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## **GRT** COMPARITIVE STUDY OF ANXIETY BETWEEN THE STUDENTS OF EDUCATION AND PHYSICAL EDUCATION COURSES

Shivendra Dubey<sup>1</sup> and Mahendra Kumar Singh<sup>2</sup>

<sup>1</sup>Research Scholar , Department of Physical Education , Guru Ghasidas Vishwavidyalaya , Bilaspur (C.G.), India .

<sup>2</sup>Assistant Professor , Department of Physical Education , Guru Ghasidas Vishwavidyalaya , Bilaspur (C.G.), India.

**Abstract:-**The objective of this study was to compare anxiety between the male students of education and physical education of Degree College Upardaha, Baraut, Allahabad. The subjects for this study were randomly selected from B.Ed. and B.P.Ed. Department. A total of 60 students (30 From Education and 30 Physical Education) were selected as a subject for this study. For measurement of Anxiety, Sinhas comprehensive Anxiety test was used. The data was subjected to mean, standard deviation and 't' value. The level of significance was tested at 0.05 level. The results clearly indicate that there is significant difference among education and physical education students in Anxiety. From the analysis of results it can be concluded that physical education students seem to be lower in anxiety than the education students.

**Keywords:**Anxiety, Education, Physical Education.

### INTRODUCTION

Today it seems that tension, anxiety, stress, frustration and many other negative emotional parameters has become a part of human life in the modern life style due to explosion of population, varied pollution and changing dimensions in socio-economic scenario of human life. The daily routine of human being is so busy and complicated that they hardly find leisure hours for physical activity and perhaps that is one of the major causes of emotional imbalance. Even the students of higher education due to excess academic load hardly get time for play. Anxiety and frustration are very common in most of the students and that may affect the personality and also brings hindrance in the academic growth.

Therefore, the present century has been rightly referred to as the "Century of Fear" or the "Age of Anxiety" by thinkers like Albet Camas and W.R Auden (Singh, 2004).The word 'Anxiety' comes the Latin word – Anxietus – which means experience of varying blends of uncertainty, agitation and threat.(Kumar,2011) According to dictionary (Merriam-Webster Online Dictionary) anxiety has been defined as "A painful uneasiness of mind concerning some impending of anticipated ill." According to Freud (1926), anxiety is central to the psychoanalytic concept of neurosis, an unconscious state which has evolved through repression of unacceptable feelings.

It is concluded from the afore said description that anxiety can be defined as an unpleasant state of mind that causes physical and psychological discomfort. The above discussion shows that anxiety is an important dimension or trait of personality and it directly or indirectly affect the overall personality of an individual.

Therefore; the present study was made on two groups (B.Ed. students who hardly involves in regular physical activities and the second group of B.P.Ed. students who regularly involves in physical activities) to know whether any difference in terms of anxiety could be traced between the students of education and physical education due to regular and irregular participation in various physical activities.

**OBJECTIVE OF THE STUDY:**

The objective of this study was to compare anxiety between the male students of education and physical education courses.

**METHOD:**

**Participants:** The subjects for this study were sixty (30 from B.Ed. Department and 30 from B.P.Ed. Department) students studying in Degree College Upardaha, Baraut, Allahabad, U.P., India.

**Instruments:** For the purpose of this study the Questionnaire of Sinha’s Comprehensive Anxiety Test was used.

**Procedure:** Data were collected by the researcher, using the Sinha’s Comprehensive Anxiety Test.

**Data analysis:** For data analysis responses were expressed as mean and standard deviation. Independent ‘t’ test was performed for comparison between group (Education and Physical Education),  $p < 0.05$  was considered statistically significant. Data analysis was performed using SPSS 17.0 software under windows.

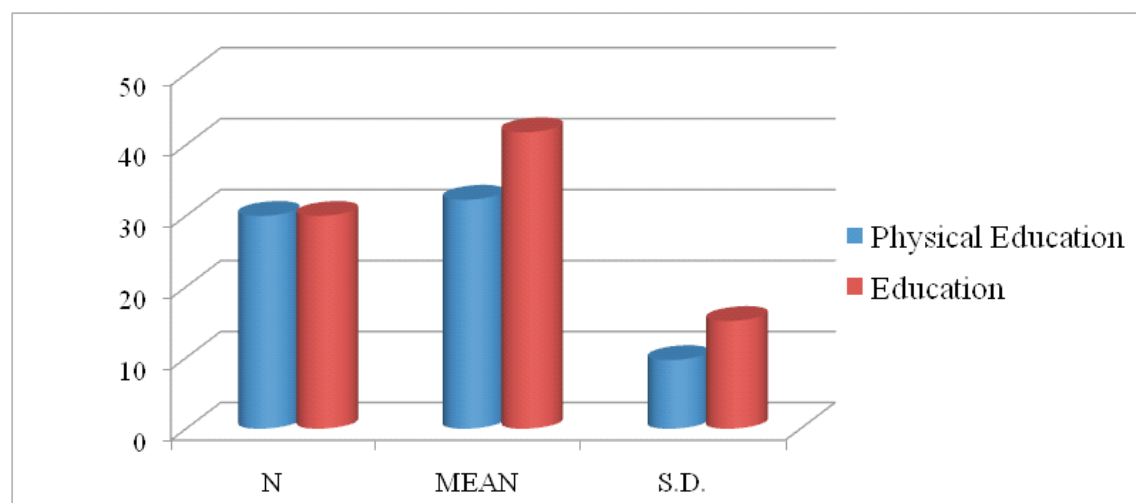
**RESULT:**

To compare anxiety mean, standard deviation and Independent ‘t’ test was computed. The findings are presented in the Table given below:

**Table-1**

Group	N	Mean	S.D.	‘t’ Value
Physical Education	30	32.28	9.68	2.84*
Education	30	41.79	15.19	

\*Significance at 0.05 level.



**Figure-1(Anxiety Level)**

Table number -1 and Figure number -1 indicates that the mean & Standard Deviation values of the students of physical education group are 32.28 and 9.68 respectively. Whereas; the Mean and Standard Deviation Values of the students of education group is 41.79 and 15.19 respectively.

Table No.-1 reveals that the calculated Independent ‘t’ value (2.84) is greater than critical value which

indicates that there is a significant difference at 0.05 level of significance between the students of Education and Physical Education in term of anxiety.

#### DISCUSSION:

The results clearly indicate that there is significant difference between the students of education and physical education in terms of anxiety. Results of the present study also indicate that physical education students have lower Anxiety as compare to the students of education. The significant difference was observed probably due to the reason that the students of physical education are always involved in various physical activities and that may be the reason that the anxiety level is comparatively lower than that of the students of education.

#### CONCLUSIONS:

The following points are concluded from the present study:

The anxiety level is higher in the students of education compare to the students of physical education.

It indicates that regular involvement in various physical activities helps to control the anxiety level among the students.

Finally, it is concluded that to be from anxiety everybody should prefer physical activities regularly.

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**Shivendra Dubey**

Research Scholar , Department of Physical Education , Guru Ghasidas Vishwavidyalaya , Bilaspur (C.G.), India .

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258/34 Raviwar Peth Solapur-413005, Maharashtra  
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