

A Study of Anxiety of Professional and Non Professional College Students

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Abstract: *Anxiety is a state of nervousness or fear. Every person feel anxiety in his life many time but at the time of adolescence students feel more anxiety then other period of life. To cop up this anxiety any one must know about the level of anxiety. To find that anxiety investigator chose this study. In the given study investigator took sample of 100 students purposively. The result of given study revealed that there is no significant difference between level of anxiety in professional and non professional students. on the other hand no significant difference between level of anxiety of male professionals and male non professionals as well as female professionals and female non professionals.*

Keywords: Anxiety, professional student, non-professional students

1. Introduction

Anxiety is a feeling of nervousness, apprehension, fear, or worry. Some fears and worries are justified, such as worry about a loved one or in anticipation of taking a quiz, test, or other examination. Problem anxiety interferes with the sufferer's ability to sleep or otherwise function. It is noteworthy that teenagers are particularly susceptible to having irritability as a symptom of a number of emotional problems, including anxiety. Anxiety may occur without a cause, or it may occur based on a real situation but may be out of proportion to what would normally be expected. Severe anxiety can have a serious impact on daily life.

During college, "students deal with a unique amount of stressors," said **Knowles**. Specifically, college calls for a significant transition, where "students experience many firsts, including new lifestyle, friends, roommates, exposure to new cultures and alternate ways of thinking," said **Hilary Silver**, M.S.W., a licensed clinical social worker and mental health expert for Campus Calm. When students can't manage these firsts, they're more likely to struggle. "If students do not feel adequate or prepared to cope with the new environment of a college campus, they could easily become susceptible to depression and anxiety". Feelings of inadequacy can stem from academic stressors. These all condition leads to anxiety.

2. Significance of the Study

Interest in anxiety, stress, and mood in sport has frequently focused on the impact of these variables on performance in education of college students. The broad purpose of this study was to highlight the importance of the meaning that professional and non-professional college students attach to anxiety, and wants to reveal the level of anxiety. Anxious persons are not able to do any simple task. They always try to back off any situation which makes him anxious. If we know the situations which are responsible for anxiety then we can manage that situation, So to find that situation investigator choose this topic to study.

3. Statement of the Problem

"A Study of Anxiety of Professional and Non Professional College Students".

4. Objectives of the Study

- 1) To compare anxiety of professional & non-professional college students.
- 2) To compare anxiety of male professional & male non-professional college students.
- 3) To compare anxiety of female professional & female non-professional college students.

5. Hypothesis

- 1) There is no significant difference in anxiety of professional and non-professional college students.
- 2) There is no significance difference in anxiety of male professional & male non-professional college students.
- 3) There is no significant difference in anxiety of female professional & female non-professional college students.

6. Review of Literature

Cui, j. (2011) in his study "Research on High School Students' English Learning Anxiety" revealed that students indeed had comparatively high anxiety in English learning. Males have higher anxiety of English classes than females. And it was also found that high anxiety plays a somewhat debilitating role in high school students' language learning.

Hakimi, H. (2011) in his study "On the relationship between test anxiety and academic performance" despited that students studying in lower degrees are more anxious than those who are more familiar with the test taking process in academic environment.

Kaya, O. et.al.(2010) in his study "Measurement of secondary school students' test-anxiety levels and investigation of their causes" found that the students had mid-level test anxiety, and girls had higher test anxiety level than boys.

Methodology and Sample

Descriptive survey method is used for this study. A sample of total 100 Professional and Non-Professional College Students of Rohtak city have been taken for the investigation of the study.

Tools

Sinha's Anxiety Scale by D. Sinha was used for data collection. (Based on sentence completion method By D. Sinha was used for collecting scores in anxiety)

Scoring

The procedure for scoring is very simple. It can be done with the help of scoring key. Each item indicating Anxiety (N-Ax) is given a score 1 and the total score earned on and the item of N-Ax score.

7. Result and Interpretation

Objective (O₁) To compare the anxiety of professional and non-professional college students

Table 1

Group	N	Mean	S.D.	S.E.D	't' value	Remark
Professional students	50	31	14.76	16.04	1.67*	Not significant
Non-professional students	50	44	14.77			

* not significant at 0.01 level of significance

It is evident from the table 1 that the computed 't' value of anxiety is 1.67 and critical value is 2.63 at 0.01 level of significance with 98 df. critical 't' value is more than t-value it means mean's difference between professional and non-professional students is not significant. Therefore the null hypothesis 'There is no significant difference in anxiety of professional and non-professional college students', is retained. Thus this difference between means is not significant. So we can say that level of anxiety is almost same in both professional as well as non professionals.

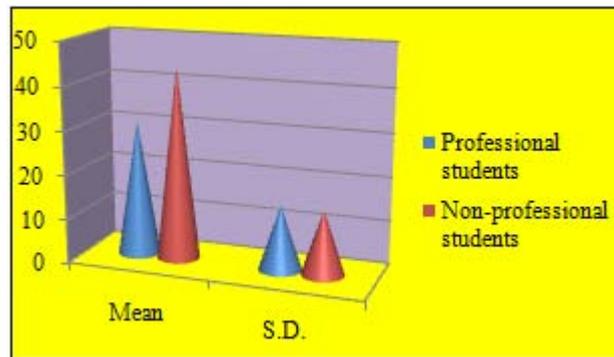


Diagram 1

Objective (O₂) To compare the anxiety of male professional and male non-professional college students

Table 2

Group	N	Mean	S.D.	S.E.D	't' value	Remarks
Male professional students	25	19	12.59	17.08	1.71*	Not significant
Male non-professional students	25	37	16.62			

* not significant at 0.01 level of significance

It is evident from the table 2 that the computed 't' value of anxiety is 1.71 and critical value is 2.69 at 0.01 level of significance with 48 df. Calculated 't' value is less than the critical t-value it means mean's difference between male professional and male non-professional college students is not significant. Therefore the null hypothesis 'There is no significant difference in anxiety of male professional and male non-professional college students', is retained. Thus this difference between means is not significant. So we can say that both males

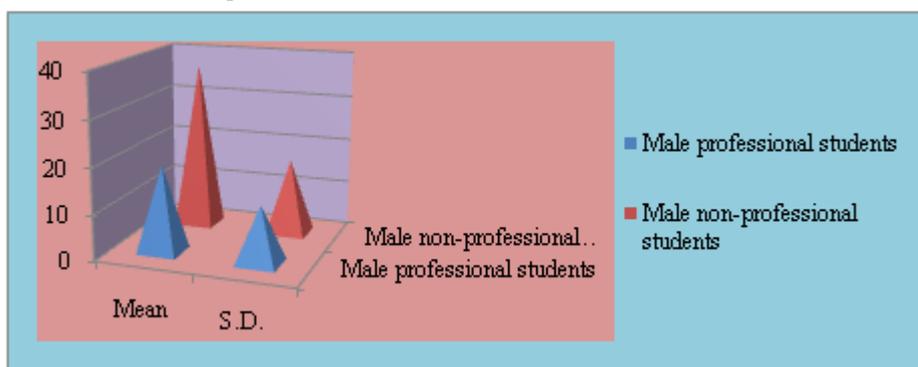


Diagram 2

Objective (O₃)

To compare the anxiety of female professional and female non-professional college students

Table 3

Group	N	Mean	S.D.	S.E.D	't' value	Remarks
Female professional students	25	40	11.12	11.92	1.71*	Not significant
Female non-professional students	25	45	11.50			

*not significant at 0.01 level of significance

It is evident from the table 3 that the computed 't' value of anxiety is 1.71 and critical value is 2.69 at 0.01 level of significance with 48 df. Calculated 't' value is less than t-value. it means mean's difference between female professional and female non-professional college students is

not significant. Therefore the null hypothesis 'There is no significant difference in anxiety of female professional and female non-professional college students', is retained. Thus this difference between means is not significant.

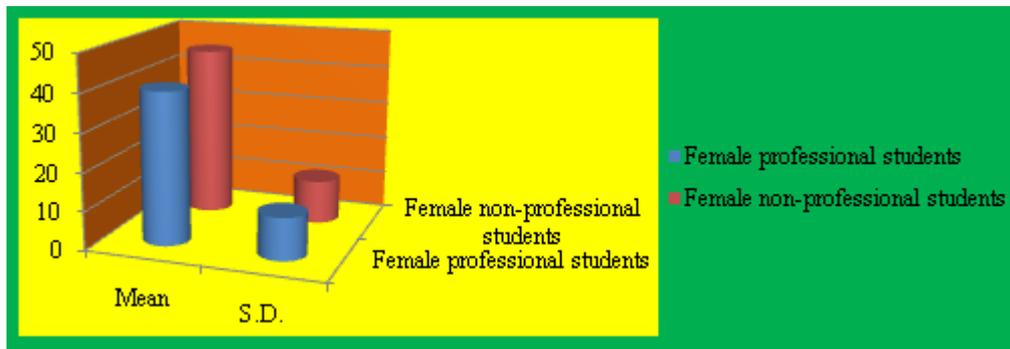


Diagram 3

8. Conclusion

Given study revealed that there is no significance difference between levels of anxiety in professional and non professional students. In other result there is no significance difference between male professional and male non professional. On the other hand there is no significance difference between female professional and female non professional. This shows that there is not any effect of gender as well as type of stream on the level of anxiety.

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