



ACADEMIC ANXIETY OF SECONDARY SCHOOL STUDENTS

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ABSTRACT

This study conducted to find out the Academic Anxiety of Secondary School Students. Academic Anxiety Scale Developed and standardized by Palani R (2013) was used for this study. The normative survey method is used. The present study is mainly aimed at finding out the Academic Anxiety of Secondary School students. The findings shows that 1. The Academic Anxiety of Secondary School students is high.

Keywords: Academic Anxiety, Secondary School Students

1. INTRODUCTION

Academic anxiety is a normal response to the pressures of school. It is kind of state anxiety which relates to the impending danger from the environment of the academic institutions including teacher, certain subjects like mathematics, English, etc. it can help motivate students to study for tests or complete assignment. Secondary School Students to the students who are studying in standard VI to X from Government Aided, and Private schools of Tamil Nadu Government.

Alam M. J. F (2017) examined the correlation between academic anxiety of school students and their academic achievement that were occurring among students of Murshidabad district, India. "Academic Anxiety Scale for Children" (AASC Scale) constructed by A.K. Singh and A. Sen. Gupta (2009) was used for collecting data from a random sample of 200 secondary and senior secondary school students. Marks obtained in last annual examination by the students were collected from the selected schools for calculating the academic achievement. Results revealed that anxious students did not perform well in school. Moreover, the Academic Achievement of the students decreased in case of the high and low anxious students but the moderately anxious students did better in Academic Achievement. An average level of anxiety is useful in keeping pupil motivated in learning.

Jitender Dhull (2013) found out the difference in academic anxiety and achievement in science among tenth class students. The present study was conducted on a sample of 400 students of tenth class students of government and private schools of Rohtak and Sonapat district of Haryana. The findings of the study reveals : (i) It was found that there is a significant difference in academic anxiety of government and private Xth class students. Private school students were found to have more academic anxiety as compared to government school students; (ii) It was found that there is a significant difference in achievement in science of government and private 9th class students. Academic achievements in science of Private school students were more as compared to government school students; and (iii) It was found that there was a significant relationship between academic anxiety and achievement in science of 9th class students.

The objective of the present study is to study the Academic Anxiety of Secondary School students.

Sample: The Academic Anxiety scale and the adjustment inventory have been administered to a random sample of 200 Secondary School students in Government, Aided and private schools of Nagappattinam District.

Tool Used: Academic Anxiety Scale Developed and standardized by Palani R (2013) was used for this study.

2. METHOD OF STUDY

The normative survey method is used. The present study is mainly aimed at finding out the Academic Anxiety of Secondary School students.

One of the important objectives of the present study is to find out the Academic Anxiety of Secondary School students. For this, the investigator used the Academic Anxiety Scale. A maximum score of the inventory is 232 and a minimum score is 58. Hence, a score below 78 indicates low Academic Anxiety, Scores 79-156 indicates moderate level of Academic Anxiety, and a score above 156 indicates high Academic Anxiety.

In order to find out the Academic Anxiety of Secondary School students, the mean and S.D have been calculated.

Table No. 1**The mean and standard deviation of Academic Anxiety scores of Secondary School students**

Variables	Sub sample	N	Mean	S.D
	Entire	200	180.48	35.185
Gender	Male	86	194.87	26.79
	Female	114	167.97	37.368
Locality	Rural	94	191.05	29.468
	Urban	106	172	37.407
Type of Management	Govt	104	188.36	31.054
	Private	96	174.41	37.193

The Mean and SD were found to be 180.48 and 35.185. So the calculated mean value indicates that Secondary School students have high level Academic Anxiety.

3. RECOMMENDATIONS

Based on the important findings stated earlier the following recommendations are suggested for the betterment of school students.

- Due to changes in the pattern of the Education, everyone needs to meet the day today challenges. The Academic Anxiety of Secondary School students are having high level. Therefore, the teachers and parents must understand the need and importance of reducing Academic Anxiety for their personal development to enhance it.
- The difference in level between subsamples shows a need for psychological counseling..
- In addition with the above recommendation the government and concern authority should provide better environment in their home and school for better living.
- Parents should support and extend continuous observation over their child regarding their all round development.

4. CONCLUSION

Better improvement in Methods of Teaching will increase the performance of the school students in future. Parents and teachers should give much important to this concern. The future teachers must keep in mind to make the pupil as an adjustable citizen to this society. The present research work seems to be important from the perspectives of the discipline of positive psychology, This research provide substantial evidence that Academic Anxiety, of Secondary School students are at high level. Mental health is a crucial dimension of overall health and an essential resource for living. It influences how we feel, perceive, think, communicate and understand. Without maintaining good level of Academic free feeling, people may be unable to fulfil their full potential or play an active part in everybody life. Hence, due care should be extended towards Academic Anxiety of Students.

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