

**RELATIONSHIP OF STATE ANXIETY AND TRAIT ANXIETY BETWEEN PHYSICAL EDUCATION STUDENTS AND GENERAL DEGREE COLLEGE STUDENTS**

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**Abstract**

**Introduction:** Mental disorders appear to be on the rise among college students and are having a significant effect on their attrition, with anxiety identified as one of the most common presenting issues. Anxiety is a state of tension; it comes from outside as well as within and effect performance. **Purpose:** The purpose of the study was to find out the status of state and trait anxiety of Physical Education (B. P. Ed.) women students and general degree college women students and their comparison. **Methodology:** A total of 60 women college students (30 B. P. Ed. women students and 30 general degree college women students) were selected randomly as subject for the present study. The age of the subjects were range 18-25 years. State and Trait anxiety were the criterion measure in this study. State and Trait anxiety of the students were measured by standard questionnaire. Mean and standard deviation were used as descriptive statistics and 't' test was used to find out the difference between means. Only 0.05 level of confidence was considered in this study. **Results:** Result revealed that there was no significant difference between Physical Education women students and general degree college women students in respect of State anxiety ( $t=0.04$ ;  $p>0.05$ ) and Trait anxiety ( $t=0.90$ ;  $p>0.05$ ). **Conclusion:** There was no significant difference in state and trait anxiety between women Physical Education students and general degree college students.

**Key Words:** State Anxiety, Trait anxiety, B.P.Ed. students, General degree college students.

**Introduction**

Recent reports indicate that more than eleven percent of students attending college

seek mental health help at their university counseling centers and those numbers appear to be on the rise. Grasgreen (2012) reported 62

percent of the students who resigned from college and have psychological problems cited those problems as their reason for leaving. Problems with anxiety are one of the most common presenting problems that mental health practitioners encounter, including for college students. In fact, 40 percent of college students surveyed identified anxiety as their primary reason for seeking help. Therefore, psychological problems, and specifically anxiety, are significant to the attrition rates of college students.

Anxiety is a state of tension, a multisystem response to a perceived threat or danger. It may come from outside as well as within. It is a psychological and physiological state one experiences cognitively, physically, emotionally, and behaviorally. Anxiety is a normal reaction that is experienced in the presence of a stressor, and is comprised of two main constructs: state anxiety and trait anxiety (Lau, Eley, & Stevenson, 2006). State anxiety is most often associated with an external and environmental stressor which causes a transitory state of emotions in the individual (Spielberger, 1985). Trait anxiety is a relatively stable characteristic and is described as a general predisposition to respond to a stressful stimulus. Purposes of the present study were to observe the status of state and trait anxiety of B.P.Ed. student and General degree college women students and their comparison.

## **Materials and Methods**

### **Subject**

A total of 60 women college students (30 B. P. Ed. women students and 30 general degree college women students) were selected randomly as subject for the present study. The age of the subjects were range 18-25 years.

### **Criterion measure**

State and Trait anxiety were the criterion measure in this study.

### **Test and Tools used**

State and Trait anxiety of the students were measured by standard questionnaire.

### **Statistical Procedure**

Mean and standard deviation were used as descriptive statistics and t- test was used to find out the difference between means. Only 0.05 level of confidence was considered in this study. All statistical calculations were done using standard statistical software.

### **Result and Discussion**

Mean and standard deviation of state and trait anxiety have presented in Table-1. Inter group differences were analyzed by t-test and results have also presented in Table-1. It shows that mean value of states anxiety for women Physical Education students were lesser than general degree college women students. But t-value shows that the difference between means was not significant statistically. It has also found from Table-1 that mean value of traits anxiety for women B.P.Ed. students were slightly lower than general degree college women students. But t-value shows that the difference between means for this variable was also not significant statistically. Findings of the study have presented graphically in Figure-1.

Present study found no significant difference in state anxiety and trait anxiety between women B.P.Ed. students and General degree college students. Ozen et al., (2015) found about 29.6% and 36.7% of the students in the study reported state and trait anxiety scores of more than 45 points, respectively. They identified the factors which influences the state and trait anxiety among university students were the status of family relationships, difficulty understanding lectures, difficulty adapting to

Table-1: Descriptive and Inferential statistics of the selected variables

Sl. No.	Variables	Physical Education students		General Degree College students		t-value
		Mean	SD	Mean	SD	
1	State Anxiety	42.67	8.01	40.80	8.02	0.90 <sup>^</sup>
2	Trait Anxiety	45.30	5.76	45.37	7.03	0.04 <sup>^</sup>

<sup>^</sup>Not significant at 0.05 level.

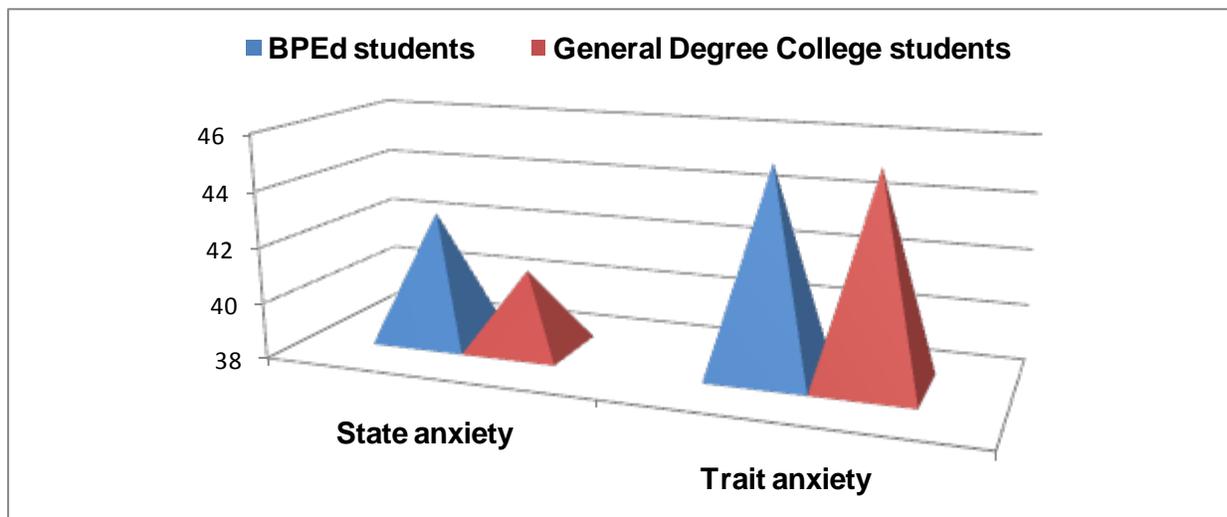


Figure-1: State and Trait Anxiety of two different group students.

university life, having to solve problems independently, a vision of self-sufficiency in problem solving, negative life experience, and satisfaction with their department of study. They identified the factors predictive of only relationships, and attitude of the family toward their child. As the influencing factors on anxiety were same for both B.P.Ed. and General degree college students in the present study the anxiety level was also same for both of them.

However, lower mean values for trait anxiety of B.P.Ed. students than general degree college students might be due to the nature of the course. B.P.Ed. course, which is residential in nature and the students always engaged in physical activities regularly which is very much helpful for reduced psychological stress and

state anxiety were boarding conditions, having a chronic disease, and exam periods. The risk factors for trait anxiety scores include the following: anxiety about the future, preparation for work life, class of study, private anxiety. Several study reported positive effect of exercise on reducing psychological stress. As the B.P.Ed. students in present study engaged in physical activities regularly their anxiety level was comparatively lower than the general degree college students.

**Conclusion**

From the above findings it was concluded that there was no significant difference in state anxiety and trait anxiety between women Physical Education students and General degree college students.

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