RELATIONSHIP OF ANXIETY WITH MENTAL HEALTH OF STUDENTS AT GRADE 11

JYOTI KIRAN

Lecturer, Sacred Heart Convent School, Ludhiana, India
E-mail: jyoti.kiran1985@gmail.com

Abstract - Anxiety and panic seriously interfere with memory, attention and concentration and are emotionally draining. Such blocks can lead to poor understanding, poor results, and loss of self – confidence. The foremost concern of education, today, is to produce mentally healthy persons and thereby well – adjusted personalities because mentally healthy persons are the assets of the society. Thus for the development of the society in the scientific competitions age, it is essential to give emphasis on mental health of the education.

Keywords - Anxiety, Mental Health.

I. INTRODUCTION

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 serious impact on daily life. Human Beings are born and grown in a socio-physical environment. As we know the life functioning depends on a balance or harmony between the demands made on the organism by the environment and organism's functioning to deal with such demands. We all have experienced the situations in our lives, which have posed challenges for us. All the challenges put up to stress and that result in anxiety.

GENERALIZED ANXIETY DISORDER

Generalized Anxiety Disorder might best be described as consisting of prolonged, vague, unexplained, but intense fears, but there is no actual danger. People with this disorder may also experience anxiety about number of events or activities such as work or school performance.

COMPONENTS OF ANXIETY

1. A subjective – emotional component, including feelings of tension and apprehension.
2. A cognitive component, including worrisome thoughts and a sense of inability to cope.
3. Physiological responses, including increased heart rate and blood pressure, muscle tension, rapid breathing, nausea, dry mouth, diarrhea and frequent urination.
4. Behavioral responses such as avoidance of certain situations and impaired task performance.

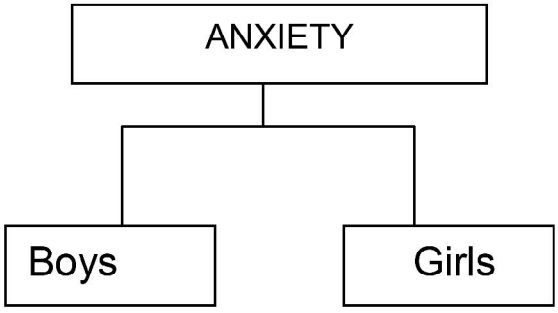
MENTAL HEALTH

Mental Health is a term used to describe either a level of cognitive or emotional well – being or an absence of a mental disorder. From perspective of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental wellness is generally viewed as a positive attribute, such that a person can reach enhanced levels of mental health. Mental Health highlights emotional well-being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges.

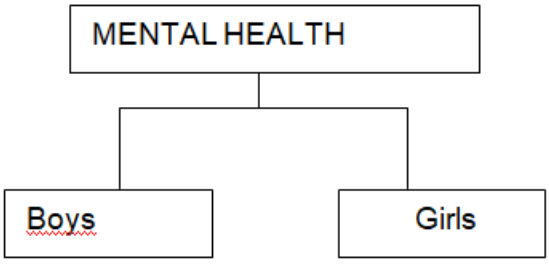
DESIGN O THE STUDY

The present study will be design to find out the effect of variables:

a. Fig.2.1 Schematic presentation of anxiety



B. Fig. 2.2
Schematic presentation of mental health



c. Correlation was calculated between Anxiety and Mental Heath.

d. The study is limited to 300 students (150 boys & 150 girls) of public schools.

III. TOOLS

To find the relationship between anxiety and mental Health of the students the investigator has used the following tools:

a. Sinha's Comprehensive Anxiety Test constructed and standardized by D. Sinha (Ex. Professor and Head) Deptt. of Psychology, University of Allahabad.
b. Mental Health Checklist (MNC) constructed and standardized by Parmod Kumar, (D.Phil) Deptt. of Psychology, Sardar Parel University.

IV. ANALYSES ANDINTERPRETATION

Difference between the anxiety level of senior secondary boys and girls:

Table: 4.1

Variable	Gender	M	SD	$S.E_D$	t-ratio
Anxiety	Boys	35.12	16.426	2.521	2.078
	Girls	31.07	17.351		

The mean score of boys and girls of grade 11, which is 35.12 and 31.07 respectively with SD as 16.426 and 17.351 respectively. It is clear that there is a great difference between the mean score. The t-value is 2.078, which is statistically significant at 0.5 level of confidence. It indicated that boys of grade 11 class have high anxiety level than girls' anxiety level at grade 11.

Table 4.2
Correlation between anxiety and mental health of Grade 11 students:

Variable	Level	M	SD	$S.E._M$	t-ratio	r
Mental Health (Boys)	Good	39.69	15.308	3.667	2.432	0.070
	Poor	30.78	15.801			
Mental Health (Girls)	Good	33.65	14.987	4.748	-0.650	
	Poor	36.74	17.144			

The table 4.2 shows correlation between anxiety and mental health of grade 11 students and the t-ratio which is 0.070 is not significant at any level of confidence.

CONCLUSIONS

The study of anxiety with mental health of grade 11 students yielded positive results for the students. The good mental health of the students is very necessary because the advancement of materialistic world has widely captured the students in the hands of anxiety. There is a significant difference between the level of anxiety of boys and girls of grade 11. Boys have been found more anxious than girls.

There is no significant difference of anxiety of girls with good and poor mental health. The results are not significant at 0.1 and 0.5 level of confidence It means that the level of anxiety of the grade 11 girls is not affecting the mental health of the girls.

The following conclusions are found from the study of relationship between anxiety and mental health of students at grade 11:

a. There exists significant difference in the level of anxiety of Grade 11 boys and girls.
b. There exists significant difference in the level of anxiety of boys with good and poor mental health.
c. There exists no significant difference n the level of anxiety of girls with good and poor mental health.
d. There exists no significant correlation between the level of anxiety and mental health of Grade 11 students.

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