



A STUDY ON ANXIETY AND PERSONAL ADJUSTMENT OF HIGHER SECONDARY SCHOOL STUDENTS IN VELLORE DISTRICT.

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ABSTRACT

This study examined the relation between anxiety and personal adjustment of higher secondary school students in vellore district. This study adopted survey method of research participants were 325 higher secondary school students randomly selected from difference schools in vellore district. The research instrument used for data collection was anxiety inventory developed Taylor and the personal adjustment inventory standardized by L.G. Deshapandi tested at 0.05 and 0.01 level of significance. the finding indicated that there is a positive relationship between the anxiety and personal adjustment of higher secondary school students and also the anxiety and personal adjustment of higher secondary school students moderate in nature. There is exist significance difference between anxiety and personal adjustment with respect to Gender, medium of instruction, type of school, and there is no significance different between anxiety and personal adjustment with respect to locality, type of family, parental qualification, parental occupation, of the higher secondary school students.

Keywords: Anxiety, Personal adjustment, Adolescence, Sampling.

Introduction:

Education is a comprehensive and complex process aiming at bringing about not only change in knowledge and skill but also change in attitudes, behavior, values, needs and several other variables which are psychological and behavioral in nature. Further, while attempting to bring about desired changes in the above, education also aims at an integration of these to help the individual to develop as a totality.

Most of students are suffering from anxiety at some level during an examination. However, when anxiety affects examination performance it has become a problem. Examination anxiety is actually a type of performance anxiety-a feeling someone might have in a situation where performance really count or when pressure's on to do well. Examination anxiety can bring a stomachache or headache. Some people might feel shaky, sweaty; feel their heart beating quickly as they wait for the test to be given out. A student with really strong test anxiety may even feel like he or she might pass out or throw.

Anxiety

Anxiety is one of the most studied phenomena in psychology. Although progress has been in the theoretical analysis of anxiety, the identification of conditions of its development, the construction of tools to diagnose anxiety as well as the invention of therapeutic techniques, the concept of anxiety has not been clearly defined and agreed upon. The perception of anxiety is differentiated from fear as it is described as a response to an unidentifiable danger or a predictable danger. Additional more, anxiety responses are over and over again more intense and frequent than is authorized by perceived threat the fear

response is balanced to the objective danger. According to Spielberg (1983) "anxiety as the subjective feeling of tension, apprehension, nervousness, and worry related with an encouragement of the autonomic nervous system." It can refer to not only a person's stable personality but also his transitory emotional state. Accordingly, two anxiety constructs have been developed trait anxiety and state anxiety. Because they are more likely to interpret a wider range of situations as threatening; people with high trait anxiety tend to produce state anxiety more frequently than those with low trait anxiety (Head & Knight, 1988).

Adjustment

Adjustment is making or becoming suitable adjusting to circumstances. It is a means of adjustment. It is the act of adjusting adaptation to a particular condition, position or purpose. Adjustment in psychology the behavioral process by which humans maintain equilibrium among their various needs or between their needs and the obstacles of their environments.

According to Oxford Dictionary the meaning of adjustment is: "To arrange, to put in order, to harmonize discrepancies or to adapt to standard or purpose." In Webster's New Collegiate Dictionary, "it is stated that adjustment is to achieve mental or behavioral balance between one's own needs and the demands of others as a result of which the individual is put to a more satisfactory state." These meanings refer psychological and sociological implications of the term adjustment.

Statement of the problem:

The problem selected for the study is stated as "A Study on Anxiety and Personal Adjustment among the Higher Secondary School Students in Vellore district".

Objectives of the study

1. To find out the level of Anxiety of the higher secondary school students.
2. To find out the level of Personal Adjustment of the higher secondary school students .
3. To find out significant difference between the Anxiety and personal adjustment of the higher secondary school student with respect to
 - a) Gender
 - b) Medium of instruction
 - c) Localty
 - d) Type of school
 - e) Type of management
 - f) Study of family
 - g) Parental qualification
 - h) Parental occupation
 - i) Parental annual income
4. To find out significance relatiop between the anxiety and personal adjustment of higher secondary school students.

Hypothesis of the study:

1. The level of anxiety among the higher secondary school students is a poor.
2. The level of personal adjustment among the higher secondary school students is poor.
3. There is no significance difference between anxiety and personal adjustment of the higher secondary school students with respect to
 - a) Gender
 - b) Medium of instruction
 - c) Localty
 - d) Type of school
 - e) Type of management
 - f) Study of family
 - g) Parental qualification
 - h) Parental occupation
 - i) Parental annual income
4. There is no significant relationship between the anxiety and personal adujstment of higher secondary school.

Research design

Methodology

The study was conducted through survey method of research and it is most suitable for the present study.

Sample

A random sampling technique was adopted for the selection of sample 325 higher secondary students were taken for the study.

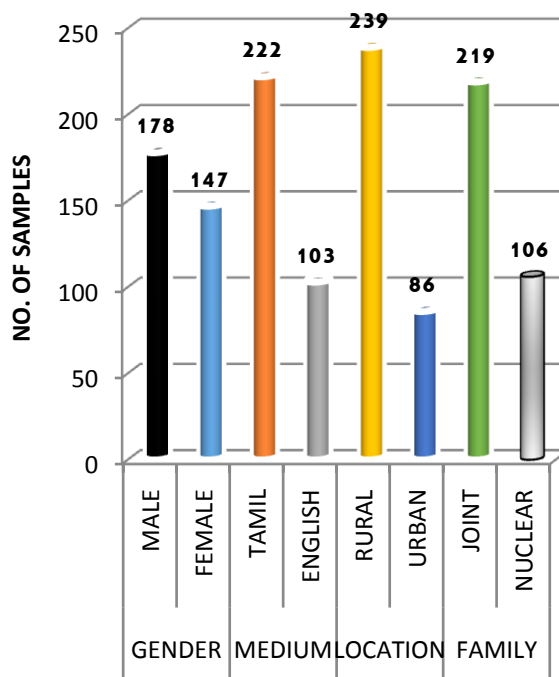
Table-1

Shows the sampling distribution of students

VARIABLES		SAMPLE
GENDER	MALE	178
	FEMALE	147
MEDIUM	TAMIL	222
	ENGLISH	103
LOCATION	RURAL	239
	URBAN	86
FAMILY	JOINT	219
	NUCLEAR	106

Graph1

Graph showing the sampling distribution of students



Research tools

As the study aims to study the job burnout tendency of teacher educators, the investigator has chosen the following tools:

1. The Manifest anxiety inventory constructed and standardized by **Taylor**
2. The Personal Adjustment inventory constructed and standardized by **L.G. Deshapandi**

Statistical techniques

For the present study, the investigator has decided to use the following statistical values and techniques:

1. Mean
2. Standard Deviation
3. 't' test
4. Karl Pearson's Product Moment Correlation

Major Findings

1. It is found that the low level of Anxiety among the higher secondary school students is 12.61%, High level is 16.92% and Moderate level is found to be 70.46%. Hence the Anxiety among the higher secondary school students is Moderate.
2. It is found that the low level of Personal Adjustment among the higher secondary school students is 12.92%, High level is 13.53% and Moderate level is found to be 73.53%. Hence the Personal Adjustment among the higher secondary school students is Moderate.
3. There is no significant relation between the higher secondary school students Anxiety based on their Gender.
4. There is a significant relation between the higher secondary school students Personal Adjustment based on their Gender.
5. There is a significant relation between the higher secondary school students Anxiety based on Medium of instruction.
6. There is a significant relation between the higher secondary school students Personal Adjustment based on Medium of instruction.
7. There is no significant relation between the higher secondary school students Anxiety based on their locality.
8. There is no significant relation between the higher secondary school students Personal Adjustment based on their locality.
9. There is no significant relation between the higher secondary school students Anxiety based on their Type of management.
10. There is no significant relation between the higher secondary school students Personal Adjustment based on their Type of management.
11. There is significant relation among the Anxiety of higher secondary school students with respect to Boys Vs Co-Education based on their Anxiety.
12. There is no significant difference among the higher secondary school students Personal Adjustment based on their type of School.
13. There is no significant relation between the higher secondary school students Anxiety based on their Type of Family.
14. There is no significant relation between the higher secondary school students Personal Adjustment based on their Type of Family.

15. There is no significant relation between the higher secondary school students Anxiety based on their Parental qualification.
16. There is no significant relation between the higher secondary school students Personal Adjustment based on their Parental qualification.
17. There is no significant relation among the higher secondary school students Anxiety based on their Parental Occupation.
18. There is no significant relation among the higher secondary school students Personal Adjustment based on their Parental Occupation.
19. There is no significant relation among the higher secondary school students Anxiety based on their Parental annual income.
20. There exists significant relation among the Personal Adjustment of higher secondary school students Parental Annual Income with respect to Below Rs. 60,000 Vs Above Rs.1,00,000 and Rs.60,000-Rs.1,00,000 Vs. Above Rs.1,00,000 based on their Personal Adjustment.
21. There exist a significant positive relationship between the Anxiety and Personal Adjustment Of higher secondary school students

Table2

Table shows the significance of difference between higher secondary students anxiety based on their gender using mean scores.

VARIABLE	GENDER	N	MEAN	SD	t - value	L.S
Anxiety	Male	178	27.82	5.262	1.221	NS
	Female	147	27.10	5.300		

Graph2

Graph shows the significance of difference between higher secondary students personal adjustment based on their gender using mean scores.

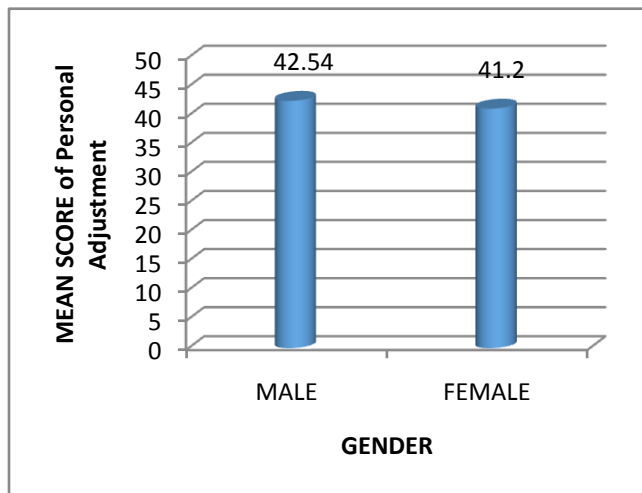


Table 3

Table shows the significant difference among the higher secondary school students anxiety based on type of medium.

VARIABLE	MEDIUM OF INSTRUCTION	N	MEAN	SD	t-value	L.S
Anxiety	Tamil	222	26.98	5.560	2.618	0.01
	English	103	28.61	4.453		

Graph 3

Graph shows the significant difference among the higher secondary school students anxiety based on type of medium.

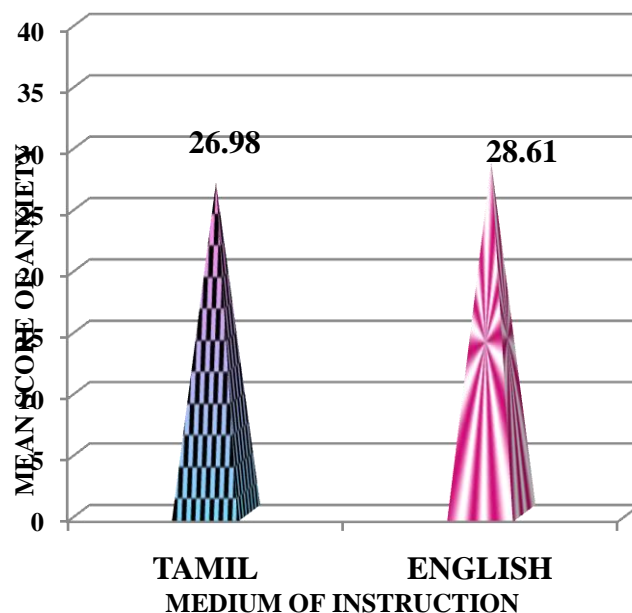


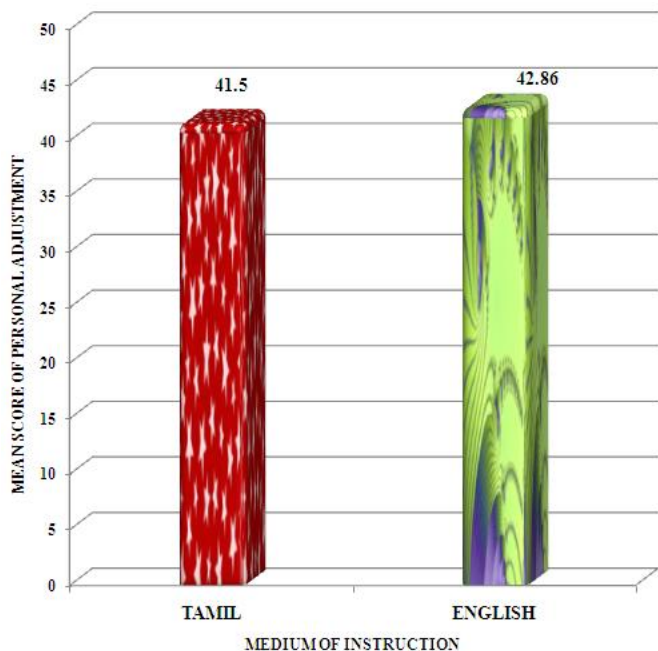
Table 4

Table shows the significant difference among the higher secondary school students personal adjustment based on type of medium.

VARIABLE	MEDIUM OF INSTRUCTION	N	MEAN	SD	t-value	L.S
Personal Adjustment	Tamil	222	41.50	4.876	2.306	0.05
	English	103	42.86	5.093		

Graph 4

Graph shows the significant difference among the higher secondary school students personal adjustment based on type of medium



Graph 5

Graph shows the significant difference among the higher secondary school students personal adjustment based on type of medium

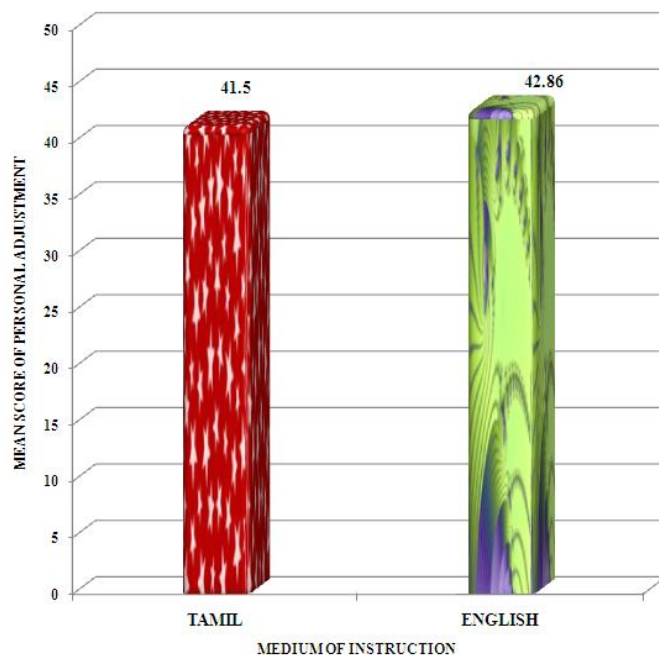


Table 5

Table shows the significance of difference between higher secondary students personal adjustment based on their gender using mean scores.

VARIABLE	GENDER	N	MEAN	SD	t - value	L.S
Personal Adjustment	Male	17	42.5	4.76	2.448	0.05
		8	4	9		
	Female	14	41.2	5.14		
		7	0	0		

Discussions

From the analysis it is observed that there is a Positive relationship exists between Anxiety and Personal Adjustment. The study also reveals that there is no significance difference in Anxiety and Personal adjustment based on gender. In medium of instruction the English medium students in Higher secondary schools possess more anxiety than the Tamil medium students. And it clearly shows the clean psychological reasons in learning via mother tongue. In medium of instruction the English medium students in Higher secondary schools possess more Personal adjustment than the Tamil medium students. The study also reveals that there is no significance difference in Anxiety and Personal adjustment based on location. School is a spot where understudies invest the vast majority of the energy. So environment of school ought to be tranquil. So there ought to be a congruous relationship amongst superintendents and different individuals from the school. To evacuate the delay of understudies, schools ought to make arrangement for each understudy to participate in co-curricular movement.

Conclusion

The Present study was an attempt to know about anxiety level and adjustment of Higher secondary school students. We know that adolescent stage is full of tension. At this stage various changes take place. With these changes in the Anxiety level of an individual he has to adjust his

growing age, adjustment at home and in the society. Over expectation of parents with regard to their performance, rapid physical, mental and emotional development becomes causes of anxiety. So this study may help in understanding the reasons for poor performance and maladjustment of students having various types of psychological problems and level of causing anxiety. The results of the study may help the teachers and parents to understand the student's needs and solve the problems in a better way. Since a limited number of researches that focused on anxiety and adjustment level of adolescents in India have been done and because of the seriousness of its consequences, it was considered important to explore this issue further.

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