In the present study 400 students (200 male and 200 female) of Baksa district Of Assam were selected as a sample. The result of this study revealed that there is negative correlation between academic anxiety and socio-economic status of adolescents.

Kaur, Harpreet (2023)⁷, carried a study on academic anxiety among secondary school students. The 300 students were selected as a sample on the basis of convenient sampling technique from schools of Punjab. The result revealed that as compared to urban students the rural students were found to have significantly higher academic anxiety.

Ms. Monica and Batra, Jaya (2023)⁸, carried a study on academic anxiety of adolescents in relation to gender and local. 200 adolescent's students of secondary schools in Ludhiana District of Punjab were selected as a sample. Result of the study showed that academic anxiety of adolescent girls was significant more anxious than adolescent boys irrespective of their locality i.e. rural or urban., Urban adolescent were significantly higher on academic anxiety trait as compared of their rural counterparts.

Objectives of the Present Study

For the present study the following objectives have been formulated

- To study the level of academic anxiety of higher secondary school students.
- To study the academic anxiety of students studying in rural and urban higher secondary schools.

A Study of Academic Anxiety of Higher Secondary School Students

Hypothesis of the Study

On the basis of corresponding objectives, hypothesis has been designed in the study.

- **H-1:** There is no significant difference in academic anxiety of students studying in rural and urban higher secondary schools.

METHODOLOGY

The main purpose of this study is to determine the academic anxiety of higher secondary school students in relation to locality. This was descriptive research. Among all the techniques of descriptive research method, normative survey was applied here to collect the sample from rural and urban schools of Hapur district of Uttar Pradesh, India. The sample comprised of 180 students of higher secondary schools only, which was selected using simple random sampling procedure. In this study statistical techniques such as Mean, Standard deviation and t-test were applied for analysis of data.

“Dr. Mohd. Abid Siddiqui & Dr. Atieq Ul Rehman⁹ Academic anxiety scale has been used for the data collection. This scale comprise of 44 items. In this scale, 17 items are positive and 27 items are negative.

Delimitation of the Study

The present study was delimited to higher secondary students.

- The present study was delimited to Hapur district only.
- The present study was delimited to 180 students only.

ANALYSIS, INTERPRETATION AND DISCUSSION

Applicable analysis along with its interpretation and discussion is being drafted as follows:

Objective 1: To study the level of academic anxiety of higher secondary school students.

In order to know the level of academic anxiety of higher secondary school students, fundamental statistical measures have been assessed.

Table 1: Showing Percentage of Higher Secondary School Students Falling under Different Levels of Academic anxiety

Total sample of higher secondary school students	High Academic Anxiety	Above Average Academic Anxiety	Average Academic Anxiety	Below Average Academic Anxiety	Low Academic Anxiety
180	16(8.9%)	39(21.7%)	65(36.1%)	40(22.2%)	20(11.1%)

Null Hypothesis-1: There is no significant difference in academic anxiety of students studying in rural and urban higher secondary schools.

Table 2: Showing Difference in Mean Scores of Academic Anxiety in Terms of Locale.

Variable	Group	N	Mean	SD	df	t value obtained
Academic Anxiety	Urban	90	72.87	9.53	178	2.30
	Rural	90	76.55	11.95		

The result indicates that (table 2) there is a significant difference in the academic anxiety of the two groups. The present result argues that the rural higher secondary school students

A Study of Academic Anxiety of Higher Secondary School Students

($M=76.55$, $SD =11.95$) are significantly higher in the academic anxiety than the urban higher secondary school students ($M=72.87$, $SD=9.53$). t -value in academic anxiety among rural and urban students was found to be 2.30 which was significant at the point 0.05 level (critical value of t at a particular degree of freedom = 1.97). Thus, the null hypothesis -there is no significant difference in academic anxiety of students studying in rural and urban higher secondary schools is rejected. So, it is concluded that there is a significant difference in academic anxiety among rural and urban students. Mean scores shows that rural students are more anxious in academic field as compared to their counter parts respectively.

The present finding is in consonance with the findings reported by Iflah Sultan and Shabir Ahmad Bhat (2019)¹⁰; Sibananda Mishra and Bijayalaxmi Muduli (2021); Harpreet Kaur (2023) who revealed that there is a significant difference among rural and urban school students on academic anxiety. Rural students have more academic anxiety than urban school students.

However contradictory result was found by Sonal Sharma and Mohd. Shakir (2020)¹¹, S Arshiya Fathima at al. (2024)¹². who revealed that urban students have more academic anxiety than rural school students.

On the same lines, Bihari (2015)¹³, Banga and Sharma (2016)¹⁴, Pravinaben Karashanbhai Patel (2024)¹⁵ revealed that rural and urban students did not differ in their Academic Anxiety

Findings of Present Study

Out of 180 higher secondary students selected for the study

- **8.9%**(16) Higher secondary school students have **high** academic anxiety.
- **21.7%**(39) Higher secondary school students have **above** average academic anxiety.
- **36.1%**(65) Higher secondary school students have **average** academic anxiety.
- **22.2%**(40) Higher secondary school students have **below average** academic anxiety.
- **11.1%**(20) Higher secondary school students have **low** academic anxiety.

The significant difference was found between rural and urban higher secondary school students. Rural higher secondary school students have more academic anxiety than urban higher secondary school students.

Educational Implications of the Study

This study may be beneficial for the school principals, teachers, parents, counsellors and educationists for the extent of academic anxiety among the students of higher secondary schools. Fundamental actions may be occupied to manage and reduce the academic anxiety and stress among the students of higher secondary schools.

The school authorities and administrators can be played a significant role to make the favourable and congenial learning environment because favourable environment play a vital role to reduce the academic anxiety.

Academic anxiety is one of the important factors to determine the academic performance. Academic anxiety can have a negative impact on a student's academic performance. A small level of anxiety is normal but extreme level of anxiety can be a serious problem. Teachers and parents can learn to recognize the signs of anxiety in higher secondary school students.

A Study of Academic Anxiety of Higher Secondary School Students

If teachers and parents support students to learn to control anxiety in early phase, then more serious academic problems related to anxiety and stress can be avoided. If academic anxiety is identified on time it helps to improve the academic performance of higher secondary school students. So, it is necessary to know more about academic anxiety.

REFERENCES

1. Goodstein L.D., Lanyon R.J. (1975), *Adjustment, Behavior & Personality* California: Addison Wesley Publishing Company.
2. Pandey, S. N., & Ahmad, F. (2008). Significance of difference between Male and Female Adolescents on academic achievement, intelligence and socio-economic status. *Journal of Community Guidance and Research*, 25(1), 34-39. Retrieved January 18, 2023 from <https://shodhganga.inflibnet.ac.in/handle/10603/375488>
3. Azeem, M. D. A. (2018). Study of academic anxiety and academic achievement among Senior Secondary School Students. *International Journal of Research in Social Sciences*, 8. Retrieved April 23, 2022 from <https://www.semanticscholar.org/paper/Academic-Anxiety-among-Secondary-School-Students-to-Zhari/c902512151adc70f4e8c31c6b1910f9d7552836#paper-header>
4. Pathak, Shivi (2020), Academic Stress & Self Efficacy in relation to Study Habits among in Adolescents, *The International Journal of Indian Psychology*. Vol.8(3), 735-743.
5. Mishra, S., & Muduli, B. (2021). A comparative study on anxiety among college students from rural and urban areas. *Scholarly Research Journal for Humanity Science & English Language*, 9(46), 11368-11375.
6. Baro, K., & Mishra, L. (2022). Academic anxiety among adolescents in relation to their socio-economic status. *Journal of Positive School Psychology*, 6(3). Retrieved April 23, 2022 from <https://www.journalppw.com/index.php/jpsp/article/download/2017/1194>.
7. Kaur, Harpreet, (2023) Academic Anxiety among Secondary School Students, *IJNRD*, 8(10), 819-825.
8. Ms. Monica & Batra, Jaya, (2023), Academic Anxiety of Adolescents in Relation to Gender and Locale, *JETIR*, 10(1),31-41.
9. Siddiqui, M. A., & Rehman, A. U. (2017). *Academic Anxiety Scale*. Agra: National Psychological Corporation.
10. Sultan, I., & Bhat, S.A. (2019). Academic Anxiety of Rural Urban Secondary School Students. *International Journal of Research and Analytical Reviews (IJRAR)*, 6(1), 676-678.
11. Sharma, S., & Shakir, M. (2020). A study of Academic Anxiety of Senior Secondary School Students in Relation to Locale & type of School. *Research and Reflections on Education*, Vol.17(4),1-9.
12. S. Arshiya Fathima et al., (2024), Academic Anxiety among Selected Rural & Urban Adolescents of Telangana State, *International Journal of Agriculture Extension & Social Development*, Vol 7(7), 272-277. DOI: <https://doi.org/10.33545/26180723.2024.v7.i7d.805>.
13. Bihari, S. (2014). Academic Anxiety among Secondary School Students with Reference to Gender, Habitat and Types of School. *International Journal of Education and Psychological Research (IJEPR)*, 3(4), 30-32.
14. Banga, C.L., & Sharma, S.K. (2016). A Study of Academic Anxiety of Secondary School Students of Kangra District in Relation to Gender, Locale and Social Category. *International Multidisciplinary E-Journal*, V(IV), 46-55.

A Study of Academic Anxiety of Higher Secondary School Students

15. Patel, Pravinaben Karashanbhai (2024), Academic Anxiety among High School Students in Relation to Gender & Area of Residence, Peer Vidya Journal, Vol.3(2), 211-214. DOI: <https://doi.org/10.47413/1te5mz91>

Acknowledgment

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

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Sharma, A. & Sharma, N. (2025). A Study of Academic Anxiety of Higher Secondary School Students. *International Journal of Indian Psychology*, 13(3), 1415-1420. DIP:18.01.130.20251303, DOI:10.25215/1303.130