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A comparative study on anxiety between professional and non-professional graduate level students

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Abstract
Anxiety is the most common form of psychoneurosis occurring among individuals possessing above average intelligence. Anxiety is a psychological and physiological state and its symptoms made by emotional, somatic and cognitive behaviour components. It is the showing uncomfortable feelings of individual as well as society. The anxious student is suffering from cardiac disorders, emotional instabilities, inferiority feelings, pains and headaches. The aims of this study to check the anxiety level among professional and non-professional students. The purpose is also to see the differences among different streams and category also on anxiety. This study is descriptive survey type in nature. It covers only graduate level student of Bahraich, Gonda and Balrampur districts of U.P. This research is conducted only B.A., B.Sc., B.C.A., B.P. Ed and B.Ed. students. Hypotheses of the study are as -there is no significant difference between professional and non-professional, male and female, and different stream graduate level students on anxiety. Tool for comprehensive anxiety test is used which was developed by Dr. R.L. Bharadwaj, Dr. H. Sharma and Dr. M. Bharadwaj. Researcher used Purposive method of sampling for the selection of sample. 369 samples were selected.Same level of anxiety was found in professional and non-professional graduate level students. Result shows the non-professional students are more anxious in compression to professional graduate level students in both gender. Same level of anxiety was found in male and female professional students and non-professional also. No differences have seen in B.A. and B.Sc., and B.C.A., B.P. Ed and B.Ed. students.

Keywords: Anxiety, professional, non-professional students, Graduate Level.

Introduction
Anxiety reaction is the most common form of psychoneurosis occurring among individuals possessing above average intelligence. According to Ross 'a series of symptoms which arise from faulty adaptations to the stresses and strains of life it is caused by over action in an attempt to meet these difficulties'. Anxiety is a psychological and physiological state and its symptoms made by emotional, somatic and cognitive behaviour components. It is the showing uncomfortable feelings of individual as well as society. To meaning the word of anxiety is 'to vex or trouble' in either present or absent of psychological stress, anxiety creates feelings of fear, worry, uneasiness and dread. An evolutionary psychology explains is that increased anxiety serves the purpose of increased vigilance regarding potential threats in the environment as well as increased tendency to take proactive action regarding such possible threats. This may cause false positive reaction but an individual suffering from anxiety may also avoid real threat. In the adolescent who as infants had been highly apprehensive vigilant and fearful find that their nucleus accumbency is more sensitive than the in other people when selecting to make as action that determined whether they received an award.

Symptoms of anxiety
Symptoms are creating of positive emotions reaction. Diffuse anxiety, the key symptoms, may be expressed by apprehension, gloomy forebodings, fear of dying, feelings of insecurity and general excitement. Fatigue, insomnia gastro-problem and type disturbances, and depression of spirits are noted in the majority of patients. The anxious person is suffering from cardiac disorders, emotional instabilities, inferiority feelings, pains and headaches. In the high level of anxiety to intention suicidal preoccupation, indecision of any problems Intolerance, and panic states, subjective thought disturbances, strange fears, giddiness and genitourinary symptoms were noted in more than ten percent of cases.

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A large number ofanxiety patients complain of a general loss of something and an inability to concentrate or think.

To understands the symptoms of the anxiety patient one has only to examine the reactions of normal individuals to distressing or insurmountable life situations. Students uncertain of his abilities to passing an examination and individual working at a job beyond his abilities, present anxiety reactions in miniature. Feeling fears of impending doom and disgrace plague them. One of the physical side there are the usual symptoms that accompany intense emotional disturbances. They feel limp and exhausted break forth in a cold sweat hear their hearts pounding are over come with a sense of suffocation and are acutely aware of all forms of abnormal and uncomforted.

(I) Heredity factors for anxiety disorders

There is considerable evidence that the predisposition to manic depressive psychosis is inherited. The disease occurs 30 times more frequently among the close relatives of anxiety patients than among unselected group of the general population. Result shows the close to 15 percent of the brother, sister parents and children and 3 to 5 percent of the cousins, nephews, nieces, uncles and aunts of manic anxiety and anxiety patients are similarly affected. As yet no satisfactory theory has been advanced to explain the genetic basis of anxiety and depression psychosis. But it is a possible that more than one gene pair is involved. The high incidence of this type disorder among close relatives suggests that the mode of transmission is of dominant or partially dominant rather than of a recessive type. Since the manifestation of an inherited quality may be repressed or facilitated by the action of other genes, the greater prevalence of anxiety insanity among women among man may be attributed to the restraining influence of male constitutional factors or facilitating influence of female ones.

(II) Environmental factors for anxiety disorders

Many persons suffering from anxiety disorder by the environmental causes. External environmental factors probably exert a modifying influence with respect to the outward manifestation of symptoms in a substantial number of predisposed individuals. Among the more common precipitating causes mentioned in case histories are physical illness, childbirth, financial reverses, loss of the employment, and disappointment in love and death in the family. All of these factors may precipitate attacks in selected instances, but it is important to note that they provoke psychologically reactions only in individuals who are susceptible to anxiety in sanity.

(III) Physical factors for anxiety disorders

The cycle change of the mood and psychomotor activity are suggestive of some underlying biochemical or endocrinological disturbances. Other word to the secretion of glands chemical by internal bodies as thyroid gland, parathyroid gland, adrenal glands, pituitary gland, thymus gland, pineal glands and gonads glands. So glands secretions are normal or balanced the no possibility of anxiety disorders of individuals, but if glands secretions are abnormal or disturbed, the maximum chance to anxiety disorders in the individuals.

Need and Significance of the Study

There are so many problems which are faced by every individual at every step. Our need is increasing day by day but resources are limited. It is often said that people are running for material gain. They are less concern about their mental satisfaction and health. It sometimes leads to mental derailment. In its slighter form it is expressed in mental tension, frustration and maladjustment is one's daily life anxiety in its proper degree affects the individual as well.

Objectives

1. To study the anxiety between professional and non-professional graduate level students.
2. To compare the anxiety between male and female graduate level students in professional and non-professional courses.
3. To study the anxiety among graduate level students in different streams of professional and non-professional courses.

Hypotheses

1. There is no significant difference between professional and non-professional graduate level students on anxiety.
2. There is no significant difference between professional and non-professional graduate level male students on anxiety.
3. There is no significant difference between professional and non-professional graduate level female students on anxiety.
4. There is no significant difference between male and female professional graduate level students on anxiety.
5. There is no significant difference between male and female non-professional graduate level students on anxiety.
6. There is no significant difference between B. A. and B. Sc. Non-professional students on anxiety.
7. There is no significant difference among B. Ed., B.C.A and B. P Ed. professional students on anxiety.

Review of Related Literature

(1) Singh, Sunita (2011) studied on Level of anxiety among prospective teachers reveal the following findings:

1. Maximum percentage of Prospective teachers has average level of anxiety. Although a certain amount of anxiety was considered essential for effective and efficient performance yet beyond a point it adversely affects the individual's performance.
2. There was a significant difference in the anxiety level of male and female students of different discipline. It may be due to higher expectations of society from male members. In our society, role, and expectation from male is different from female, males are supposed to be bread winners of their families.
3. There was a significant difference in the anxiety level of students studying in different discipline. It may be due to perception of the society members regarding students of Science stream. It was also assumed by the members of the society that students of science discipline are more intelligent than others and the expectations of the families members from these groups are more because they think that the future prospect of science students which was better than the prospects of arts students.

(2) Asadi, Sadeghi Azar *et al.* (2010) studied on Prevalence of anxiety and its relationship with self-esteem among Zabol University students, Iran' the results of the Cattell Anxiety Inventory, administered to 400 students, indicated that some degree of anxiety was present for 83% of the samples. The

prevalence of moderate anxiety (28-40) was 50.8% (203 students), that of neurotic anxiety (41-49) was 22.8% (91 students) and that of severe anxiety (50-80) was 9.5% (38 students). In this study 141 only 17% of students (68) were found to be without anxiety. A significant relationship between gender group and anxiety is illustrated in. Females obtained a significantly higher anxiety score than males ($p<0.01$), and the prevalence of anxiety was found to be 42.8% and 57.3% among males and females respectively. Result shows that the study revealed a significant relationship between age and anxiety ($p<0.01$). This was an inverse relationship. The significant relationship between level of income and self-esteem ($p<0.05$) is shown in shows the relationship to be positive. It was found that students with a good level of income had a higher self-esteem (M=61.61, SD=18.76) and inversely, students who had a lower self-esteem (M=53.31, SD=19.17) had a lower level of income. Reveals a significant inverse correlation between anxiety and self-esteem, namely r=-0.566, and $p<0.01$.

Methodology
A research is the detailed plan of the investigation. Present study covers only graduate level students of Balrampur, Gonda and Bahraich districts in UP. These degree colleges are affiliated to Dr. Ram Manohar Lohiya Avadh University Faizabad. These colleges are providing education to under graduate and post graduate courses.

Sample and Sampling Techniques
There are many sampling techniques for sampling. Researcher selected Non-probability sampling method for this study. Purposive method of sampling was selected for the study. There are 98 samples from Haji Ismail Degree College Sadullah Nagar Balrampur, 180 samples from Saryu Degree College Colonel Ganj Gonda and 91 samples Sanjivni Degree College Bahraich. Total 369 samples were taken. These all colleges in different streams students included in this sample as to (B.A., B.Sc., B.Ed., B.C.A, and B. P. Ed.).

Table 1: Distribution of Sample according to Profession

Category	Number of Sample	Percentage
Professional	209	56.6
Non-Professional	160	43.4
Total	369	100

The above table shows that the total number of Professional students is 209 and Non-Professional students are 160 in the study. The grand total of the students is 369 only. The percentage of Professional students is 56.6 and Non-Professional is 43.4 respectively.

Tool Used (Comprehensive Anxiety Test)
This tool was developed by Dr. R. L. Bharadwaj, Dr. H. Sharma and Dr. M. Bharadwaj and published by National Psychological Corporation Agra. In this anxiety test tool has 90 items relating to the symptoms of the anxiety and possesses the capacity to evoke the responses correctly. The tool is reliable and valid.Scoring of the anxiety test was done according to manual.The raw data was categorized and analyzed to achieve the objectives of the study. The analysis is done according to the hypothesis. The mean, S.D, t-test and ANOVA was used to analyze data.

Analysis and Interpretation
Hypothesis-1: There is no significant difference between professional and non-professional graduate level students on anxiety.

Table2

Category	N	Mean	SD	S. Em	t-value df=367	Significance
Professional	209	30.89	15.050	1.041	4.272	Significant difference at .05 level
NonProfessional	160	37.76	15.496	1.225		

The above table reveals that the no. of students in Professional category is 209. The mean on anxiety is 30.89, S.D. is 15.050 and S. Em is 1.041. The no. of students in non-Professional category is 160. The mean on anxiety is 37.76, S.D. is 15.496 and S. Em is 1.225. The t-value between Professional and Non- Professional students on anxiety is observed 4.272 at 367 degree of freedom. The table value of t is 1.97 at .05 levels of significance. Hens' hypothesis is reject because table value less than calculated value.

Table show is high level anxiety of non-Professional category students in compression Professional category students. Mean difference is 6.87. It means Professional students have well job security and future plan in compression to non-Professional students. So significance difference in both categories was found.

Hypothesis-2: There is no significant difference between professional and non-professional graduate level male students on anxiety.

Table 3

Category	N	Mean	SD	S. Em	t-value df=196	Significance
Professional	133	30.68	15.056	1.306	2.926	Significant difference at .05 level
NonProfessional	65	37.51	15.606	1.936		

The above table reveals that the no. of male students in Professional category is 133. The mean on anxiety is 30.68, S.D. is 15.056 and S. Em is 1.306. The no. of male students in non-Professional category is 65. The mean on anxiety is 37.51, S.D. is 15.606 and S. Em is 1.936. The t-value between Professional and Non- Professional male students on anxiety is observed 2.926 at 196 degree of freedom. The table value of t is 1.97 at .05 levels of significance. Hens' hypothesis is reject because table value less than calculated value.

Table show is high level anxiety of non-Professional category students in compression Professional category students. Mean difference is 6.83. It means Professional students have well job security and future plan in compression to non-Professional students. So significance difference reported between professional and non-professional male graduate level students on anxiety.

Hypothesis-3: There is no significant difference between professional and non-professional graduate level female students on anxiety.

Table4

Category	N	Mean	SD	S. Em	t-value df=169	Significance
Professional	76	31.28	15.130	1.736	2.829	Significant difference at .05 level
NonProfessional	95	37.94	15.501	1.590		

The above table reveals that the no. of female students in Professional category is 76. The mean on anxiety is 31.28, S.D. is 15.130 and S. Em is 1.736. The no. of female students in non-Professional category is 95. The mean on anxiety is 37.94, S.D. is 15.501 and S. Em is 1.590. The t-value between Professional and Non- Professional female students on anxiety is observed 2.829 at 169 degree of freedom. The table value of t is 1.97 at .05 levels of significance. Hens' hypothesis is rejected because table value 1.97 at 169 degree of freedom less than observe value 2.576.

Table show is high level anxiety of non-Professional category students in compression Professional category students. Mean difference is 6.66. It means Professional students have well job security and future plan in compression to non-Professional students. Professional students always feel happiness and well psychological condition because he is satisfied for life in compression non-Professional category students. So significance difference reported between professional and non-professional male graduate level students on anxiety.

Hypothesis-4: There is no significant difference between male and female professional graduate level students on anxiety.

Table 5

Category	N	Mean	SD	S. Em	t-value df=207	Significance
Male	133	30.68	15.056	1.306	.276	No significant difference at .05 level
Female	76	31.28	15.130	1.736		

Above table shows the no. of male students in Professional category is 133. The mean on anxiety is 30.68, S.D. is 15.056 and S. Em is 1.306. The no. of female students in Professional category is 76. The mean on anxiety is 31.28, S.D. is 15.130 and S. Em is 1.736. The t-value between male and female Professional category students on anxiety is observed .276 at 207 degree of freedom and table value 1.97 at 207 degree of freedom. Hypothesis is accepted because observe value less than table value.

Result shows level of anxiety is approximately same in male and female professional graduate level students because mean difference of anxiety is only .60.Both type students studied for same target. The professional students have same life security and job opportunities. Therefor level of anxiety is also same in male and female professional graduate level students.

Hypothesis-5: There is no significant difference between male and female Non-Professional graduate level students on anxiety.

Table 6

Category	N	Mean	SD	S. Em	t-value df=158	Significance
Male	65	37.51	15.606	1.936	.171	No significant difference at .05 level
Female	95	37.94	15.501	1.590		

The above table reveals that the no. of male students in non-Professional category is 65. The mean on anxiety is 37.51, S.D. is 15.606 and S. Em is 1.936. The no. of female students in non-Professional category is 95. The mean on anxiety is 37.94, S.D. is 15.501and S. Em is 1.590. The t-value between male and female non-Professional category students on anxiety is observed .171 at 158 degree of freedom. The table value 1.97 at 158 degree of freedom. The hypothesis is accepted because observe value less than table value.

Finding shows the level of anxiety is approximately same in male and female non-professional graduate level students because mean difference of anxiety is only .43. The non-professional students have same opportunities. These students maximum studied to different type literature and social sciences and no study to any technical course. Therefor syllabus and methods of teaching is also same. So level of anxiety is also same in male and female non-professional graduate level students.

Hypothesis-6: There is no significant difference between B. A. and B. Sc. Non-professional students on anxiety.

Table 7

Streams	N	Mean	SD	S. Em	t-value df=158	Significance
B. A.	86	39.26	15.207	1.640	1.314	No significant difference at .05 level
B. Sc.	74	36.03	15.750	1.831		

The above table reveals that the no. of B. A. students in non-Professional stream is 86. The mean on anxiety is 39.26, S.D. is 15.207 and S. Em is 1.640. The no. of B. Sc. students in non-Professional stream is 74. The mean on anxiety is 36.03, S.D. is 15.750 and S. Em is 1.831. The t-value between B. A. and B. Sc. non-Professional stream students on anxiety is observed 1.314 at 158 degree of freedom. The table value 1.97 at 158 degree of freedom. Observe value less than table value. So hypothesis is accepted.

Hypothesis is accepted because calculated value less than table value. Mean difference between B. A. and B.Sc. only 3.13 its causes to stream differences. B. A. Students is more anxious in comparison to B. Sc. students.But it is not level of significance. Both category student studies to non-job oriented courses and lives in same environment. College affiliated to same university so methods of teaching all so

same. Therefore creation of anxiety is approximately same. Result shows no significance difference between B.A. and B.Sc. Non-professional students on anxiety.

Hypothesis-7: There is no significant difference among B. Ed., B.C.A and B. P Ed. professional students on anxiety.

Table8

Source of Variation	Sum ofsquares	Df	Mean square	F	Significance
Between Group	271.184	2	135.592		
Within Group	46838.500	206	227.371	.569	No significant difference at .05 level
Total	47109.684	208			

The above table shows that sum of squares between groups (B.Ed., B.C.A., and B. P.Ed.) professional stream is 271.184 at 2 df and mean square is 135.592 and within group is 46838.500 at 206 df and mean square is 227.371 The f value among groups is reported .569. The table value of f is 19.50 at .05 levels of significance. The reported value less than table value therefor hypothesis is accepted.

Hence result shows no significance difference between B.Ed., B.C.A. and B. P.Ed. Professional stream students on anxiety because every streams students same aims and purpose for study. Colleges Environment and affiliation of university is also same therefore methods of teaching and learning are same. So level of anxiety in professional streams is approximately same. So finding is no significant difference among B. Ed., B.C.A and B. P Ed. professional students on anxiety.

Educational implications of the Study

Present study will be very beneficial for the teachers, parents or guardians, policy makers and society. In this study researcher has try to find out the level of anxiety. If a teacher knows the anxiety level of students, teaching technique and methods for better understanding among students can be changed. The teachers can decrease to level of anxiety by changing the methods of teaching and college environment which is suitable for students. If parent has found out weak points related to anxiety in their children, they can minimize the problems and help the society. This study will be very useful for administrators and policy makers also. After knowing the problems, the administrators and policy makers can design the new syllabus and college system according to students.

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