

Comparative Analysis Of Anxiety And Stress Among Urban, Semi-Urban And Rural Women Students

Mrs.M.RANI KIRAN PRIYA¹, Dr.P.MUTHU PANDISELVI²

¹Research Scholar, ²Assistant Professor

^{1,2}Institute of Advanced Study in Education, Saidapet, Chennai-15

INTRODUCTION

Change is a characteristic of the times through which we are passing. Life of people, their philosophy and way of living are undergoing changes. For instance, man was involved to live in an environment characterized by big muscle activity, outdoor living and uncomplicated social relationship. Now human beings live in an age of space adventurism and technological gigantism. Impact of scientific advancement is felt by every social set up. These social changes have their impact on educational programmes which have opened new vistas under aimed of by human beings a few years ago.

Human beings are by nature, competitive and aspire for excellence in all academic performances. Not only every man/women but every nation wants to show their supremacy by challenging the other nations.

All the various aspects of behavior like needs, impulses, emotions, habits, memories, traits and temperament, attitudes and values are now being sought to be as the expression of the self. The concept of self is now used to understand the way in which personality and its various aspects are more or less organized.

PSYCHOLOGICAL STRESS

Psychologists in the recent years began to realize that greater progress in understanding human behavior can become possible through the study of the individual as a whole. Psychological stress is one of the most important factors which determine student's performance in his competitive situations. Studies have shown that individuals with high psychological stress face failures in their competitive situations.

Psychological stress occurs when students perceive that there is a substantial imbalance between what they perceived, and what they are capable of doing and when the outcome becomes important to them. Psychological stress arises from an imbalance between perceived demands perceived capability when perceived demand and capability are in balance.

ANXIETY

Anxiety refers to that emotional state of mind where a fear of danger or loss or of suffering is a prominent feature and is one of the greatest problems of modern trends in scientific knowledge. Cultural and economic conflicts and industrialisation add to the problems of man, thus increasing the anxiety level. It generally arises as a result of fear for something unknown which creates tension and disturbance.

Anxiety is an emotional state arising in situations of impending danger and manifested in fear of unfavorable events. Anxiety is usually associated with expectation of failures in social interactions, and is often caused by the fact that the source of danger is unknown. Anxiety may manifest itself in the form of a feeling of help lessens, uncertainty of oneself, lack of sufficient strength in the face of external factors and exaggeration of their potency and threat.

Laboratory, field and clinical evidence demonstrate that athletic and motor skill performance can suffer if anxiety becomes too high and many youngsters report

Competitive stress is the negative emotional reaction an athlete feels when his self esteem is threatened. The personal threat between the performance demands of the competition and his own ability to successfully meet those demands, under conditions where the consequences of such a failure are thought to be important that various worries prevent them from playing their beat when they compete. Competitive anxiety can affect youngsters' health by disrupting normal sleeping and creating gastrointestinal problems. Cognitive approach and environmental approaches are widely used in reducing anxiety,

Anxiety is one of the most common deterrents to good performance in Academics. In fact most students experience some anxiety before producing their top performance. By its nature, anxiety tends to interfere with academic performance.

Keywords: Anxiety, Stress, Academic, Emotional, Cognitive approach and motor skill.

HYPOTHESIS

It was hypothesized that there would not be any difference in anxiety and stress among Urban, Semi-urban and Rural women students in TN.

SIGNIFICANCE OF THE STUDY

1. This study might help to explore the anxiety and stress of Urban, Semi-urban and Rural so that they can design some of the remedial programmes if it is necessary.
2. The study might throw light on the training aspect of the Students.

DELIMITATION

1. The study is delimited to thirty women students in Urban, Semi-urban and Rural.
2. The age of the students ranges from 20 to 25 years.
3. The study is restricted to three psychological variables like anxiety and stress.
4. Standardised questionnaire of Spielberg and his associates State Anxiety Inventory was used to assess the state of anxiety.
5. Everly and Girmods psychological stress scale was used to quantify the stress.

LIMITATIONS

1. The difference that exists among the subjects due to varied social, cultural, economic and religious factors could not be taken into consideration.
2. The response of the subject to the questionnaire might not be honest in all cases and this has to be recognised as a limitation.

DEFINITIONS

Anxiety

Anxiety is an uneasiness and feeling of foreboding often when a person is about to embark on a hazardous venture. It is often accompanied by a strong desire to excel.

Cratty defined that "anxiety appears to be a general fear of foreboding a personality trait marked by a lower threshold to stressful events".

Marmour defined anxiety as a psychological state that occurs when an individual experiences a sense of impending or threatening danger.

Stress

Stress is reaction to something that is happening to an individual. It is one of the ways of coping with his environment and the threatening situation that he faces daily, stress involves demands that are psychological in nature.

Psychological stress arises from situational conditions which lead to a subjective or cognitive appraisal of threat. Psychological stress occurs when a person fails to cope up with the problem and is slow in making correct decisions. It appears in situations involving threat, danger offence etcetera.

Newman studied the personality traits of faster and slower competitive swimmers. The purpose of this study was to add to the knowledge of characteristics of swimmers by determining whether the factors which make a better swimmer, correlate significantly with the measured personality traits, twenty one swimmers were trained throughout the swimming season on each of the swimming events and the rank of each swimmer was evaluated, each swimmer was given the personality test. Statistical analysis of the ranking of these seven tests was made in the various strokes. Three rank differences were correlated and were found statistically significant .05 level.

STUDIES ON ANXIETY

Backer conducted a study at the University of California. Sixty one male students with scores more than mean + one standard deviation above (high anxiety) and mean - one standard deviation below (low anxiety). The test consisted of matching a specified food pattern while walking at two Mph. on a treadmill for one and a half minutes, with total missteps consisting the error scores. The subjects had two trials with pulse rate recorded before and after each trial. Following each trial, the subjects rated themselves on the anxiety during the test. The finding supported the hypothesis that stress inhibited efficient functioning of high anxiety subjects and facilitated the performance of low A-state scores of the low trait anxiety group. It was also found that there were significantly lower post treatment A-state scores for the moderate activity treatment when compared to the no-activity treatment A-state scores for the heavy activity treatment. When compared to non-activity treatment there were no significant differences between the moderate and heavy activity treatments on post treatment A-state scores.

Hasrani conducted a study on precompetitive anxiety of basketballers and track and field athletes. A sample of twenty five basketballers and twenty two athletes were administered SCAT (Martens 1977) questionnaire, a day prior to their departure for the competition. Results showed insignificant differences in anxiety level of basketballer and track and field athletes. It was also revealed that basketballers had better experience in coping with pre competition anxiety than the track and field athletes.

SELECTION OF SUBJECTS

The researcher has selected ninety women students in Urban, Semi-urban, Rural as subjects at random and they were divided into three equal groups. Their age was between twenty and twenty five years.

COLLECTION OF DATA

The necessary data was collected by administering the Spielberger and his Associates Anxiety Inventory and Everly and Girmods' psychological stress scale to measure the anxiety and psychological stress respectively.

DESCRIPTION OF SPEILBERGER AND HIS ASSOCIATE'S STATE ANXIETY INVENTORY

The standard psychological tool constructed by Spielberger and his associates was used to measure anxiety of the subjects. This test consists of 20 statements. It includes both positive and negative statements. It is a likert method and each statement consists of four responses. Not at all, somewhat, moderately so and very much. The respondents made a circle on any one of the responses that fits them best. The scale was revalidated by the researcher by administering it on twenty subjects. Reliability was computed by using test and retest method and the reliability obtained was .85. Hence the inventory in its original form was made use of in this investigation.

Scoring

This inventory was scored with the help of a scoring key which is given below. A separate scoring method was followed for positive and negative statements. The score obtained for both positive and negative statements was added and it was treated as individual score. The range of score is 20 to 80. The higher the score the higher the anxiety score.

Scoring Key

S.No	Responses	Scores for positive statements	Scores for Negative Statements
1	Not at all	1	4
2	Somewhat	2	3
3	Moderately so	3	2
4	Very much	4	1

DESCRIPTION OF EVERLY AND GIRNODS PSYCHOLOGICAL STRESS SCALE

The standard psychological tool devised by Everly and Girmods' was used to quantify the psychological stress. This test consists of fourteen statements. Each statement consisted of four responses. All statements are positive in nature. The respondents made a tick mark (V) on any one of the responses that fits to them best. The scale was revalidated by the researcher by administering it on twenty subjects and reliability was computed by test and retest method and reliability obtained was 0.82. Hence the inventory in its original form was made use of in this investigation.

Scoring

The inventory was scored with the help of a scoring key. The score obtained for each statement was added and treated as individual score. The range of scores is 0 to 42. The lesser the score the lower the psychological stress.

Scoring Key

S.No.	Responses	Scores
1	Almost always true	3
2	Usually true	2
3	Seldom true	1
4	Never true	0

RESULT AND DISCUSSIONS

The purpose of the study was to compare the level of anxiety and psychological stress among Urban, Semi-urban and Rural women students. In order to find out the difference between Urban, Semi-urban and Rural women students in their anxiety and stress, the chi-square was computed and tested for significance at 0.05 level of confidence.

TABLE I
ANALYSIS OF ANXIETY OF URBAN, SEMI URBAN AND RURAL WOMEN STUDENTS [Scores in Point]

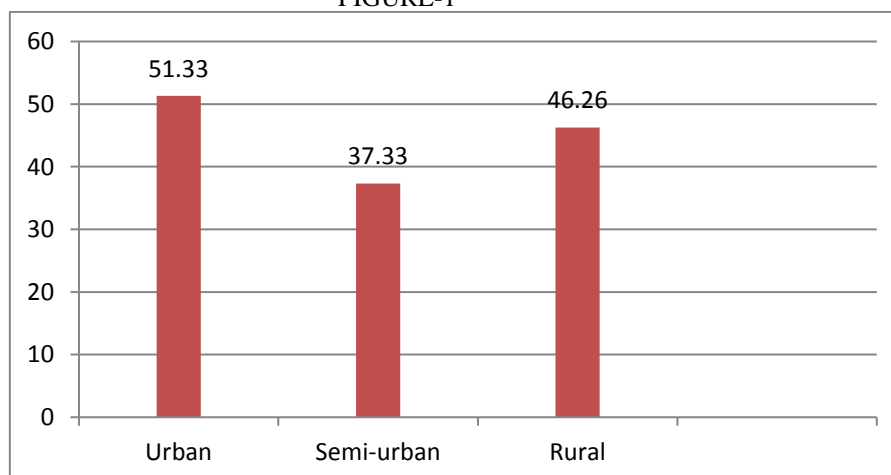
S.No.	Category of subjects	N	M	SD	Obtained chi-square value	Tabulated chi-square value
1	Urban	30	51.33	7.64	67.01*	5.99
2	Semi Urban	30	37.33	4.15		
3	Rural	30	46.26	10.41		

*Significant at 0.05 level

From the table it could be observed that the chi-square value of state level boxers, weight lifters and wrestlers in anxiety was 67.01. This value was higher than the required table value of 5.99 at 0.05 level of significance for degrees of freedom 2. It may be concluded that there was significant difference in anxiety among the three groups. By observing the table, it can be implied that boxers had greater significant mean anxiety of 51.33 than weight lifters and wrestlers. It could be stated that state level wrestlers had greater significant mean anxiety than state level weight lifters. It could be further implied that weight lifters had lesser anxiety mean of 37.33 comparing to the boxers and wrestlers.

The mean anxiety among semi-urban and rural women students were level Urban, graphically illustrated in Figure 2.

FIGURE-1



Bar diagram showing the mean anxiety of Urban, Semi-urban and Rural women students.

TABLE II
ANALYSIS OF PSYCHOLOGICAL STRESS OF URBAN, SEMI URBAN AND RURAL WOMEN STUDENTS
[Scores in Point]

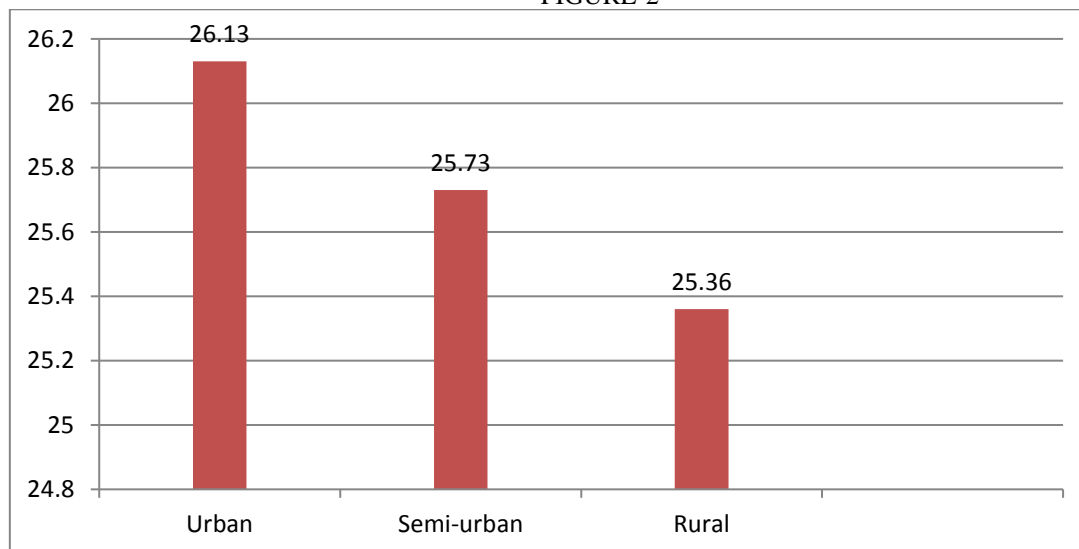
S.No.	Category of subjects	N	M	SD	Obtained chi-square value	Tabulated chi-square value
1	Urban	30	26.13	5.81		
2	Semi Urban	30	25.73	5.89	.33*	5.99
3	Rural	30	25.36	5.81		

*Insignificant at 0.05 level

The chi-square value obtained for the difference of psychological stress among boxers, weight lifters and wrestlers was not significant at 0.05 level. Since the chi-square value was not significant, it could be concluded that there was no significant difference in psychological stress among state level boxers, weight lifters and wrestlers.

The mean psychological stress of Urban, Semi-urban and Rural women students in Figure 3.

FIGURE-2



DISCUSSION

All the three categories were more or less tough in the same degree. All the three require presence of mind in equal degree and the actual performance of each involved the need for quick decision making. Above all, all these three categories undergo more or less the same kind of fundamental training. Hence the presences of stress in all the three categories were found not very significantly.

CONCLUSIONS

Recognising the limitations of the present study, the following conclusions were drawn.

1. Semi-urban showed lesser anxiety than Urban and Rural women students.
2. Among Urban, Semi- Urban and Rural women students there was no significant difference in psychological stress.

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