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**Academic Anxiety Among Secondary School Students In Relation To Area**

**Nikitaben. K. Raval**

Ph.D. Student

HNGU PATAN  
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### ABSTRACT :-

The aim of the present study is to focus on study of Academic Anxiety among secondary school students with respect to rural and urban area. The total random samples consist of 50 students of rural area and 50 students of urban area of Mehsana district. Academic Anxiety scale standardized by Dr. A.K. Singh and Dr. A. Sen. Gupta was used to collect the data. The 't' test was used to analyses the data. The interpretations of the results indicate that there was no significant mean difference between academic anxiety among secondary school students with respect to rural and urban area.

**Keywords :-** Academic Anxiety, Secondary School Students.

### INTRODUCTION :-

Today at the present time, Education provides us the opportunity for holistic growth and development. Education is the most important in our life. Today education has become in investment. It is big stand for growth , progress, development, enlightenment and empowerment in every walks of our life. Education is transform our raw personality in to refined personality. It develops our thinking are reasoning power. It is responsible for the supply of good citizen who can contribute to the growth of the country. In all the stages of education right from nursery to university education, the senior secondary stage, is most important stage, because, this stage provides the base for further education. In fact future depends in this stage. The Indian education system is mainly focusing on the development of cognitive and connective domains but it neglects the affective domain.

The Kothari commission (1964-1966) “ The destiny if India is being shaped in her classrooms” rightly pointed out in its report about the important of education as. Based on the quotation of Kothari commission report, the duty of the school and teacher to meet the challenges of present and the future world.

### Academic Anxiety :-

first of all what is anxiety ? first let us see what is anxiety? Anxiety means apprehension , tension or uneasiness characterized by fear, dread or uncertainty about something the sores of which is largely unknown or unrecognized by the individual; it may consist in persistent apprehensions of future events as well as in generalized emotional reactions to any choice Pointe or decision ( S. V. Good, 1973). According to 'Breuer 1999' mentioned that all anxiety disorders and define by the dual characteristics of excessive emotional fear and physiologic hyper arousals. Anxiety is one of the most widely experienced emotion and



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one of the most essential constructs of all human behavior. It is a displeasing feeling of uneasiness, nervousness, apprehension, fear, concern or worry( Barlow,2002). In today's cut throat competitive environment, anxiety is a common phenomenon of everyday life. It plays a crucial role in human life, because most of the individual are the victims of anxiety in different ways (Lenka & Kant, 2012).

Anxiety is feeling of nervousness, fear, apprehension, to worry. The problem of anxiety interferes with the sufferer's ability to sleep or otherwise function. In anxiety people not feeling wealthy in all situations. Anxiety may occur without cause, or it may occur based on a real situations but may be out of proportion to what would normally be expected. Severe anxiety can have a serious impact on our daily life.

Anxiety is acquired disposition of the individuals to perceive a wide ranges of objectively non-dangerous condition as threatening. Anxiety is described as, " A state of suspended unconscious or sometimes conscious too fear". In anxiety , sometime the person is often not aware of cause , but the person mental and psychological systems of fright continuous to exist'. Anxiety describes the ' individual level of emotionality'.

### Academic Anxiety :-

Anxiety is defined as a painful or apprehensive uneasiness of mind usually over an impending or anticipated ill (Merriam Webster, 2012) students experiencing academic anxiety feel apprehensive over academic tasks, students can feel anxiety related to every academic task.



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### Problem Of The Study :-

The problem of the present study is as under :

“Academic anxiety among secondary school students with respect to rural and urban area”.

### Objective Of The Study :-

The objective of the present study is to compare the academic anxiety among secondary school students with respect to area.

### Hypothesis :-

There is no significant mean difference on academic anxiety among secondary school students with respect to area.



**Variable of study :-**

Following were selected for present study:

**1) Independent Variable :-**

Secondary school student living in urban and rural area.

**2) Dependent Variable :-**

Academic Anxiety is studied as dependent variable.

**METHOD :-**

The survey method was used in this study.

**Selection of the sample :-**

The total sample 100 secondary school students, form rural and urban area of Mehsana District are studied.

In the present study, sample consisted of 100 secondary school students. The random sampling technique was used to select the sample of students from secondary school from rural and urban area of Mehsana District are studied.



**Tool :-**

A tool for data collection, 'Academic Anxiety Scale For Children' (AASC) by Dr. A.K. Singh and Dr. A Sen. Gupta (1984) was used to measured the academic anxiety of students. This tool comprising 20 items with Yes or No response. The AASC is reliable and valid. Each item is scored as either +1 or 0. The maximum possible scored of the test is 20. students scoring less than 10 were as students belonging to high academic anxiety group.

**Procedure :-**

After establishing rapport academic anxiety test was administered individual to every subject. All the instruction was strictly followed which were given in the manual of inventory.

**Statistical Strategy :-**

To analysis the achieved data, the following statistical devices were used

- 1.) Mean
- 2.) Standard Deviation (SD)
- 3.) 'T' test.



**RESULT AND DISCUSSION :-**

The obtained results are shown in the following table.

**Table : The obtains results**

NO	STUDENTS AREA	N	MEAN	SD	DF	'T' VALUE	LEVEL OF SIGNIFICANCE
1	URBAN	50	26.26	6.83	48	2.02	*NS
2	RURAL	50	22.64	5.32			*NS

Insignificant at 0.01 & 0.05 level.

As above mentioned table shows that there is no significant difference in academic anxiety among secondary school students in relation to type of area. The result is non-significant so null hypothesis is accepted. It may be due to changing study habit in students.

**CONCLUSION :-**

The aim of the present study was to study academic anxiety gained by the secondary school students studies in urban and rural area of particularly Mehsana District. The research was conducted on 50 students studying on class 9<sup>th</sup> and 10<sup>th</sup> each rural as well as urban area. The Academic Anxiety was measured by the 'Academic Anxiety Scale For Children' (AASC) 1984 was used as tool for study.

The result obtained by this evaluation show there is no significant difference between Mean and Standard Deviation of Urban and Rural students. The 'T' value obtained by this study is 2.02 which is in range of significant difference.

We can draw conclusion for this present study that there is no significant mean difference in academic anxiety among secondary school students in relation to type of area the students are studying in Mehsana District.



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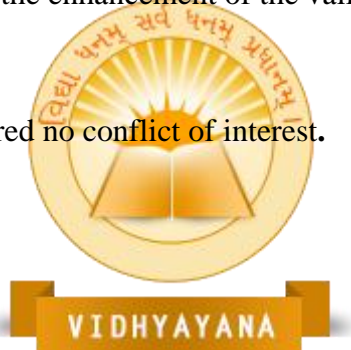
### **Suggestion For Further Research :-**

This research study was conducted on the students of secondary level only. It is suggested that the same research may be conducted from primary level up to senior secondary and at university level.

Attempts should be carried out to find Academic Anxiety among secondary school students in relation to Gender.

In the future research, qualitative research method may also be include to check the validity of quantitative research methods. In qualitative research method test anxiety and can be measured by observations and interviews instead of questionnaires. For the enhancement of the validity, this research may also be expended in the whole country.

**Conflict of interests :-** The author declared no conflict of interest.



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