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A Study on Anxiety Among B.Ed Teacher Trainees in Villupuram Town, India

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Abstract

The study examined the level of anxiety among the B.Ed teacher trainees in Villupuram town . For this purpose 300 B.Ed teacher trainees from three colleges of Villupuram town was selected. Anxiety scale constructed by A.K.P.Sinha and L.N.K.Sinha was used. The result showed that there is no significant level of anxiety among most of the B.Ed teacher trainees of Villupuram town.. With respect to background variables, it is found that the student's locality, educational qualification, department and type of family doesn't affect their anxiety level. But age, gender and annual income of the student's family, affect their anxiety level.

Keywords: Anxiety, B.Ed teacher trainees in villupuram town

Introduction

Modern time is characterized by an era of tension, anxiety, frustration owing to cut throat competition and increasing consumerism. In this era explosion of population and changing dimensions have brought a rapid change in socio-economic scenario of human life. These short-comings infused isolation and feeling of insecurity, direct or indirect lack of reliable warmth, overprotection, lack of real guidance, disparaging attitude, injustice, discrimination, un-kept promise and so on. The above situations increase tension and conflict. Extreme of these two leads to ego problems. Due to this, personality of an individual is distorted..All this has led to stress, anxiety and unknown fear in the human mind¹.

Meaning

Anxiety may be defined as a diffuse state, characterized by an unpleasant affective experience marked by a significant degree of apprehensiveness about the potential appearance of future aversive or harmful events". Anxiety is a normal human emotion that everyone experiences at times. Many people feel anxious, or nervous, when faced with a problem at work, before taking a test, or making an important decision. Anxiety disorders, however, are different. They can cause such distress that it interferes with a person's ability to lead a normal life².

Types of anxiety

1 Existential anxiety

2 Test and performance anxiety

3 Stranger and social anxiety

4 Generalized anxiety

5 Trait anxiety

6 Choice or decision anxiety

Factors causing anxiety

In general, anxiety disorders may be caused by environmental factors, personality factors, medical factors, genetics, brain chemistry, substance abuse, or a combination of these. It is most commonly triggered by the stress in our lives.

Symptoms of anxiety disorder

Patients with anxiety disorder often present symptoms similar to clinical depression and vice-versa. It is rare for a patient to exhibit symptoms of only one of these. Symptoms vary depending on the type of anxiety disorder, but general symptoms include:

- Feelings of panic, fear, uneasiness, tiredness and restlessness
- Excessive and ongoing worry and tension
- Difficulty in concentrating
- Irritability
- An unrealistic view of problems
- Uncontrollable, obsessive thoughts
- Repeated thoughts or flashbacks of traumatic experiences
- Nightmares
- Ritualistic behaviors, such as repeated hand washing
- Problems sleeping, Dizziness
- Cold or sweaty hands and/or feet
- Shortness of breath
- Palpitations
- An inability to be still and calm
- Dry mouth
- Numbness or tingling in the hands or feet
- Nausea and headaches
- Trembling and Muscle tension ³.

Treatments

- 1 Cognitive behavioral therapy
- 2 Parental Anxiety Management
- 3 Combined treatments
- 4 Herbal treatments
- 5 Caffeine elimination
- 6 Nutrition and diet therapy
- 7 Vitamins
- 8 Meditation

9 Exercise

10 Self love

As a human being, it is normal that we feel anxious, worried, and fears from time to time due to the things that our complicated lives bring. Anxiety is just a part of life. It helps us cope with the stresses we may encounter. Thus anxiety is an important dimension or trait of personality and it directly or indirectly affects the overall personality of an individual⁴. Hence the researcher attempts to find out the anxiety levels among the B.Ed teacher trainees in the present study.

Objectives of the study

1. To study the level of anxiety among the B.Ed teacher trainees in Villupuram town.
2. To study the anxiety in relationship to personal variables like age, gender, locality, educational qualification, annual income, stream of study and type of family among B.Ed teacher trainees in Villupuram town

Operational definition of variables

As a researcher, in my point of view, anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioural components. It is the displeasing feeling of fear and concern. It is normal to occur but if anxiety is profound and prolonged it leads to anxiety disorders.

Background variables

The following are the background variables used in the present study:

Locality: It refers to the B.Ed teacher trainees from different locality like urban and rural.

Educational status: It refers to the educational status of the B.Ed teacher trainees like UG or PG.

Stream of study: It refers to the department of the B.Ed teacher trainees like arts or science.

Annual income: It refers to the B.Ed teacher trainees's annual income like whether low or high

Type of family : It refers to the B.Ed teacher trainees's family status like whether nuclear or joint.

Sample

Random sampling procedure was adopted to draw the sample from the population of student teachers. B.Ed teacher trainees from Villupuram town constituted the sample of the present study. The sample consists of 300 B.Ed teacher trainees from Villupuram town. The data was collected from the three teacher training institutions.

Tools used in the study

Anxiety scale

This tool Anxiety scale was constructed by A.K.P.Sinha and L.N.K.Sinha. It consists of 90 statements to test the anxiety of B.Ed teacher trainees from Villupuram town. Based on the data collection, the data was scored. Scoring was done by giving marks. For any response indicated as 'Yes', the testee should be awarded the score of one, and zero for 'No'. The sum of all the positive or yes responses would be the total anxiety score of the individual.

Analysis and interpretation

Table 1 shows the Mean and Standard Deviation of anxiety among the B.Ed teacher trainees for the entire sample. From the table 1 the calculated mean value of the entire sample is 38.01, which indicates that the level of anxiety among the B.Ed

teacher trainees is not so significant⁵. Table 2 shows the significance of mean and standard Deviation of anxiety among the B.Ed teacher trainees with respect to various sub samples. From table 2, it is evident that the student's locality, educational qualification, department and type of family doesn't affect their anxiety level. But age, gender and annual income of the student's family, affect their anxiety level

Findings of the study

1. There is no significant level of anxiety among most of the B.Ed teacher trainees of Villupuram town.
2. There is significant mean difference between age group up to 25 and age group above 25 with respect to Anxiety among B.Ed teacher trainees of Villupuram town.
3. There is significant mean difference between Male and Female B.Ed teacher trainees of Villupuram town with respect to anxiety.
4. There is no significant mean difference between rural and urban B.Ed teacher trainees of Villupuram town with respect to anxiety
5. There is no significant mean difference between the UG and PG teacher trainees of Villupuram town with respect to Anxiety.
6. There is no significant mean difference between Arts and Science with respect to Anxiety among B.Ed teacher trainees of Villupuram town.
7. There is significant mean difference between teacher trainees with annual income up to 50,762 and annual income above 50,762 with respect to Anxiety among B.Ed teacher trainees of Villupuram town
8. There is no significant mean difference between Nuclear family and Joint family with respect to Anxiety among B.Ed teacher trainees of Villupuram town.

Implications of the study:

Depressive and anxiety disorders are the leading neuropsychiatric cause of the global burden of diseases and are associated with an increased risk of suicide, increased health-care costs, and reduced economic productivity⁶. It is the responsibility of the researchers, teachers and parents that the problems should be identified very soon and immediate remedial measures should be provided to the students of the betterment of their lives. The programmes in educational institutions should be arranged that they would generate self confidence among the students who lack it. It is the duty of the educationists firstly to find out the low anxious their personal, social, emotional, college and family adjustment should be assessed by psychological tests and inventories. Immediate action and remedies should be suggested to overcome maladjustment and anxiety in them. More suitable educational facilities should be provided to the students with low adjustment and high anxiety so that they can achieve success in every field of life in their career. Guidance and counseling program must be arranged in the schools for teachers, students and also for parents from time to time.

This study may develop an insight to authorities so that they can find the reasons of anxiety in students and the measures may be taken to prevent it. The results of the study may provide the ways of solving the problems related to anxiety. The findings may be useful in providing the opportunities and exposure for students for developing the healthy competitive feelings.

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Tables and Figures

Table 1: Shows the Mean and Standard Deviation of anxiety among the B.Ed teacher trainees for the entire sample

Variable	N	Mean	Std. Dev
Anxiety	300	38.01	17.19

Table 2: Shows the significance of mean and standard Deviation of anxiety among the B.Ed teacher trainees with respect to various sub samples

S. No	Demographic Variable	Sub Sample	N	Mean	S.D
1	Age	Age up to 25	190	40.10	17.40
		Age above 25	110	34.41	16.29
2	Gender	Male	87	33.18	19.36
		Female	213	39.99	15.85
3	Locality	Rural	254	38.34	17.78
		Urban	46	36.21	13.53
4	Educational qualification	UG	244	38.2664	17.7
		PG	56	36.92	14.88
5	Stream of study	Arts	169	36.95	17.28
		Science	131	39.38	17.05
6	Annual Income	Low Annual income	244	39.16	17.00
		High Annual income	56	33.01	17.30
7	Family Type	Nuclear Family	183	39.25	16.99
		Joint Family	117	36.07	17.41