

A STUDY OF ANXIETY, MENTAL HEALTH OF COLLEGE GOING STUDENTS (ADOLESCENTS)

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ABSTRACT

The aim of this study was to find the relation between anxiety and mental health of college students and differences among the college students in terms of different variables sex and locality. The Sample was collected by purposive sampling technique i.e. 40 girls and 40 boys (adolescents) from Govt. degree colleges Udhampur Jammu. The data was collected by using (SCAT) Anxiety Scale by Sinha & Sinha and Mental Health battery by Dr. A.K. Singh and Dr.Alpana Sengupta respectively. The findings of the study suggest that there lies significant difference in anxiety and insignificant difference in mental health of male and female adolescents as well. It was further concluded that there lies a negative co-relation between anxiety and mental health of adolescents.

Keywords : Anxiety, Mental Health, Adolescents.

INTRODUCTION

Adolescence is derived from Latin word *adolescere*, meaning 'to grow up'. It is a transitional stage of physical and psychological development that generally occurs during the period from puberty to late adulthood i.e. the age of majority. Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later. For example, puberty now typically begins during pre-adolescence, particularly in females. Physical growth (particularly in males), and cognitive development can extend into the early twenties (Gupta, R., 2003).

A thorough understanding of adolescence in society depends on information from various perspectives, including psychology, biology, history, sociology, education, and anthropology. Within all of these perspectives, adolescence is viewed as a transitional period between childhood and adulthood, whose cultural purpose is the preparation of children for adult roles. It is a period of multiple transitions involving education, training, employment and unemployment, as well as transitions from one living circumstance to another. Thus all the college going students experiences such type of changes in their life i.e. emerging risky health behaviours, and many students have mental health disorders during onset of this time period. The median age of onset of adult depression occurs at age 14 and anxiety disorders by age 11. Adolescents must learn how to cope with psychological stress, handle peer pressure, deal with their emotions, resolve conflicts, build bridges with friends and family, develop self-confidence, safeguard themselves from high pressure marketing strategies, particularly of the alcohol industry, as well as cope with other stresses like academic competition and a hankering for material gains. (Mittal,S)

There are a number of personal and environmental factors which affect the mental health of college students .Anxiety is one of the major psychological variables which is considered as an important part of personality development. During the past three decades concept of anxiety has figured prominently in

the psychological literature. Anxiety is an uneasy and fearful feeling. Anxiety is a general feeling of apprehension about possible danger - was in Freud's formulation, a sign of an inner battle or conflict between some primitive desire these anxiety disorders affect approx. 25 to 29 percent of the population and the second most common for men one anxiety disorder in any 12 month period about 23 percent of women and 12 percent of men suffer from at least anxiety disorders create enormous personal, economic and health care problems (Carson, 2008.)

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life (Baron, 2007). Adolescents often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation. (Jesper & Enander, 2016, Melinda C Power et al., 2015) Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. However, when anxiety becomes overwhelming, it may fall under the classification of anxiety disorder (National Institute of Mental Health, 2008).

Thus anxiety affects the mental health of the person. The concept of mental health is as old as human beings. In recent years clinical psychologists as well as educationists have started giving proper attention to the study of mental health because it is the serious issue to prevent the individual from anxiety and maintain proper mental health of the individual. In India relatively little work has been conducted. Mental health (Kornhauser, 1965) connotes those behaviours, perceptions and feelings that determine the persons overall level of personal effectiveness success, happiness and excellence of functioning as a person. It depends on the development and retention of the goals that are neither too high nor too low to permit successful maintenance of belief in one's self as a worthy, effective human being (Lakshmanarayanan & Prabhakaran 1993) so a mentally healthy person is firm in his intentions and least disturbed by strains and stress on day to day life. (A.K.Singh & A.S.Gupta, 1971).

REVIEW OF LITERATURE

Review is the term which is made of two words re means again and view means to serve. Thus review of related literature is one of the essential step for conduct of the study. It helps the researchers to acquaint with the current knowledge in the field in which the research is undertaken. Thus it provide insight to the investigator to find the area of the interest. (Koul .L). Studies conducted in the field of anxiety and mental health are;

Nijhawan (1973) found that high anxiety college and school groups learned paired associates task at slower rate at their low anxiety counterparts. Khan and Hassan (1983) noted that high tension high anxiety group exhibited a sense of despair and sense of fear of failure while low anxiety group seems to be hopeful of continuous movement towards a better future. Bhattacharjee, M. (1985) A study on the needs frustration-in toleration and mental health of adolescent girls reading in certain urban secondary schools in West Bengal. Fourth survey of research in education. 1, 348. Chakarborty (1990). Studied on the topic Social Stress and Mental Health. A Socio-Psychiatric field study of Calcutta, New Delhi: This study examined the role of social stress on mental health. David M. Fergusson, ; Lianne J. Woodward, (2002) studied on Mental Health, Educational, and Social Role Outcomes of Adolescents with Depression. This study used longitudinal data to examine the extent to which young people with depression in mid adolescence (ages 14-16) were at increased risk of adverse psychosocial outcomes in later adolescence and young adulthood (ages 16-21). Stein, (2004) reported the clinical focus on depression, youth anxiety

disorders also are important because they are precursors to later development of depression. Paul & Parashad. G. (2006) study of academic anxiety psycho social conflicts and mental health among adolescents to find out the differences between the students of residential and non-residential schools on academic anxiety, psycho-social conflicts and mental health. The ANOVA results did not demonstrate any significant differences between the residential and non-residential categories on this variable. Gill, G.S. (2010) study of mental health self-esteem and competitive anxiety among players as related to the level of performance and find that there is significant difference found among different level. Stuart, J. H. & Biddle, Mavis Asare (2010) To synthesise reviews investigating physical activity and depression, anxiety, self-esteem and cognitive functioning in children and adolescents and to assess the association between sedentary behaviour and mental health by performing a brief review Sankhesara, Pratika. C. (2015) study of mental health, aggression, anxiety and adjustment among internet addicts and non addicts Researcher found the result in this study are the mental health is higher of female compared to the males, the mean difference is show in different age, 20-30 age group score is very high compared to another groups in aggression. Same way anxiety is shown in different age, 13-19 age group score is high compared to another groups and the adjustment is higher in internet addict male, 31 and above age group and female 20-30 age group in internet addict same way the non-addict male and female 20-30 age group score is higher compared to another group. Amin Azimkhani (2015) Analysing the Relationship between Mental Skills and Competition Anxiety among Young and Adult Skiers. Gupta, V. (2014) study of anxiety and mental health as function of personality sex and academic achievement and studied the significant differences between male arts and science female students. Thummar, & Bhavna, K. (2014) Analytical Study of Death, Anxiety and Mental Health among HIV/AIDS Patients on the basis of location.

RATIONALE OF THE STUDY

Anxiety is a feeling of uneasiness and worry. A feeling of worry, nervousness, or unease about something with an uncertain outcome. It is one of the prevailing disorders found in adolescents accompanied by muscular tension restlessness, fatigue and problems in concentration. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life.

People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation.

Thus the aim of present study is to find the effect of anxiety on the college students residing in different locations such as rural and urban areas. Though a number of investigators made efforts to study the effect of anxiety on various aspects of children but there is dearth of studies which try to study this effect on mental health at adolescent stage. So, the present investigators visualised study on the college student's i.e. both male and female students to find effect of anxiety on the mental health of the adolescent's college students between the age group of 19 to 21 with respect to different demographic variables like gender and locality.

OBJECTIVES

- To find out the difference of anxiety among college students (Adolescents) on the basis of Gender.
- To find out the difference of anxiety among college students on the basis of Locality.
- To find out the difference of mental health among college students on the basis of gender.
- To find out the difference of mental health among college students on the basis of locality.

- To find out the correlation between anxiety and mental health among college students.

HYPOTHESES

- There will be no significant difference of anxiety among college students on the basis of gender.
- There will be no significant difference of anxiety among college students on the basis of locality.
- There will be no significant difference of mental health among college students on the basis of gender.
- There will be no significant difference of mental health among adolescents on the basis of locality.
- There will be no significant correlation between anxiety and mental health among Adolescents.

METHODOLOGY

Sample

In the present study selected 80 students of age 19 to 21, out of which 40 were boys and 40, were girls. Out of 80 students, 40 students were from rural background and 40 students were from urban background.

Tools Used

In the study for data collection on Anxiety and Mental Health, Sinha's Comprehensive Anxiety Scale by Sinha & Sinha (1955) and Mental Health Battery by A.K. Singh and A. Sengupta (1971) are used.

Statistical Techniques

T-test and Correlation used for the statistical analysis in the study.

RESULT & DISCUSSION

The study conducted on college going students. Firstly mean was calculated, after this, standard deviation and significant difference of each group was calculated with help of t-test to study the anxiety and mental health of adolescents. Pearson correlation was used to find the relationship between anxiety and mental health. Descriptive survey method was adopted to study the present problem.

Table - 1

T-value of anxiety among adolescents on the basis of gender

GROUP (students)	N	mean	sd	t-test
Male	40	44.0	11.2	4.8**
Female	40	43.0	18.5	

Significant at 0.01 levels

By analysing Table -1, we can interpret the difference of anxiety among adolescents on the basis of gender, calculated mean is 44 (male) and 43 (female) respectively The standard deviation in case of the male students is 11.2 and in case of the female students is 18.5 and obtained' T-value is 4.8, which is significant at 0.01 level of significance which means that there lies significant difference of anxiety among adolescents on the basis of gender. Gupta, V. (2014) study of anxiety and mental health as function of personality sex and academic achievement and studied the significant differences between male arts and science female students.

Table -2

T-value of anxiety among adolescents on the basis of locality

Locality	Group (students)	N	mean	sd	t-value
	Rural	20	46.5	15.5	1.37**
	Urban	20	39.9	14.9	

** Significant at 0.01 level

By analysing Table-2, we can interpret that the difference of anxiety among Adolescents on the basis of locality, calculated mean is 46.5 (male) and 39.9(female) respectively. The standard deviation in case of the male students is 15.5 and in case of the female students is 14.9 and obtained T-value is 1.37, which is significant at 0.01 level of significance which means that there lies significant difference of anxiety among adolescents on the basis of locality. So our hypothesis H1 (b) stating that there is no significant difference of anxiety among college students on the basis of locality is rejected. 3 An Analytical Study of Death Anxiety and Mental Health among AIDS Patients on the basis of location and find insignificant result on the basis of locality.

Table -3
T-value of mental health of adolescents on the basis of gender

Gender	Group (students)	N	mean	sd	t-value
	Male	20	68.6	5.8	0.27
	Female	20	69.6	7.7	

To compare the mental health of adolescents on the basis of gender, calculated mean is 68.6 (male) and 69.76 (female) respectively. The S.D. in case of the mental health of male students is 5.8 and in case of the female students is 7.7. Obtained T-value is 0.27 which is insignificant which means that there exists no significant difference between the mental health of male adolescents and female adolescents. So our hypothesis stating that there is no significant difference in the mental health of adolescents is accepted.

Table -4
T-value of mental health of adolescents on the basis of locality

Locality	Group (students)	N	mean	sd	t-test
	rural	20	69.81	5	0.51
	urban	20	68.75	8.3	

The mean for the mental health of 20 urban adolescents has been calculated 68.75 and the mean for mental health of the 20 rural adolescents has been calculated 69.81, The S.D. in case of the urban students is 8.3 and in case of the rural adolescents is 5. To compare the mental health of adolescents on the basis of locality, calculated T-value is 0.51, which is insignificant which means that there lies no significant difference between the mental health of adolescents on the basis of locality. So our hypothesis stating that there is no significant difference in mental health of adolescents on the basis of locality is accepted.

Table-5
Correlation B/w Anxiety and Mental Health of Adolescents

Variable	N	r
Anxiety and mental health	80	-0.27

In the table-5, it is observed that the score of emotional maturity and mental health of adolescents was found to be -0.27 that means there exists negative correlation between anxiety and mental health of adolescents. So, H3 stating that there is negative correlation between anxiety and mental health of adolescents. Dubey, R.S. (2002) reported positive but non-significant relations between two variables (anxiety and achievement).

The main aim of the present investigation was to study the anxiety and mental health of college students (adolescent) and their correlation. The findings of the study were that there is significant difference in the anxiety level on the basis of gender and locality and insignificant differences on the mental health of adolescents on the basis of gender and locality. A negative correlation was found

between anxiety and mental health of adolescents.

CONCLUSION

It is concluded that anxiety affects the mental health of adolescents and if not taken care of properly, may result in disorder. So, teachers and parents should help the adolescents to gain a better mental health so that they help themselves and try to visualize anything positive. When confronted with anxious thoughts, take a moment to visualize handling the situation with calm, ease, and clarity. Try not to pay attention to the current mental state; just focus on the feeling of smooth-sailing through the storm. Thus it is a burning issue and more studies should be selected from these areas.

SUGGESTIONS

A few suggestions can be given for those who are interested to pursue the research in relation to the present study. The present study cannot be called final or comprehensive; more work can be done on different samples of different age groups. A similar study can be undertaken in other districts since it has been confined to Udhampur city (Jammu and Kashmir) only. The same type of work can be done on the other colleges of the various states of India. Similar types of studies may be conducted on universities students also.

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