ACADEMIC ANXIETY AMONG HIGH SCHOOL STUDENTS IN RELATION TO GENDER AND AREA OF RESIDENCE

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Abstract

Main purpose of the present research is to study and compare Academic Anxiety among High School Students in Relation to Gender and Area of Residence. Total of 200 high school students were randomly selected from Sabarkantha District. In present research following Academic Anxiety Scale by Dr. Mohmmed Abid Siddiqui and Dr. Atieq Ul Rehman was used for data collection. To analyzed the data 't' test was used. Results reveals that Male high school students have more academic anxiety then female high school students, urban high school students have more academic anxiety then rural high school students. male urban high school students have more academic anxiety then male rural high school students, female urban high school students have more academic anxiety then female rural high school students.

Keywords: Anxiety, Academic Anxiety, High School Students

INTRODUCTION

Anxiety is the condition of psychological and physical distress brought on by a perceived or actual threat. Anxiety is a mental, physical, emotional, and behavioural state that is both psychological and physiological. These elements come together to produce an unpleasant sensation that is usually connected to anxiety, fear, or uneasiness.

Anxieties related to particular domains, such as social anxiety, sports anxiety In addition to bending the trunk forward, hold your toes with both hands. Test anxiety, according to Craig et al. (2000), is the extent to which students feel anxious, fearful, agitated, panicked, and stressed out even when they are just thinking about a test or examination in the future. Furthermore, doubt and uncertainty about a situation or event in the future can also result in anxiety. According to Bandura (1997), people get anxious when they perceive a situation as risky and uncontrollable.

For Indian adolescents, academic anxiety has grown to be a major source of stress in this age of intense competition. This group grows more and more vulnerable as a result of high parental expectations, social pressures, and anxiety of social rejection, job market uncertainty, and growing aspirations.

REVIEW OF LITERATURE

Dr. Harpeet Kaur (2023) in her study examined academic anxiety among secondary school students. The 300 students were selected on the basis of convenient and volunteer sampling from 07 selected schools of Punjab. t-test was employed to compare mean difference in academic anxiety of rural & urban students. One way ANOVA was computed to compare mean scores of academic anxiety of students belonging to humanities, science & commerce stream of study. The results revealed that the rural students were found to have significantly higher academic anxiety as compared to urban students.

Sonal Shah & Dr. Mohd. Sakir (2019) study was carried out to find out the difference in academic anxiety of senior secondary school students in relation to locate (rural and urban) and type of school (government and private). A sample of 355 senior secondary school students from various schools of Aligarh and Agra districts of Uttar Pradesh were selected. Standardized tool developed by Sharma & Shakir (2019) used for measuring the level of academic anxiety of senior secondary school students. The statistical techniques utilized in the study were mean, standard deviation and t-test. Results revealed a significant difference in the academic anxiety of senior secondary school students in relation to locale. Urban senior secondary school students have more academic anxiety in comparison to their counterparts.

Gourav Mahajan (2015) explored the relationship between academic anxiety of secondary school students and their parental encouragement. The results of the study showed that academic stress was significantly and

negatively correlated with parental encouragement. No significant difference was found between academic anxiety of male and female secondary school students.

Rana, et al., (2013) explored the relationship between test anxiety and academic achievement of students at the post graduate level. It was found that a significant negative relationship exists between test anxiety scores and students achievement scores. Results showed that a cognitive factor (worry) contributes more in test anxiety than affective factors (emotional). Therefore, it is concluded that test anxiety is one of the factors which are responsible for students underachievement and low performance.

Ajay, K., Attri & Neelam (2013) compared the academic anxiety and academic achievement of secondary school students. The findings of the present study revealed that there exists a significant difference in academic anxiety and academic achievement of male and female secondary school students. Girls found to be more academically anxious and had better academic achievement than boys.

STATEMENT OF PROBLEM

In present research researcher has tried to study the Academic Anxiety among High School Students in relation to gender and area of residence.

OBJECTIVES OF THE STUDY

1.   To study and compare academic anxiety among high school student in relation to gender
2.   To study and compare academic anxiety among high school student in relation to area of residence.
3.   To study and compare academic anxiety among high school student in relation to male urban and rural participants.
4.   To study and compare academic anxiety among high school student in relation to female urban and rural participants.

HYPOTHESIS

1.   There is no significant difference between male and female high school students with regards to academic anxiety.
2.   There is no significant difference between urban and rural high school students with regards to academic anxiety.
3.   There is no significant difference between male urban and rural high school students with regards to academic anxiety.
4.   There is no significant difference between female urban and rural high school students with regards to academic anxiety.

METHOD

- **Sample :**

Total 200 hundred high school students of standard 11th and 12th were randomly selected from high school students of Sabarkantha District. Sample was categorised as under;

	Male	Female	Total
Urban	50	50	100
Rural	50	50	100
Total	100	100	200

- **Tool**

In present research following Academic Anxiety Scale by Dr. Mohmmed Abid Siddiqui and Dr. Atieq Ul Rehman was used for data collection.

Academic Anxiety Scale contents 44 items. The scale has both 17 positive items & 27 negative items. It measures students' academic anxiety such as Academic Anxiety symptoms, Anxiety from poor study Habits, Anxiety from subjects, anxiety from School Environment, Anxiety from Teachers, Anxiety from Examination. In which 1 to 7 statement measure Academic Anxiety symptoms. 8 to 14 Anxiety from poor study Habits. 15 to 19 statement measure Anxiety from subject. 20 to 26 statement measure anxiety from school environment. 27 to 35 statement measure Anxiety from teachers. 36 to 44 statement measure Anxiety from Examination.

The reliability of the scale was decided by split-half method (odd-even). It was calculated on N=600 and was found to be r= +0.85 which is highly significant at 0.01 level significance.

Validity coefficence of various dimensions of anxiety scales are Academic anxiety symptoms 0.62, Anxiety from poor study habits 0.78, Anxiety from subjects 0.50, anxiety from school environment 0.73, anxiety from teachers 0.67 and anxiety from examination 0.76.

Scoring for positive statement agree-1, undecided-2, disagree-3 and negative statement agree-3, undecided-2, disagree-1

- **Administration and Scoring**

Permission was taken from the authorities of selected high school for data collection. Objectives of the present research were explained to the authority of the high school, each student was informed regarding confidentially of the study. After establishing the report with students. Academic anxiety scale was administration in small manageable group.

STATISTICAL ANALYSIS

Mean, SD and t-test was used for data analysis. Each hypothesis was tested at 0.01 and 0.05 level of significance.

RESULTS AND DISCUSSION

Table-1
Mean, SD and t-value of academic anxiety of high school students in relation to Gender

Group	N	Mean	SD	t-value	level of significance
Male Students	100	83.74	17.46	3.80	0.01
Female Students	100	75.21	14.02		

The t-value of male and female high school students in relation to an academic anxiety is 3.80, which is significant at 0.01 level. Therefore, the null hypothesis "There is no significant difference between male and female high school students with regards to academic anxiety" is rejected. It indicates that significant difference exists between male and female high students in relation to academic anxiety. The mean scores of male and female students on academic anxiety are 83.74 and 75.21 with SD of 17.46 and 14.02 respectively. Hence, male high school students have more academic anxiety then female high school students.

Table-2
Mean, SD and t-value of academic anxiety of high school students in relation to Area of Residence

Group	N	Mean	SD	t-value	level of significance
Urban	100	82.75	16.89	2.88	0.01
Rural	100	76.20	15.20		

The t-value of urban and rural high school students in relation to an academic anxiety is 2.88, which is significant at 0.01 level. Therefore, the null hypothesis "There is no significant difference between urban and rural high school students with regards to academic anxiety" is rejected. It indicates that significant difference exists between urban and rural high students in relation to academic anxiety. The mean scores of urban and rural high school students on academic anxiety are 82.75 and 76.20 with SD of 16.89 and 15.20 respectively. Hence, urban high school students have more academic anxiety then rural high school students.

Table-3
Mean, SD and t-value of academic anxiety of male high school students of urban and rural area

Group	N	Mean	SD	t-value	level of significance
Male Urban Students	50	87.39	17.95	2.15	0.05
Male Rural Students	50	79.94	16.42		

The t-value of male urban and rural high school students in relation to an academic anxiety is 2.15, which is significant at 0.05 level. Therefore, the null hypothesis "There is no significant difference between male urban and rural high school students with regards to academic anxiety" is rejected. It indicates that significant difference exists between male urban and rural high students in relation to academic anxiety. The mean scores of male urban and rural high school students on academic anxiety are 87.39 and 79.94 with SD of 17.95 and 16.42 respectively. Hence, male urban high school students have more academic anxiety then male rural high school students.

Table-4
Mean, SD and t-value of academic anxiety of female high school students of urban and rural area

Group	N	Mean	SD	t-value	level of significance
Female Urban Students	50	77.96	14.58	1.99	0.05
Female Rural Students	50	72.46	13.00		

The t-value of female urban and rural high school students in relation to an academic anxiety is 1.99, which is significant at 0.05 level. Therefore, the null hypothesis "There is no significant difference between female urban and rural high school students with regards to academic anxiety" is rejected. It indicates that significant difference exists between female urban and rural high students in relation to academic anxiety. The mean scores of female urban and rural high school students on academic anxiety are 77.96 and 72.46 with SD of 14.58 and 13.00 respectively. Hence, female urban high school students have more academic anxiety then female rural high school students.

CONCLUSIONS

- Significant difference exists between male and female high students in relation to academic anxiety. Hence, male high school students have more academic anxiety then female high school students.
- Significant difference exists between urban and rural high students in relation to academic anxiety. Hence, urban high school students have more academic anxiety then rural high school students.
- Significant difference exists between male urban and rural high students in relation to academic anxiety. Hence, male urban high school students have more academic anxiety then male rural high school students.
- Significant difference exists between female urban and rural high students in relation to academic anxiety. Hence, female urban high school students have more academic anxiety then female rural high school students.

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