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**A COMPARATIVE STUDY ON STATE ANXIETY AND STRESS AMONG MALE & FEMALE STUDENTS BEFORE APPEARING THE MADHYAMIK EXAM**

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**ABSTRACT**

Today is the life of technology and prosperity of life . we fulfill our desire with the help of modern instruments our demands ,techniques. But our demand increase day by day. Similarly demand by the parents from our children is also increase day by day and probably which parents did not fulfill in their life they try to fulfill by their children . parents are always push up their children to get more marks, secure rank in their class . it is a very good towards children when this push up cannot effect their life. but due to the over pressure and high expectation the student get anxiety and become more and more stress full when they appeared such exam which type of exam the students are not sited first. So before appearing the madhyamik exam they become stress full. The present study deals by the researcher to study the” a comparative study on state anxiety and stress among male & female students before appearing the madhyamik exam.



There are two main types of stress . Acute Stress this short term stress that goes away quickly . you feel it when you same on the brakes ,have a fight with your partner or ski down a steep slope. It helps you manage dangerous situation . It also occurs when you do something new or exciting . All people have acute stress at one time or another .Chronic stress this is stress that lasts for a longer period of time. You may have chronic stress if you have money problems, an unhappy marriage ,or trouble at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you did not realize it is a problem . If you did not find ways to manage stress , it may lead to health problems. Factors affecting stress are Alcoholism or drug use in the family Sexual or physical abuse patterns in the family Chronic illness in oneself or family Family or individual history of psychiatric disorder , such as eating disorder , schizophrenia, manic depressive disorder, conduct disorder, delinquency. Death or serious loss in the family Learning disabilities or mental /physical disabilities Absent or divorced parents ; inadequate bonding in adoptive families Family conflicts, poor parent /child relationship. Change in personality Traits Personality traits specially when they change dramatically can signal serious trouble. These traits include ; Impulsive behaviours , obsessional unreal fears Aggressive and anti social behavior withdrawal and isolation , detachment Poor social skill resulting in feeling of humiliation , poor self worth, blame and feeling ugly Over achieving and extreme pressure to perform Problem with sleeping and or eating Psychological or social events psychological and social events contribute to the accumulation of problems and stressors Loss experience such as death or suicide of a friend or family members ,broken romance ,loss of close friendship or a family move. Unmet personal or parental expectation such as failure to achieve a goal ,poor grades ,social rejection Unsolved conflicts with family members ,peers ,teachers ,coaches that results in anger , frustration ,rejection Humiliating experience resulting in loss of self esteem or rejection Unexpected events such as pregnancy o financial

*problems Predisposition , stressors and behaviours weave together to form a composite picture of a youth at high risk for depression and self destructive behavior Death or serious loss in the family Learning disabilities or metal /physical disabilities Absent or divorced parents ; inadequate bonding families .Family conflicts ; poor parent /child relationship. They can decrease stress with the following behaviours and techniques; that's why the present researcher introduced the problem" A Comparative Study On State Anxiety and Stress Among Male & Female Students Before Appearing The Madhyamik Exam " .*

**KEYWORDS ;** state anxiety , stress , Madhyamik exam.

## **INTRODUCTION**

Today is the life of technology and prosperity of life . we fulfill our desire with the help of modern instruments our demands ,techniques. But our demand increase day by day. Similarly demand by the parents from our children is also increase day by day and probably which parents did not fulfill in their life they try to fulfill by their children . parents are always push up their children to get more marks, secure rank in their class . it is a very good towards children when this push up cannot effect their life. but due to the over pressure and high expectation the student get anxiety and become more and more stress full when they appeared such exam which type of exam the students are not sited first. So before appearing the madhyamik exam they become stress full.

**Anxiety ;** A mental health disorder characterised by feelings of worry .when anxiety is very high then it can effect the daily life of a person .difficult experiences in childhood , adolescence or adulthood are a common trigger for anxiety problems. Going through stress and trauma when subject are very young is likely to have a particularly big impact. Experience which can trigger anxiety problems include things like physical or emotional abuse.

## **Symptoms of Anxiety ;**

**There are so many symptoms of anxiety these are as follows**

Feeling nervous, restless or tense. Having a sense of impending danger, panic or doom. Having an increase in heart rate. And the subjects have breathing rapidly, sweating, trembling, feeling weak or tired. The persons have trouble on concentrating or thinking about anything other than the present worry. Severe anxiety occurs when the body's natural response to stress exceed healthy levels and interrupt the man's ability to function and carry out typical day-to-day task.

## **Types of Anxiety Disorder ;**

There are several types of anxiety disorder : Generalized anxiety disorder ; when subject feel excessive ,unrealistic worry and tension with little or no reason. Panic disorder ; person feels sudden , intense fear that brings on a panic attack .during a panic attack it may break out in a sweat and have chest pain or have a rapid heart beat. Social anxiety disorder ; it also called social phobia this is happen when person feel overwhelming worry and self consciousness about everyday social situation. Separation anxiety ; not only the little ones who feel scared or anxious when a loved one leaves. Any one can get separation anxiety disorder. Agoraphobia; people have intense fear of being in a place where it seems to be escaped. Medication induced anxiety disorder; use of certain medications or illegal drugs or withdrawal from certain drugs, can trigger some symptoms of anxiety disorder.

**State Anxiety ;** According to spielberg (1979) state anxiety can be defined as a transitory emotional state consisting of feelings of apprehension, nervousness, and physiological sequele such an increased heart rate or respiration .

Spielberg (1983) anxiety as the subjective feelings of tension ,apprehension ,nervousness and worry related with an encouragement of the automatic nervous system. Anxiety can in addition be seen as a products of doubt, uncertainty about an future occasion or situation. Bandura (1997) think that people experience anxiety when they recognize a situation as dangerous and away from their control.

According to Craig et al (2000) anxiety stands for the degree to which a students experience fear, apprehensiveness, nervousness , panic agitation and stress while even thinking of a future examination.

**concept of state anxiety ;** State anxiety reflects a transitory emotional state or a condition that that is characterized by subjective, consciously perceived feelings of tension and apprehension, and heightened automatic nervous system activity. It may fluctuate and can vary in intensity. state anxiety is a temporary of fear and arousal that is elicited from a real .types of state anxiety ; There are two types of state anxiety one is cognitive worry and other autonomic emotional . and four main facet of trait anxiety associated with specific situation . i. social evaluation threat ii. Physical danger threat . iii. Ambiguous threat . iv. Threat in innocuous situation or daily. The present study deals by the researcher to study the” a comparative study on state anxiety and stress among male & female students before appearing the madhyamik exam “

### Significance of the study

The study will contribute to the improvement of state and stress anxiety among male and female students before appearing their Madhyamik examination. thus this study will help to gaining information about the factors on stress and state anxiety which effects the male and female students before appearing Madhyamik examination. After knowing this factor it can be overcome in future to maintain the lower state anxiety and stress of male and female students.

### OBJECTIVE OF THE STUDY

1. To find out state anxiety among male & female students before appearing Madhyamik exam.
2. To find out state anxiety among female students before appearing Madhyamik exam.
3. To find out stress among male students before appearing Madhyamik exam.
4. To find out stress among female students before appearing Madhyamik exam.

### HYPOTHESIS

**H<sub>1</sub>** ; Male students will suffer more from state anxiety than female students before Madhyamik exam.

**H<sub>2</sub>** ; Female students will suffer more from state anxiety than male students before Madhyamik exam.

**H<sub>3</sub>** ; Male students will suffer more from f stress than female students before Madhyamik exam

**H<sub>4</sub>** ; Female students will suffer more from stress than male students before Madhyamik exam.

### Operational Definition of the Important Terms

**State anxiety;** Here the researcher use the term “state anxiety” to draw the state of condition of mind of the students before appearing board examination. State anxiety depends on the following factors State anxiety reflects a transitory emotional state or a condition that that is characterized by subjective, consciously perceived feelings of tension and apprehension, and heightened automatic nervous system activity. It may fluctuate and can vary in intensity. state anxiety is a temporary of fear and arousal that is elicited from a real .

**Stress ;** Here the researcher use the term “stress” to draw the condition of the mind when they appear in the madhyamik examination. Stress is a feelings of emotional or physical tension. It can come from any event or thought that makes you feel frustrated , angry, or nervous . stress is your body’s reaction to a challenge or demand . in short burst ,stress can be positive , such as when it helps you avoid danger or meet a deadline . but when stress lasts for long time , it may harm your health.

**Madhyamik exam;** Here the term “Madhyamik exam “ use by the researcher is the board examination under the west board of secondary examination . generally 10 th grade students of this board appearing this exam. Here researcher wants to study the stress and state factor of the students before appearing madhyamik examination.

### Delimitation of the study

- This study is confined to the only Madhyamik students of 5 schools
- The schools are present in rural area.
- The study is limited to the 100 students of Madhyamik level

### Back Ground of The Study

Then study of Hense selye (1950) defined stress “ the non specific response of the body to any demand “ the term “stress” had never been related to human behavior until selye suggested using it to describe what had happened when an organism was exposed to an unpleasant stimulus . selye was able to separate the physical effects of stress from other physical symptoms suffered by patients through his research

The study of Spielberg (1983) anxiety as the subjective feelings of tension ,apprehension , nervousness and worry related with an encouragement of the automatic nervous system.

The study of Lazarus and Folkman (1984) defined stress as a pattern of negative physiological responses occurring in situation where people perceive threats to their well being which they may be unable to meet.

The study of Sibnath Deb, Esben Strodi ,Jinadong sun (1991); conducted a study on academic stress, parental pressure ,anxiety and mental health . study shows that nearly two third of the students reported stress due to academic pressure. There is no significant difference between gender, age,grade and several other personal factor. And about two third of the students reported pressure from their parent for better academic performance.

Anxiety can in addition be seen as a products of doubt, uncertainty about an future occasion or situation.

The study of Bandura (1997) think that people experience anxiety when they recognize a situation as dangerous and away from their control.

The study of Norman Milgram ,Yosef Toubiana (1999) ; the study show that students were less anxious about homework than the other academic assignments. The more students were anxious about preparing for examination and writing papers .

The study of According to Craig et al (2000) anxiety stands for the degree to which a students experience fear, apprehensiveness, nervousness , panic agitation and stress while even thinking of a future examination

The study of Caroline j. sheeba ; examine the result obtained from the study majority of the board going students experience moderate level of anxiety. The result shows that pressure from the school ,parent ,the lengthy format of Indian state government board exam.

The study of Vitasari .et.al 2010; kumarswamy,2012 , deb and walash (2010) studied anxiety among adolescent in the city of Kolkata . specifically study compared anxiety across gender ,school type and its relationship with academic achievement. They found that anxiety was prevalent in the sample with 20.1% of boys and 17.9% of girls were found to be suffering from high anxiety.

The study of Sahoo. s, khess c.r(2010) ; conducted a study on ‘prevalence of depression , anxiety, and stress among young male adults in India , there are so many suicidal activity by the students due to the exam pressure among adolescents ,emphasizing the imperative need to understand the pattern of anxiety and various factors contributing to it among students. There is anxiety for students in different purpose ,also in achievement ,preparing examination and it effects male and female students. That's why present researcher introduced the the topic “a comparative study on state anxiety and stress among male & female students before appearing the madhyamik exam.

The study of mokashi, ydav ,khadi (2012) examined the gender difference on anxiety and academic achievement of 330 residential high school students in their study and their result is that a significant difference found between boys and girls on state anxiety making the boys more anxious than girls. Gender significantly contributes to academic achievement; girls were more achievers than boys .

The study of Neelam(2013) conducted study on academic achievement of secondary school students having differential levels of state anxiety and reported that academic achievement is inversely

related to state anxiety i.e the students with high level of anxiety have show not so good result in their academic achievement and shown high degree of anxiety than boys.

The study of Shakir (2014) made a correlation a study on the impact of anxiety on academic achievement.

The study of Singh( 2015) conducted a study on the impact of anxiety and academic achievement and found that moderate and low level of anxiety among students was positively correlated with the academic achievement . high level of anxiety was negatively correlated . female students showed higher level of anxiety as compared to the male students .

The study of Rehmnn(2016) carried out study to find out the causes of state anxiety among higher education students and preventive measures . finding of the study clearly reaveled that there are various potential threats such as personal , familial , institutional, social and political that provokes the anxiety among students .

**Design of the Study**

**independent variable**

- A group of female students before appearing Madhyamik exam.
- A Group of male students before appearing Madhyamik exam.

**Dependent Variable;**

- State Anxiety
- Stress

**Control Variable ;**

- Age of the students
- Sex of the students
- Education
- Locality
- Language

**Sample ;**

Altogether 100 students I,e 50 male and 50 female students will be selected from class x students at randomly.

Class x	Male	Female	Total
	50	50	100

**Tools ;**

- **Speilberg State trait Anxiety Inventory** ; The state trait anxiety inventory is a commonly used measure of trait and state anxiety.
- **(spielberg, GUch, Lushene,Vagg &Jacobs)**. It can be used in clinical settings to diagnose and anxiety and to distinguish it from depressive syndromes. It also is often used in research as an indicator of caregiver distress.higher score indicates greater anxiety. The STAI is appropriate for those who have at least a sixth grade reading level.
- Internal consistency coefficients for the scale have ranged from .86 to .95 . test re-test reliability coefficients have ranged from .65 to .75 over a 2 month interval. Test rest coefficient for this measure in the present study ranged from .69 to .89. considerable and concurrent validity of the scale.

### Cohen's Perceived Stress Scale ;

The 14 item of self report perceived stress scale is widely used to assess the degree to which situation in one's life are appraised as stressful. As a global stress measure ,the pass item are general in nature rather than event specific, and evaluate the extent to which individuals perceived their lives to be unpredictable , uncontrollable and overloading. Respondents rae the frequency of their feelings and thoughts about life events and situations over the previous month using a five point scale ranging from 0 never to (4) very often . the pass yields a total score that describe overall perceived stress. A shorter 10 items version of the pass was derived by removing the four items with the lowest factor loadings 9items 4,5,12,13) from the original scale . the pss 10 was recommended by the scale developers for use in future research, as it demonastrated psychometric properties comparable to the original 14 items .

### Reliability

The psychometric properties of the pss 10 were originally evaluated in a large national sample of 2,387 american adults . reported that score on the pss 10 demonestrated adequate internal consistency reliability ( $\alpha = .78$ ); moderate concurrent criterion validity with the amount of stress experienced during an average week ( $r = .39, p < .001$ ) and the frequency of stress full lifeevents within the past years ( $r = .32, p < .001$ ); and the adequate convergent validity as evidenced with the perceived health status ( $r = -.22, p < .001$ ) and positive association with psychomatic symptoms ( $r = .28$  to  $.34, p < .001$ ) and health service utilization ( $r = .22, p < .001$ ). since then other studies have similarly reported that the pss 10 has good internal consistency reliability and adequate convergent validity based on associations with measures of physical and mental health.

### Methods of data collection

A proper documentation was prepared prior to the commencement of data collection activity. Every meeting with the students was initiate with exchange of pleasantries , after which the project purpose & objective were explained . all queries were resolved. Assurance of confidentiality of information was provided and maintained . purpose of the study and instruction of the tools was explained before administering the questionnaires. the data collected thus was analysed and compared and achieve the objective of the study, subsequently using appropriate statistices the research hypotheses was tested.

### Tools of data collection

the tools used for data collection are as stated below. Form are attached in the appendix.

**Data analysis method** :Descriptive as well as inferential statistics used to determine if there is a significance difference between the mean of 2 groups. A t test sd for hypotheses testing tool, which allows testing of an assumptions applicable to a population.

### USE OF t - test

A t- test used to compare the mean of 2 groups sample. test assumes the normal distribution of the sample.

The t- test , statistics was evaluated to assess significant difference of means exists between the both male or female madhyamik students.

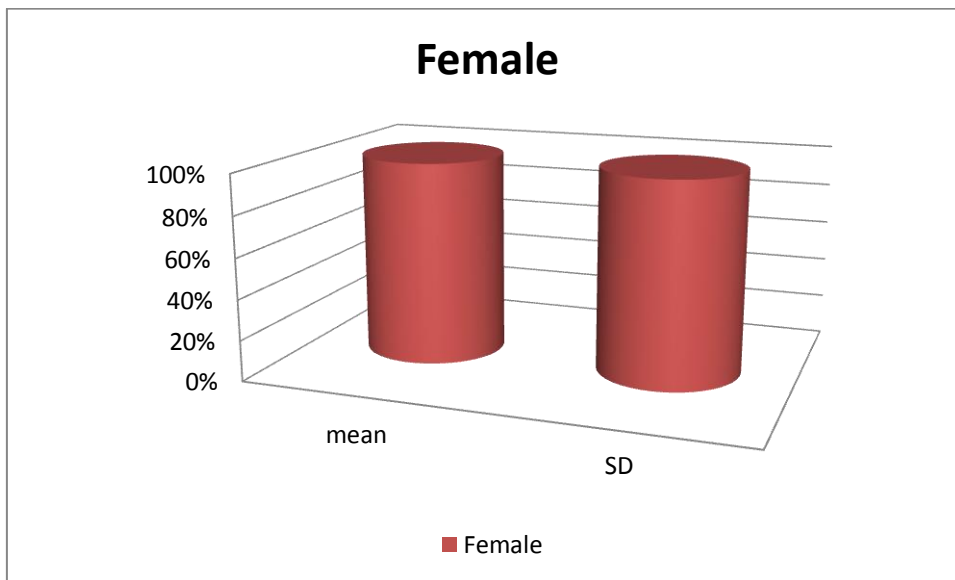
### Statistical analysis

Mean , SD, t - test

**RESULT & DISCUSSION**

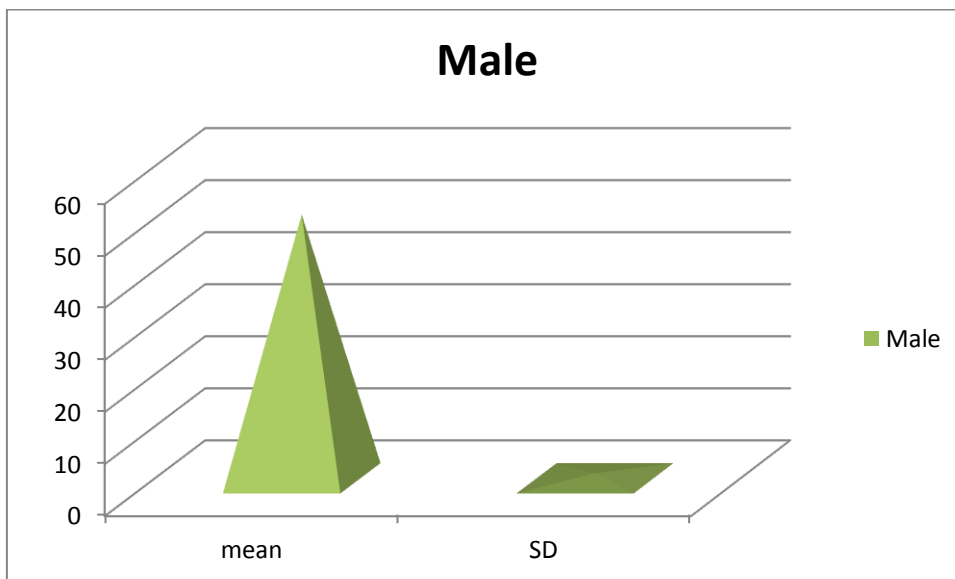
**Table 1 : table I shows mean & SD of female students with respect to state anxiety**

group	variable	Mean	SD
50 female students	State anxiety	54.36	1.13



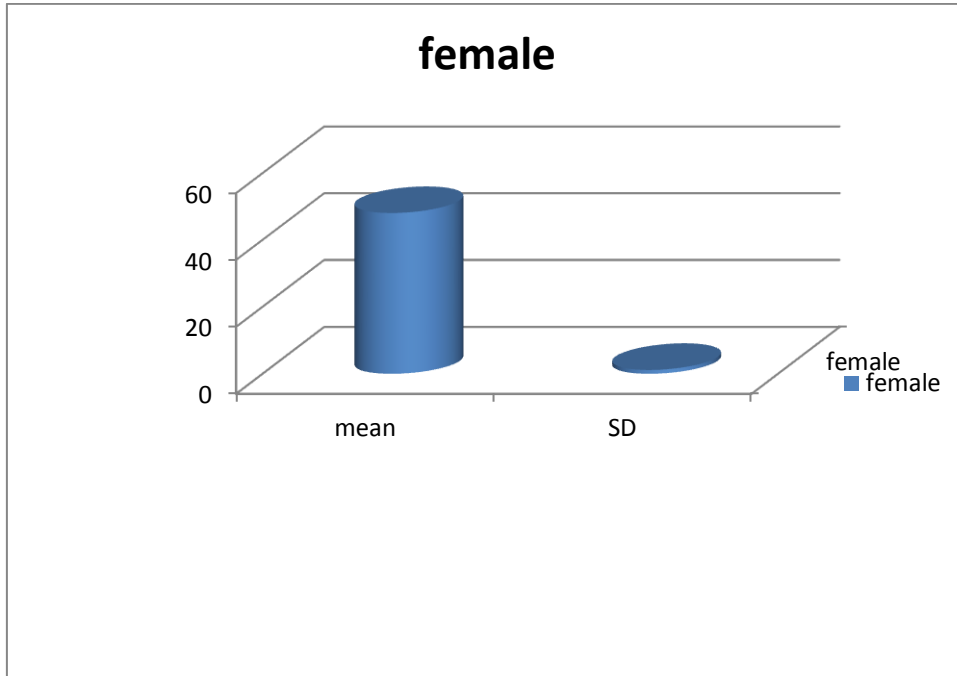
**Table 2 : table 2 shows mean & SD of male students with respect to state anxiety**

group	variable	Mean	SD
50 male students	State anxiety	50.68	1.04



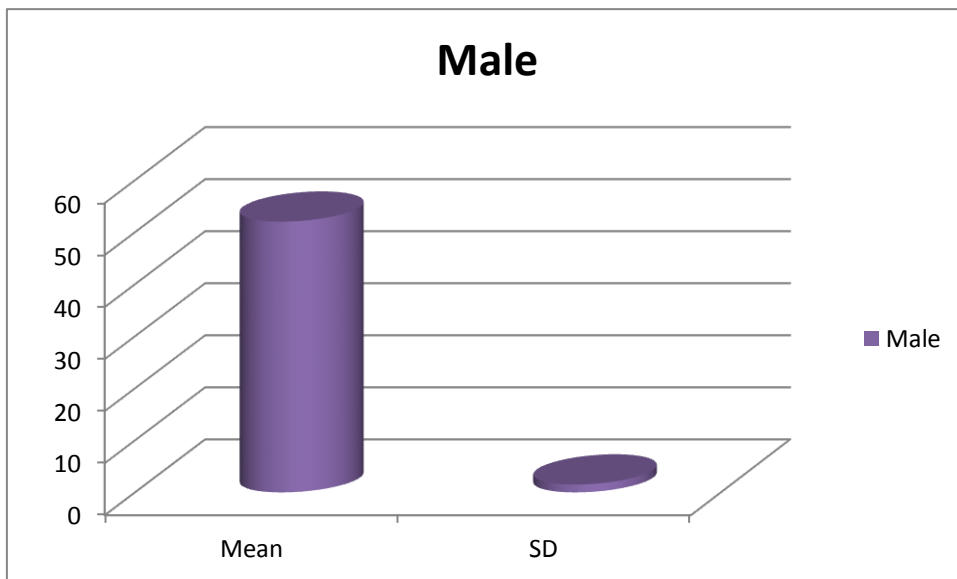
**Table 3 : tabl e 3 shows mean & SD of female students with respect to stress anxiety**

group	variable	Mean	SD
50 female students	State anxiety	48.05	1.14



**Table 4 : table 4 shows mean & SD of male students with respect to stress anxiety**

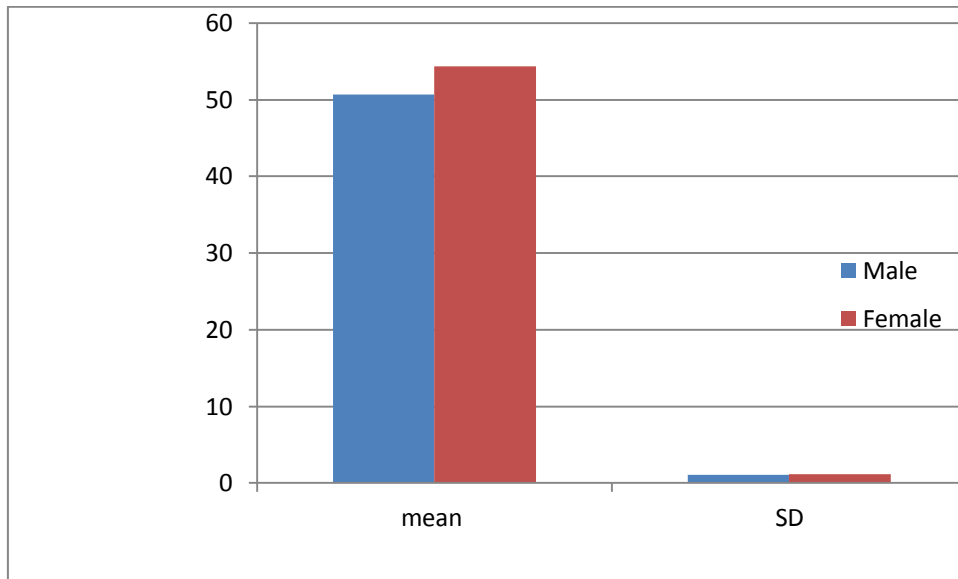
group	variable	Mean	S.D
50 male students	Stress anxiety	52.04	1.52





**Table 5 : table 5 shows significance difference among male & female students with respect to state anxiety of male students with respect to state anxiety .**

group	variable	Mean	S.D	t ratio
50 male students	State anxiety	50.68	1.04	3.45
50female students		54.36	1.13	



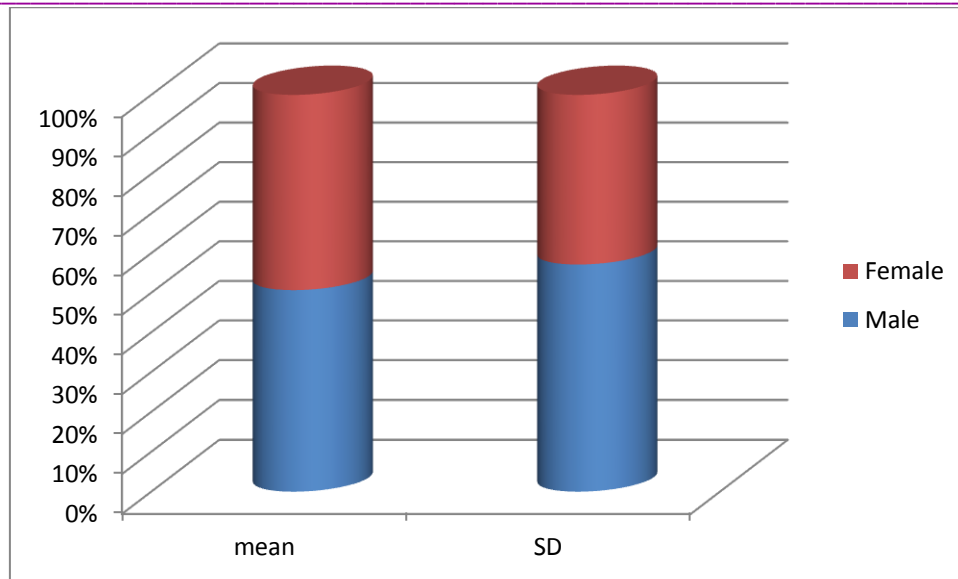
**Significant at .01 level.**

From above table 5 it may be stated that mean & SD of female students is 54.36 & 1.13 and mean & SD of male students is 50.68 & 1.04 . At mean of female students is greater than mean of male students so it may reflects that female students will suffer more state anxiety than male students . Hence  $H_2$  accepted.

On the other hand as mean &SD of male is 50.68 & 1.04 and as thus mean of male students is less than female students . so male will suffer less state anxiety than female students . hence  $H_1$  hypothesis 1 is rejected.

**Table 6 : table 6 shows significance difference among male & female students with respect to state anxiety of male students with respect to stress anxiety .**

group	variable	Mean	S.D	t ratio
50 male students	Stress anxiety	52.04	1.52	4.04
50female students		50.68	1.14	



From above table 6 it can be stated that mean & SD of male students is 52.04 & 1.52 with respect to female students is 50.68 and 1.14. as mean of male students is greater than female students so male students will suffer from stress than female students, hence hypothesis  $H_3$  is accepted.

On the other hand as mean & SD of females 50.68 & 1.14 is less than male students. Hence female will suffer less from than male students, hence hypothesis 4,  $H_4$  is rejected.

## CONCLUSION

The result suggest

1. A significant and positive relationship between the two main variables namely female and male students having to their stress and state anxiety.
2. Female students suffer more state anxiety than male students.
3. Male students suffer more stress anxiety than female students.
4. Male students suffer less state anxiety than female students.
5. Female students suffer less stress anxiety than female students.

## Implication;

- The findings of the study has added a new knowledge existing understanding of stress and state anxiety.
- The study can be used to find out the level of state anxiety among the male & female students.
- The male & female students can follow below suggestions, if they reduce state anxiety and stress anxiety in future.

## Limitation ;

- Too small sample for statistical analysis
- Time constraints
- Problem at the time of data collection students some times not co-operative
- Some personal problem for data collection

## Future Suggestion ;

Below are the some suggestion to reduce anxiety and stress

- Get enough sleep
- Practice visualization
- Exercise regularly

- Take calming breath
- Practice progressive muscle relaxation
- Listen to music
- Eat a healthy diet
- Use positive thinking and affirmation
- Auto suggestion
- Mentally organized
- Peer to peer approach
- Skill based , competency enhancement strategy
- Self monitoring, self reflection, critical perception
- Reduction of co morbid symptoms and negative psychosocial consequences ; anxiety, depression, negative school related out comes ,
- Emphasis on positive psychology

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