

## To Study the Anxiety Level between Fresher & Senior College - Going Girls Students



### Psychology

**KEYWORDS :** Anxiety, Fresher, Senior, Girls-student

**Dr. REKHA BAXY**

Professor & Head, Dept. of Psychology, Govt. Auto, Girls P.G. College of excellence, Sagar (M.P.)

### ABSTRACT

*Anxiety has become a common symptom of the present day, The unemployment, poverty, economic – hardship, communal and racial prejudices, ecological imbalances, environmental pollution as well fast changing social structure are the some important factors responsible for Anxiety. The necessity of the study arises due to fact that the fresher when enters the college feels a great anxiety, firstly due to extreme change between the environment of school and college, secondly due to high level of courses, and entirely different pattern of teaching as compared to school. Inspite of these the fear of ragging by seniors creates a lot of fear, stress and anxiety among fresher. Apart from these negative-factors fresher has to decide about his future also. Due to all these factors anxiety level of fresher is very high compared to senior college-going girls. A sample, consisted of 60 college going girls student was taken, comprising of 30 students of each; Fresher and senior students. Concept of "fresher" means newly admitted student in college, and "Senior" defines students already studying in college. Data were obtained through an Anxiety-test of the selected sample. For statistical analysis 'F-test' was employed, for testing the significant difference between the two selected groups, For the study of comparison "Null Hypothesis" was adopted. The result obtained shows that Null hypothesis was rejected. And a significant difference on anxiety level of fresher and senior-college-going-girls-student was obtained. The difference occurs due to fact that fresher's are very new to the college environment in all respects, where as the seniors were already accustomed with all the matters of the college.*

### INTRODUCTION

Anxiety is usually defined as a "diffuse, vague, very unpleasant feeling of fear, nervousness, apprehension or foreboding, without any apparent stimulus, associated with physiological changes (Reus-1998 : Sarason and Sarason, 2000)." Anxiety can indicate a primary psychiatric condition, or it can be a component of, or reaction to, a primary medical disease. A high level or prolonged state of Anxiety can make the activities of daily life difficult or impossible (Strock, 2004). About 500 million people, worldwide are believed to suffer from neurotic, stress-related and somatoform problems; 10 million or 3-4 % of the population suffer from generalized anxiety disorder (Barbotte et al, 2001).

Anxiety disorders are among the most common mental, emotional and behavioral problems to occur during childhood and adolescence. About 13 of every 100 children and adolescents ages (13 to 19) experience some kind of Anxiety disorder; girls are affected more than boys.

It is now accepted in the medical literature that many "adult" psychiatric disorders may have their first manifestations in childhood, and that if left untreated these anxiety disorders in children are likely to progress to adult version (Conner, 2002).

According to the world Health Organization, health means "having a healthy mind in a healthy body in a healthy environment". Anxiety is a very common disorder; it is so commonly prevalent that many times the symptoms are overlooked. In children and adolescents each day brings growth/change and stress, related to these changes. If the anxiety disorders remain untreated they manifest themselves in to more severe adult disorder.

### AIM

Aim of the work is to discuss, why Anxiety level of Fresher college-going-girls students is found higher than the senior students.

And also the verification of this fact that fresher has a great anxiety because of the entire change in the environment of college as compared to that of school.

### HYPOTHESIS

There will be no significant difference between the anxiety level of fresher and senior college-going-girls students.

### METHODOLOGY

**Sample :** 60 girls students were randomly and purposively selected as the sample for the test. 30 girls were taken from the

fresher students and 30 from the senior students of the college. The sample was selected from the girl's college, Sagar, city (M.P.).

### TOOLS

Sinha's Comprehensive, Anxiety Test (SCAT) (with manual) was used in this study.

### Procedure

After the samples were selected, a rapport was established by asking their name, age, education, interest, family etc, before the actual commencement of the test, During this conversation, slowly the attention of the subject was drawn to the task and the general instructions were issued as to what they had to do in the test, which was conducted in groups and in normal conditions. They were instructed that they had to give their response either in "Yes" or in "No". After the completion of this process scores were calculated and result was inter-related.

### RESULT

The score obtained on the measurement of Anxiety among 'Fresher and Senior' college-going-students. The sample was examined separately in terms of Total-Mean-Scores. F-test were computed. The results from this analysis are presented separately in the Table.

### TABLE

Showing F-Ratio value of Fresher and Senior College-going-Students (Girls)

Sample	Group	Total Anxiety Score	F-Ratio
30	Fresher	952	
30	Senior	669	3.41*

\* Significant at 0.01 level of significance

.05 = 7.17

.01 = 4.03

The total score of the fresher is 952 and that of the senior students is 669. It is evident from the above table that fresher's score is more than senior group of students. The F-value of fresher & senior is 3.41 this shows that there is a significant difference between fresher's and senior's Anxiety level. So here, Null Hypothesis is rejected.

The finding of present study shows that fresher and senior students differ on Anxiety level. The level of Anxiety level of the fresher is much higher than the senior students (College going

girls), the anxiety score of the fresher is higher than the score of the senior students.

### DISCUSSION

The samples of the fresher and senior girl's students of the college were selected to analyse their anxiety levels. Fresher feels so many psychological problems in the entirely different environment of college, as compared to the school level. In spite of these, fresher is also worried about the vocational prospects after completion of higher education. Whenever the person is faced with the problem of making a decision, he experiences anxiety, because he is aware of the limited capacity to foresee all the consequences of a possible choice and because he may not have an objective justification for the choice made. (Philosopher Kierkegaard). Fear and anxiety are dispositional or affective states. Both are unpleasant affective states, both have some object or situation that threatens both involves sense of one's existence. (Heidegger), Sex difference in anxiety has been obtained in many studies. According to Ruedush (1963) girls have been found to score higher than boys. According to Philips Etla (1972), sex differences in anxiety tend to be more pronounced in lower class and minority status group, and they vary with respect to different aspects of anxiety. One explanation for the sex difference in anxiety scores offered by Sarson et al (1960) is, that boys are more defensive because manifestation of anxiety are more ego alien for them.

Anxiety has become a common symptom of the present day, and has therefore attracted the attention of teachers, social workers, physicians, psychologists, parents and a variety of other people. Now a day's un-employment poverty, economic-hard-ship, communal and racial prejudices, ecological imbalances, environmental pollution and the fast changing social structure, are the important reason responsible for anxiety.

### CONCLUSION

On the basis of this study it has been concluded that the anxiety level of Fresher College going girl's students is higher than that of senior students. So the Null hypothesis is rejected.

### Limitations

The study is conducted on the basis of a small sample, so the results obtained cannot be generalized.

If the area of operation and sample size is enhanced, the result of the study may be varied.

## REFERENCE

- Barbotte, E; Guillemin, F; Chan, N, and Lorhandicap Group (2001). Prevalence of impairments, disabilities, handicaps and Quality of life in the general population; a review of recent literature. The International Journal of Public Health. Bulletin of world Health organization 79,1047-1055.
- | - Conner, Michael G. (2002) <http://www.crisiscounseling.com>. | - Richa Shree, 2007. Modern Psychology and Human life, edited by : Mahesh Bhargava etc. PP. 364-375. Agra, Rakhi Prakashan. | - Reus, V.I. (1998) Mental disorders in Harrison's Principle of Internal Medicine, Volume 2, Fauci, A. S., Braunwald, E, Isselbacher, K. J. Wilson, J. D., Martin, J. B. Kasper, D.L. Hauser, S. L., Longo, D. L. (Editors), McGraw Hill P. 2486-2502. | - Sarason, I.G., Sarason, B.R. (2000) In Abnormal Psychology, The problem of maladaptive behavior, 8th edition, Prentice Hall of India Pvt. Ltd. New Delhi, 180-270. | - Sherman M, 1979 Personality, Inquiry & Application. Pergamon Press. 319-322 | - Richa Shree, 2007. Modern Psychology and Human life edited by : Mahesh Bhargava etc. PP. 364-375. Agra, Rakhi Prakashan