

# ANXIETY AND ACADEMIC ACHIEVEMENT OF MALE AND FEMALE ADOLESCENTS

**Sabahat Aslam**

*Research Scholar, Department of Education, Kashmir University (India)*

## ABSTRACT

*This research study was conducted to study Anxiety and academic achievement of adolescents in relation to their gender. For this purpose 500 adolescents (250 male and 250 female students) between the age range of 17 to 19 years were selected. Anxiety scale made by Fareen Fatma for adolescents was used to find out the anxiety among adolescents. Students results were considered to determine the academic achievement. To analyze and interpret the data, mean, S.D, t- test were used. The findings revealed that there is significant mean difference between male and female adolescents of Kashmir division in relation to their anxiety. While no significant difference was found between male and female adolescents in relation to their academic achievement.*

**Key Words :** *Anxiety, Academic Achievement, Adolescents*

## I.INTRODUCTION

Education gives an improved and new life to human beings. It develops our analytical and logical ability to see the world. Its only because of education that we get the civilized products of the society as good and responsible citizens who contribute positively to the growth and well being of our country.

Anxiety is one of the most widely studied concept in psychology nowadays. It is actually the normal human response to stress. Anxiety is a mental and psychological feeling of uneasiness or distress in reaction to a situation that is perceived negatively. It is a feeling of worry, nervousness, or unease about something with an uncertain outcome. According to Cornell University, anxiety is similar to a messenger because it alerts your body when something is wrong or worth your attention.

Academic achievement means achievement level or performance outcome of the students. It can be defined as what a student does or achieve at his school. It is a common practice to promote students from a lower class to a higher class. It helps in declaring students successful or unsuccessful, choosing students for various courses and selecting students for different jobs.

In this era of globalization and Knowledge explosion, education is considered as an important and first step for every human activity. It plays a vital role in the development of human capital and is linked with an individual's well-being and opportunities for better living. In our society academic achievement is considered as a key criterion to judge one's total potentialities and capacities. Hence academic achievement occupies a very important place in education as well as in the learning process. Anxiety is an important educational problem that affects millions of students in colleges and schools over the world each year. High levels of anxiety can cause a disturbance in concentration, attention, storage of knowledge, recall and educational reduction thus lowering

the academic achievement of students. Hence there is a dire need to study the various causes of anxiety disorder and various remedial effects for it so that the academic achievement of students can be improved .

#### 1.1: OBJECTIVES OF THE STUDY

1.1.1. To compare the anxiety of male and female adolescents.

1.2.1 To compare the academic achievement of male and female adolescents.

#### 1.2 : HYPOTHESES OF THE STUDY

1.2.1. There is significant mean difference between male and female adolescents on anxiety.

1.2. 2. There is significant mean difference between male and female adolescents on academic achievement.

#### 1.3: OPERATIONAL DEFINITION OF VARIABLES

The following operational definitions were been formulated for the present study:

1.3.1Anxiety: In the present study, Anxiety means the scores gained by the sample on anxiety Scale self made by Fareen Fatma.

1.3.2.Academic Achievement: For the present study, academic achievement was been operationally defined as the scores obtained by the sample subjects in their previous two examinations.

#### 1.4 SAMPLE

This study was conducted on 500 students at graduation level from 4 districts of Kashmir i.e.Srinagar, Bandipora, Ganderbal & Anantnag. 250 male students and 250 female students have been taken for study.

The breakup of the sample is as under:

Group	Male	Female
Adolescents (500)	250	250

#### 1.4 SELECTION AND DESCRIPTION OF TOOL

The tools for the present study were selected in a manner to achieve an optimum level of confidence by the investigator for the objectives of the study. Since the study principally contained two variables namely Anxiety and Academic Achievement. Therefore, such tools were decided to be chosen as could validly and reliably measure these variables. The investigator after screening a number of available tests finally selected the following tools to collect the data.

1.4.1: Self made anxiety scale by Fareen Fatma for adolescents was used for data collection. The scale has been adapted in Hindi language. It has total 30 items related to various academic situations. These items contain an element of anticipation of dangerous and painful consequences. These situations are generally related to various types. As Generalized anxiety, Academic anxiety, Social anxiety, Test anxiety.

1.4.2 Student's academic achievement has been taken from students mark sheet.

#### ANALYSIS

Analysis and Interpretation of Data The data collected on the basis of anxiety and academic achievement of adolescent students and scores are systematically analyzed with help of suitable statistical techniques in order to find out the answers to the questions raised in this present study.

### II.COMPARATIVE ANALYSIS

Table`1: Showing the mean comparison between male and female adolescents on Anxiety (N=500).

Group	N	Mean	S.D	t-value	Level of significance
Male	250	10.18	5.23	0.139	Significant
Female	250	11.95	5.60		

A quick look at the above table shows the mean comparison between male and female adolescents of the age group of 17-19 years on Anxiety. The statistical data reveals that there is significant mean difference between the two groups on anxiety scale which reveals that the female adolscents are having high anxiety level than male counterparts.

In the light of the above evidences, the hypothesis which reads as, "*There is significant mean difference between male and female adolescents on anxiety.*" stands accepted.

On the basis of the above mentioned results, the Objective which reads as, "*To compare the anxiety of male and female adolescents.*" stands accomplished.

Table2: Showing the significant mean difference between male and female adolescents on Academic Achievement.

Group	N	Mean	S.D	t-value	Level of significance
Male	400	65.82	5.842	7.755	Significant at 0.01 level
Female	400	69.98	8.999		

The above table reveals that there is significant mean difference between male and female adolescents on academic achievement. The data depicts that there is a significant mean difference between the two groups and the difference was found to be significant at 0.01 level. As the mean difference favours the female students which reveals that female students are higher on academic achievement than male students.

In the light of the above evidences, the hypothesis which reads as, "*There is significant mean difference between male and female adolescents on academic achievement.*" stands accepted.

On the basis of the above mentioned results, the Objective which reads as, "To compare the academic achievement of male and female adolescents." stands accomplished.

### III.CONCLUSION

- 1 . Significant mean difference was found between male and female adolescents in relation to their anxiety and females were having high anxiety than male counterparts.
- 2 .Significant mean difference was found between male and female adolescents in relation to their academic achievement and females were having better academic achievement than their male counterparts.

#### Educational Implications

1. The study may raise an alarm to the authorities so that they can find the reasons of anxiety in male and female adolescents and analyse the steps to be taken to prevent it. Also special counselling sessions should be given to female students so that anxiety level in females get decreased.
2. The results of study may provide the ways of solving the problems related to anxiety of adolescents. So the findings may be useful in providing the opportunities and exposure for male and female adolescents for developing the healthy competitive feelings. The findings of this research study also have implications for teachers and parents in addressing the anxiety of adolescent students.
3. Anxiety had impact on student's academic achievement. It decreases students learning capabilities and hinders excellent academic performance. These research findings had found a significant relationship between anxiety and academic achievement of adolescent students. Therefore, teachers in schools and family at home must assist students in the management of their anxiety through counselling, relaxation and behavioural technique so that there academic achievement will also get improved.

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