



ORIGINAL RESEARCH PAPER

Education

EFFECTIVENESS OF PEACE EDUCATION MODEL FOR ALLEVIATING ACADEMIC ANXIETY OF LEARNERS

KEY WORDS: Academic anxiety, engineering learners, medical learners, Peace Education Model

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ABSTRACT

The students' life being complicated and at the same time competitive trying hard to remain alive in this competitive world and trying to solve many complicated problems in academics through the competitive mind ultimately takes a toll and the mind becomes unstable and directionless. In the process, the student develops academic anxiety related to academic circumstances, like failure in exams, time constraint; unrealistic expectation. Hence the researcher felt the need to develop peace strategies to lessen the academic anxiety among the engineering and medical learners. The quasi – Experimental pre-test post -test non-equivalent group design was used to evaluate the development of peace education among engineering and medical learners. The Peace modules were designed by the researcher and were implemented on the Experimental group of learners. The Inferential analysis was done by using the independent 't test'. The findings of the study indicated that the peace strategies used were successful.

INTRODUCTION

The present curriculum of engineering and medical course is vast. As a large syllabus is fitted in a short period, the course becomes extremely demanding in terms of student's efforts. Competitions to excel as well as social and emotional factors also influence students' mental health. The students undergoing medical course and engineering courses is more predispose to anxiety than any other course ultimately affecting Student's performance at the examination. The students usually are left with small amount of time gap within each term of examination, assignments, Practical's, as well as long hours of lectures. Usually with little or no time for "self – study". "Managing time" for the studies is usually a large task for the learners, overall expectations from the family, friends and teachers, is felt by the learners as "unrealistic expectation"

NEED AND RATIONALE OF THE STUDY:

In today's world, the competition has increased so fiercely, trying to survive in it itself, the students feel cluttered within their mind.

Hence the student develops anxiety related to academic circumstances, from the very beginning. The researcher felt the need to develop peace education module to lessen the anxiety among the engineering and medical learners

The Peace strategies here encourages the students to develop consciousness of peace and to develop within oneself an internal intensity of relaxation, helps to overcome the conflict that arises in the mind, the confidence develops positivity and helps to manage the time within the limitations.

REVIEW OF RELATED LITERATURE

After reviewing the various related literature, the researcher zeroed various researchers done on academic anxiety by Nuran Bayram & Nazan Bilgel (August 2008). The objective of this study was to examine the prevalence of depression, anxiety and stress among a group of Turkish university students. The mental health of university students was found to be an area of increasing concern worldwide. Habibah Elias et al studied, Stress and Academic Achievement among Undergraduate Students in University Putra of Malaysia. The findings of the study showed that overall, the undergraduate students experienced moderate levels of stress. The medical students had the highest stress level among the students. Dalal Ben Loubire et al (2014) studied Prevalance of Stress in Casablanca Medical Students. A test anxiety scale was used to assess the degree of stress related to exam among the medical students. The finding showed that the 52 % of stress was due to examination and the 5th year students were having high stress. However, there was no significant difference found among male and female Students pertaining to stress

factors. Atieq ul Rehman (2016) studied "Academic anxiety among Higher Education students of India, causes and preventive Measures: An Exploratory Study. Studied the various factors that lead Higher education students to severe Academic anxiety. Akhtar & Aziz (2011) studied the effect of parental and peer pressure on academic achievement in Pakistan. Results of their study indicated that parental pressure and academic achievement were positively correlated. That is, the more parental pressure the student received the better scores on their exam. The various research contributions towards education by peace education has been done by (Mishra, 2013), to identify strategies for identifying peace education in schools, preparation of peace education curriculum with integrated approach to education shahi, Mondal, (2014)), Rani (2015), Borkar (2019) used stories as a method of teaching with focus on core human values Chitkalamba (2011) adapted Process curriculum approach by developing a moral education programme, which included various strategies like role play, brainstorming, debates, puzzles, drawings etc. to facilitate peaceful conflict. Dingra Rakhi (2015) conducted a comparative study of awareness and attitude towards peace education among different college teachers. Dr Magare & Satpute Ketki (2018), used innovative strategies like film clippings, sharing game, Art & drama, meditation, autosuggestion, for developing culture of peace among student teachers. The studies on Academic anxiety and Peace Education were done separately. The researcher therefore integrated peace module to reduce anxiety related to academics among medical and engineering learning.

Statement of the Problem:

Effectiveness of Peace Education Model for Alleviating Anxiety of Learner's

Operational Definitions:

Peace Education Model: For the present study, the various Peace education Modules used by the researcher to reduce the anxiety in medical and engineering learning are Relaxation techniques, motivational techniques, prioritization techniques, communication techniques, Solo sports management.

Academic Anxiety: In the present study the Academic anxiety means the anxiousness developed by the students, due to examination, managing time schedule and unrealistic expectation bestowed upon by others.

AIM OF THE STUDY:

To study the use of Peace Education Model for reducing anxiety in medical and engineering colleges.

OBJECTIVES:

To study and compare the pre-test and post-test, anxiety score of the control group of engineering and medical learners.

To study and compare the Pre -test and post- test, anxiety score of the experimental group of engineering and medical learners.

HYPOTHESIS OF THE STUDY:

- 1: There is no significant difference between the pre-test and post- test anxiety score of the control group of engineering and medical learners
- 2: There is no significant difference between the pre-test and post- test anxiety score of the experimental group of engineering and medical learners

SCOPE AND DELIMITATIONS OF THE STUDY:

The study is delimited to 2nd year engineering and medical college students, of the Mumbai region only, single medical and engineering college students were considered for the study. The peace strategies developed by the researcher was only considered for the study.

METHODOLOGY OF THE STUDY:

The method adopted by the researcher for this study was quasi experimental method of pre-test post- test non-equivalent group design.

The pre-test-post –test Non-equivalent group is described symbolically as follows :

- O1 X O2
- O3 C O4

Where, O1 and O3: Pre-test Scores, O2 and O4 :Post-test Scores

X : Experimental Group C :Control Group

SAMPLE AND SAMPLING TECHNIQUE

Here the researcher included students studying in medical and engineering colleges of Mumbai. Purposive sampling Technique was used for the selection of the learners. 52 medical students and 50 Engineering students were selected for the experimental studies. Both medical and engineering learners for control and experimental group, were selected from the same colleges.

TOOLS OF THE RESEARCH

The researcher constructed and validated the academic anxiety scale with 28 items based on fear of failure, time constraint and unrealistic expectation. The peace education model developed by the researcher had 75 items (each 5 modules had 15 items each)

The Cronbach Alpha reliability coefficient was 0.81 for academic anxiety scale and 0.79 for peace education model.

Instructional material

The peace Education Model consisted of 5 modules Relaxation techniques, Motivational technique, The Prioritization techniques, communication techniques, Solo sports management. Various activities related to the above technique were conducted by the researcher, 71 hrs. for medical learners and 69 hrs for engineering learners.

TECHQUES OF DATA ANALYSIS:

The researcher used descriptive statistical techniques such as Measures of central tendency: Mean, Median and Mode, Measures of Variability: Standard deviation and graphical representation, inferential analysis consist of independent 't' test.

ANALYSIS AND INTERPRETATION OF THE DATA:

Table 1.1 showing the Pre- test and post -test scores of Academic anxiety of Control group of engineering learners with respect to its various dimensions.

Dimensi on	Control Group.	Mean	S.D		t- ratio	P	Level of Significance
Fear of failure	Pre-test	38.4	3.13	df =98	-3.11	0.0024	Not significant
	Post-test	40.36	3.16				
Time - constraint	Pre-test	38.06	2.41	df =98	-2.43	0.0169	Not significant
	Post-test	39.38	2.97				
Unrealistic - Expectation	Pre-test	41.36	2.75	df =98	-1.01	0.314	Not significant
	Post- test	41.88	2.37				

Here the tabulated t value =1.984, n= (100), df (98) Hence the tabulated t value is greater than the obtained t ratio in at 0.05 significance for various dimensions i.e., FOF (-3.11), (-2.43), (-1.01) That means the Null hypothesis is accepted. There is no significance difference between the pre -test and post- test score of academic anxiety of the control group of engineering learners for various dimensions

Table 1.2 Showing the Pre –test and Post-test scores of Academic anxiety of Control group of medical learners for various dimensions:

Dimensi on	Control Group.	Mean	S.D	Degr ee of Freed om	t- ratio	P	Level of Significance
Fear of failure	Pre-test	42.65	4.28	df =98	2.67	0.0028	Not significant
	Post-test	40.69	3.11				
Time - constraint	Pre-test	38.06	4.24	df =98	0.7	0.4855	Not significant
	Post-test	39.38	2.86				
Unrealistic -Expectati on	Pre-test	41.36	3.69	df =98	1.21	0.2290	Not significant
	Post- test	41.88	3.23				

Here the tabulated t value =1.984, n= (100), Hence the tabulated t value is lesser than the obtained "t" Ratio for Fear of failure (2.67) in control group at 0.05 level of significance. Hence The Null Hypothesis is Rejected for the Academic Anxiety dimension Fear of failure i.e., there is significance difference between the pre -test and post- test score of Academic anxiety of the control group of medical learners for the dimension Fear of failure (FOF).

Were as for the other two dimensions of Academic anxiety, Time constraint (TC) and Unrealistic Expectation (URE), the Obtained T ratio is lesser than the Tabulated "t" value at 0.05 level of significance.

Table 1.3 showing the Pre-test and post-test scores of Academic anxiety of Experimental Group of Medical learners with respect to its dimensions.

Dimensi on	Control Group.	Mean	S.D	Degr ee of Freed om	t- ratio	P	Level of Significance
Fear of failure	Pre-test	41.53	4.76	df =98	19.3	<0.0001	Not significant
	Post-test	26.57	2.92				
Time - constraint	Pre-test	37.98	4.17	df =98	20.96	<0.0001	Not significant
	Post-test	21.88	3.65				
Unrealistic -Expectati on	Pre-test	38.03	3.99	df =98	20.95	<0.0001	Not significant
	Post- test	21.30	4.14				

Here the tabulated T value =1.984, n= (100), df (102) The obtained "t" ratio for FOF is (19.3), TC is (20.96), URE is (20.95), found to be greater than the Tabulated t value at 0.05 significance. Therefore, the Null Hypothesis is accepted i.e., there is significance difference between the pre -test and post- test score of academic anxiety of the control group of medical learners

Table 1.4 showing the Pre- test and post -test scores of Academic anxiety of Experimental Group of engineering

learners with respect to its dimensions:

Dimension	Control Group	Mean	S.D	Degree of Freedom	t-ratio	P	Level of Significance
Fear of failure	Pre-test	38.04	3.2	df=98	23.33	<0.001	Not significant
	Post-test	25.12	2.24				
Time - constraint	Pre-test	37.24	3.00	df=98	22.57	<0.001	Not significant
	Post-test	24.30	2.719				
Unrealistic-Expectation	Pre-test	39.38	2.15	df=98	32.8	<0.001	Not significant
	Post-test	21.28	3.251				

Here the tabulated T value =1.984, n= (100), df (102) The obtained “t” ratio for FOF is (23.33), TC is (22.57), URE is (32.8), found to be greater than the Tabulated t value at 0.05 significance. Therefore, the Null Hypothesis is Rejected i.e., there is significance difference between the pre -test and post- test score of academic anxiety of the Experimental group of engineering learners

CONCLUSION:

From the table 1.1 it has been observed that there is no significant difference between the pre -test and post test score of anxiety for engineering learners. The table 1.2 indicate there has been significant difference in the fear of failure in the pre -test and post test score of medical learners, even though they were not subjected to any treatment, were as in time constraint and unrealistic expectation, there is no significant difference between the pre -test and post test score of the anxiety in the control group of medical learners.

From table 1.3 and 1.4 indicate, the programme of peace education subjected to the engineering and the medical college has been successful hence the null hypothesis is rejected for various dimension like fear of failure, time constraint and unrealistic expectation. We can summarize as: “The mind is the most powerful weapon for a student as well as the fatal enemy. Through studying, a student wields his most powerful weapon and through peace he saves himself against it. Peace here is not a word it is a statement within itself; It is not embedded but rather attained, it cannot end the sorrow but will always provide joy, peace is hence an essential need“

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