



A study of anxiety among 10th class school children

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ABSTRACT

The broad objective of the study was to understand better anxiety among 10th school going children India. Specifically, the study compared anxiety across gender, socio-metric, children's manifest anxiety scale the study also examined. High anxiety and low anxiety to affect their anxiety of children a group of 100 school going children (50 boys and 50 girls), aged 13-17 years were recruited to participate in the study via a multi-stage sampling technique. The data were collected using a self-report semi-structured questionnaire and a standardized psychological test, the state-trait anxiety inventory. Results show that anxiety was prevalent in the sample with 50 per cent of boys and 50 per cent of girls found to be suffering from high anxiety. Anxiety is a common experience to all of us on an almost daily basis. Often, we use terms like jittery, high strung and uptight to describe anxious feelings. Feeling anxious is normal and can range from very low levels to such high levels that social, personal and academic performance is affected. At moderate levels, anxiety can be helpful because it raises our alertness to danger or signals that we need to take some action. Anxiety can arise from real or imagined circumstances. For example, a student may become anxious about taking a test (real) or be overly concerned that he or she will say the wrong thing and be ridiculed (imagined). Because anxiety results from thinking about real or imagined events, almost any situation can set the stage for it to occur.