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Assessment of Anxiety and Adjustment level of high school girls between Rural and Urban Area

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Abstract

The purpose of the present study was to find out the anxiety level and adjustment level between high school girls of rural and urban area. The sample of the Present study was conducted on 100 girls (50 each) from Hisar and Bhiwani district of Haryana. The age ranged between 13-15 years. Only Anxiety level and adjustment was used to measure by Sinha's comprehensive anxiety test (1999) and Adjustment Inventory was collected by Professor H.S. Asthana and data was analysis by using statistically analyzed "t" test method.

Keywords: Anxiety, Adjustment, High School, Girls.

1. Introduction

Anxiety is an exceedingly complex concept with a variety of overtones and nuances of meaning from ordinary usage, as well as from psychology, psychiatry and psychoanalysis. The word anxiety means to designate a strongly personal, phenomenally experienced feeling of distress and anguish. The term anxiety has been derived from a Latin word 'angere' that means 'to strangle'. Anxiety has become conspicuous in present times largely because it is an era of changing and rather individualistic values, alienation, competition and achievement.

Anxiety as a normal phenomenon does not act as a drive or energizer to achieve or to perform. A moderate amount of anxiety energizes the individual and thereby improves performances but as a pathological phenomenon it impairs the capacity to think and act freely. Adjustment attempts to satisfy needs by over-coming both inner and outer abstracts and by adopting circumstances. The learning about adjustment means analyzing two things interval make-up and internal personal or social behaviour. Adjustment is dynamic process by which organizes meet their needs.

Objective of the Study

Assessment of anxiety and adjustment level of high school girls between rural and urban area.

Methodology

The sample of the Present study was conducted on 100 girls 50 from urban and 50 from rural area from Hisar and Bhiwani district of Haryana. The age ranged between 13-15 years. Only Anxiety level and adjustment was used to measure by Sinha's comprehensive anxiety test (1999) and Adjustment Inventory was collected by professor H.S. Asthana and data was analysis by 't' test.

Table 1: Comparison of Anxiety level between high school girls of rural and urban area

Groups	N	Mean	S.D	S.E.D	't'
Rural area (Girls)	25	2.22	19.20	3.91	0.96
Urban area (Girls)	25	2.20	18.35	3.74	

Significant at 0.01 level

The mean score of rural area high school girls having anxiety level were 2.22 and that of urban area high school girls was 2.20. The S.D of rural area high school girls was 19.20 and that of urban area high school girls was 18.35 and -t value 0.96, which is significant at 0.01 levels. The mean difference was in favour of urban area high school girls.

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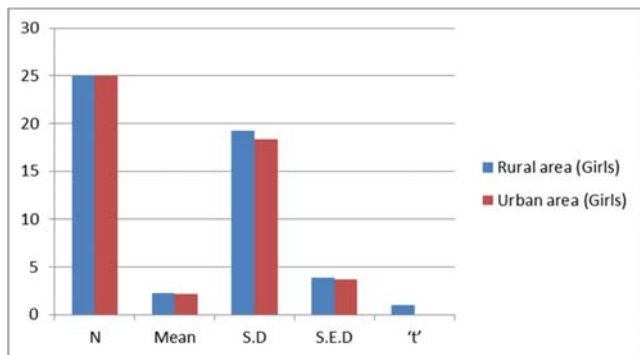


Fig 1: Graphical representation of Anxiety level between high school girls of rural and urban area

Table 2: Comparison of Adjustment level between high school girls of rural and urban area

Groups	Mean	S.D.	Mean	SED	t
Rural area (Girls)	18.880	3.006	6.696	0.445	15.042
Urban area (Girls)	12.189	3.971			

Significant at 0.01 levels

The mean score of rural area high school girls having adjustment level were 18.880 and that of urban area high school girls was 12.184. The S.D of rural area high school girls was 3.006 and that of urban area high school girls was 3.971 and -t value 15.047, which is significant at 0.01 levels. The mean difference was in favour of urban area high school girls.

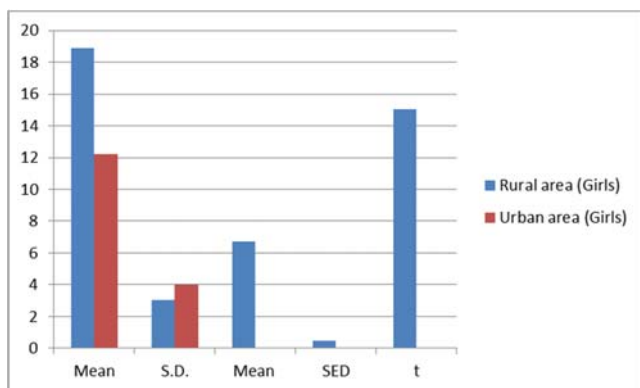


Fig 2: Graphical representation of Adjustment level between high school girls of rural and urban area

Conclusion

It is evident that private urban area high school girls were having high anxiety and adjustment level than the rural area high school girls.

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