



Effect of Area of Residence and Socio-Economic Status on Anxiety

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Introduction:

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat.

When an individual faces potentially harmful or worrying triggers, feelings of anxiety are not only normal but necessary for survival. Since the earliest days of humanity, the approach of predators and incoming danger sets off alarms in the body and allows evasive action. These alarms become noticeable in the form of a raised heartbeat, sweating, and increased sensitivity to surroundings. The danger causes a rush of adrenalin, a hormone and chemical messenger in the brain, which in turn triggers these anxious reactions in a process called the “fight-or-flight” response. This prepares humans to physically confront or flee any potential threats to safety. For many people, running from larger animals and imminent danger is a less pressing concern than it would have been for early humans. Anxieties now revolve around work, money, family life, health, and other crucial issues that demand a person’s attention without necessarily requiring the ‘fight-or-flight’ reaction.

The nervous feeling before an important life event or during a difficult situation is a natural echo of the original ‘fight-or-flight’ reaction. It can still be essential to survival – anxiety about being hit by a car when crossing the street, for example, means that a person will instinctively look both ways to avoid danger. Theoretical definitions of anxiety are needed to make the concept amenable to measurement and promote new hypotheses which can be tested experimentally. The following theories on the basis of anxiety probably contribute most to research and conceptualization of the concept. Anxiety very well explained by the Psychoanalytical theory, Neo-Freudian theory, learning theory and Physiological theory.

Objectives:

The major objectives of the study were:

1. To search the effect of Area of residence on anxiety of the junior college students.
2. To search the effect of Socio-economic status on anxiety of the junior college students.

Hypotheses:

1. There will be significant difference between rural and urban junior college students on anxiety.
2. There will be significant difference between high and low socio-economic statuses of junior college students on anxiety.
3. There will be significant interaction effect of interaction effect of independent variable area of residence and socio-economic status on anxiety of junior college students.

Methodology:

For conducting any research it becomes inevitable to select the appropriate research method. Depending upon the objectives and hypothesis of the study the factorial design of research deemed appropriate and suitable and is used in the study.

Sample:

The samples included in this study were 100 junior college students from Jalna district. While selecting the sample 50 junior college students from rural area (among them 25 junior college students were high socio-economic status and 25 junior college students were low socio-economic status and 50 junior college students from urban area (among them 25 students were high socio-economic status and 25 students were low socio-economic status). Age range of college students is 15-20 years. Random sampling method is used.

Research Design:

In the present study one dependent variables is studied i.e. anxiety. The independent variable of the study is Area of residence (Rural and Urban) and Socio-economic status (High and Low socio-economic status). Hence 2 × 2 factorial design is used for the research.

(B) Socio-economic status	(A) Area of residence	
	A1- Rural	A2 – Urban
B1 High	a1 b1	a2 b1
B2 Low	a1 b2	a2 b2

Variables:

In the present study following variables will be treated as independent and dependent variables.

1. Independent variable.

- I) Area of Residence.
- II) Socio-economic status

2. Dependent variables.

- I) Anxiety

Psychological Devices:

1. Sinha Comprehensive test of Anxiety:

Anxiety test for assessing the various type of anxiety i.e. extremely low anxiety, low anxiety, normal anxiety high anxiety and extremely high anxiety. This Anxiety test prepared by A.K.P. Shina. This is a paper pencil test. It measures the effect of anxiety upon the quantity of a person's behaviour as a whole. The scale consists of 90 items and measures five modes of extremely low anxiety, low anxiety, normal anxiety, high anxiety and extremely high anxiety. The items are presented in simple and brisk style. Each item has two answers in multiple response choice that is 'yes' and 'No' on the positive response one score and a negative response zero score. All the items of the scale are matters of behaviour in daily life. Thus the scale contains 90 items. There was no time limit but generally 30 minutes have been found sufficient for responding to all the items.

The co-efficient of reliability was determined by using the following two methods. The 'Test-Retest' method (N=100) was employed to determine the temporal stability of the test product moment correlation between test and Re-test score was 0.85. The internal consistency reliability was ascertained by adopting 'odd-even' procedure (N-100) using the Spearman, Brown formula, The reliability of the test was found to be 0.92 both the values ensure a high reliability of the test. The co-efficient of validity was determined by computing the coefficient of correlation between score on comprehensive Anxiety test and on Taylor's manifests Anxiety scale. It was 0.62, which is significant beyond 0.01 level of confidence.

Statistical Analysis:

In this study first dependent variable is anxiety. In this part shows the descriptive statistics, statistical results and significant differences of anxiety on socio-economic status and area of residence.

Table No. 1

Summary of two ways ANOVA for Anxiety on Area of residence & Socio-economic Status

Dependent Variable: Anxiety					
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Area of residence	861.88	1	861.88	10.37	0.01
Socio-economic status	110.97	1	110.97	1.34	NS
Area * SES	57.25	1	57.25	0.69	NS
Error	7973.34	96	83.05		
Corrected Total	8988.16	99			

Table No. 2
Mean and S.D. of anxiety on area of residence

Area of residence	Mean	S. D.	N
Rural	24.13	10.22	50
Urban	18.30	8.56	50

Table 1 and table 2 present the Mean, Standard deviation and F values for the anxiety of junior college students. It can be observed from the table 4.1 that the scores of those rural junior college students had more score on anxiety than the urban junior college students. The rural subjects mean score (M= 24.13 & SD= 10.22) is large than the urban subjects mean score (M= 18.30 & SD=8.56). The F ratio found with respect of Area of residence on dependent variable anxiety $F = 10.37$ ($df = 1$ and $96 > 0.01$) which is significant. Hence the area of residence significantly influence on anxiety.

The results found that Hypothesis No. 1, “There will be significant difference between rural and urban junior college students on anxiety” is accepted.

Table No. 3
Mean and S.D. of anxiety on socio-economic status

Socio-economic status	Mean	S. D.	N
High	22.26	10.04	50
Low	20.30	9.41	80

In the present study second independent variable that is Socio-economic status, High and Low socio economic status. Table no 3 shows the Socio-economic status wise difference on anxiety. Mean score of High Socio-economic status of junior college students found $M=22.26$ & $SD = 10.04$ is large than the Low of junior college students $M= 20.30$ & $SD = 9.41$. The table no 4.1 shows the no significant difference of F ratio was found $F = 1.34$ ($df = 1$ and $96 < 0.05$) which is no significant on both the level. Hence the level of anxiety no significantly differs with respect of Socio-economic status.

Result found that the Hypothesis No. 2, “There will be significant difference between high and low socio-economic statuses of junior college students on anxiety” is rejected.

The result of the interaction effect of independent variable area of residence and socio-economic status on anxiety F value is found ($F = 0.69$ $df = 1$ and 96 , $P < 0.05$). Thus f values is not significant both the level of confidence. Area of residence and socio-economic status has not separate influence on anxiety of rural and urban junior college students. The result reveled that there is no significant interaction effect of independent variable area of residence and socio-economic status on anxiety of junior college students.



Hence, Hypothesis No. 3, “There will be significant interaction effect of independent variable area of residence and socio-economic status on anxiety of junior college students” is rejected.

Present study results supported by the previous study done by the Swarnika (2020) results shows that the statistically significant difference between male and female students on academic anxiety. Insignificant difference found between lower SES and higher SES on academic anxiety. Urban and rural students were statistically significant on academic anxiety. Mandeep Kaur and Simmi (2015) their study results shows that the no significant difference in boys and girls on all the measured variables i.e. anxiety and socio-economic status. The findings of the study further reveal no relationship between anxiety and socio-economic status.

Conclusion:

- There is significant difference between rural and urban junior college students on anxiety. Rural area junior college students level of anxiety is high than the urban junior college students.
- There is no significant difference between high socio-economic and low socio-economic status group of junior college students on anxiety.
- There is no significant interaction effect of interaction effect of independent variable area of residence and socio-economic status on anxiety of junior college students.

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