



## Study and Compare the Level of Anxiety at Students of Ordinary and Special Primary Schools in Esfahan, years 2020-2021

*Fateme Bagheri<sup>1</sup>, Mohammad Reza Iravani<sup>2\*</sup>*

<sup>1</sup> Department of Consulting, Khomeinishahr Branch, Islamic Azad University, Khomeinishahr, Isfahan, Iran.

Email: [fbagheri9977@gmail.com](mailto:fbagheri9977@gmail.com)

<sup>2</sup> Department of Social Work, Khomeinishahr Branch, Islamic Azad University, Khomeinishahr, Isfahan, Iran.

Email: [iravani@iaukhsh.ac.ir](mailto:iravani@iaukhsh.ac.ir)

### ABSTRACT:

The purpose of this study is to study, compare the level of anxiety at students of ordinary and special primary schools in Esfahan, years 2020-2021, and compare the level of anxiety of ordinary and special students in Esfahan in years 2020-2021. Research method is causal comparative type. Studied statistical society in this study is all students of ordinary and special primary schools in Esfahan, years 2020-2021. Statistical sample in this study is 500 persons of students of ordinary and special primary schools in Esfahan in years 2020-2021 that are randomly simple and have questions. The device of study is question test of mental health. This study has two assumptions that by using descriptive statistics include frequency, percent, average, mean, standard deviation and variance and are analyzed by declarative statistical methods and to test.

**Key word:** Anxiety, method health, special children, normal children

### Introduction:

It seems that anxiety and depression are two disorders and most of people go to clinic to treat them and jointly complain to them. Based on studies that are performed in Europe and USA, from 9 to 26% women and 5 to 12% men have on glooming disease during their life, also it is estimated that from 4.5 to 9.2% women and 2.3 to 3.2% men suffer this disorder in part of their life so, women suffer disorder fuci than men and this ratio has been reported in clinical population. (Ben, David, Hassan, TozandJani). This heterogeneous in spreading depression is true, particularly in younger groups. Also possibility of improving depression in these persons is higher than elderly and possibility of experiencing of disease is lower. (Ronibzetal, 1984, Blacker and Keller 1987) Again lack of anxiety or high anxiety may encounter us with considerable problems and dangerous conflicts, failures and danger of physical damage due to endanger esteem and applying pressure to do works out of human ability make anxiety. During growing of people, they experience different kinds and spread range of anxiety and activity and education difficult. Hence, every kind of investment for understanding widespread of teenager and juveniles especially mental health help to improve process of pedagogy of future generation.

### Importance of research:

All people believe that mental disease are not relating to special group and possibility of suffering these diseases is conceivable for all people in the society from children to adults and even elderly. One of these disorders is depression that is considered as most common mental disorders of human fate and main enemy of good humans and for this reason it is called mental cold among all mental diseases. Depression is not one continual disorder but is mental phenomenon due to mental pressure that penetrates in mental structure and finally assumes failing painful event like fire under ash.

Research assumptions seem that there is meaningful relationship difference between level of anxiety students of ordinary and special primary schools in Esfahan, years 2020-2021. It seems that level of anxiety girls in normal primary schools is higher than boys.

### Research method of data:

for analyzing data in this study we use descriptive statistics (Average, standard deviation, Pearson correlation and t-Test). It is necessary to mention that SPSS software is used for taking research data.

\*Corresponding author: [iravani@iaukhsh.ac.ir](mailto:iravani@iaukhsh.ac.ir)

00989130758065

**Device of measuring and manner of applying it:**

Device is referred to devices for gathering info. And in this study is Beck depression questionnaire.

**Research type:**

It is in the hands of researchers and overall is practical, as it solves problem the researcher faces.

**Statistical society:**

It is including 500 students of ordinary and special primary schools in Esfahan, years 2020-2021.

**Statistical sample:**

Sample is one group students of ordinary and special primary schools in Esfahan, years 2020-2021.

**Anxiety:**

Everyone suffers anxiety against danger and horrible event, this anxiety is natural, but anxiety of uneasy is unreal and unreasonable, when there is no dangerous factor. Healthy one has no anxiety, but anxiety of patient doesn't decrease. In recent years, anxiety becomes main concern and passive inconvenience, anxiety is divided into two types:

**A-continuous anxiety:**

Patient feels disquiet continuously and concern and some when he sits, he is uneasy and moves his hands/feet, frequently he sighs, sweats and gasps and shocks his hands.

**Periodical anxiety:**

patient is calm but suddenly or eventually he starts to concern physical sings are more including stretching head mashes, cervix and beak and make headache and sense of press are in back headache in the area handsome, the mouths dries and feels pain in the smutch and complains about sting and full of stomach leading burp (AliZadeh 39)

**Test of assumption:****Table (1)** statistical features of scores of depression in two groups

Lowest score	Highest score	group	number	average	Standard deviation	variance	Standard error
4	55	girl	250	19.32	10.53	110.875	1.49
2	45	boy	250	15.74	9.18	84.360	1.30
2	55	total	500	17.53	9.99	86.99	1.00

**Table (2)** statistical indexes of scores of depression in students of normal and special primary schools

group	number	average	Standard deviation	Error of standard deviation
girl	250	19.66	10.49	1.48
boy	250	13.66	7.99	1.13

**Table (3)** results of test of being meaningfulness of t'Student

Statistical indexes	Loin test	
	F	P
	1.485	226

**Table (4)** results of test of being meaningfulness

Statistical indexes	t	Free degree	Degree of meaningfulness	Difference of averages	Difference of standard error
	3.002	98	0.003	5.60	1.87

Loin Test is performed to offset variance of groups, as  $p > 0.05$ , so this presupposition is done and it is possible to perform student's test.

---

## Discussions and conclusion:

Dispassion about depression is one especial argument that survey opinions of psychologists. Some of them believed that occurrence of depression is congenital factor and environmental factors and level of individuals sensitivity to today subjects and level of his resistance against problems can cause to deep in some people. Some believe that life problems just can not make depression while all famous and rich people suffer it and psychologists found during their studies that thoughts and ideas of people are not corresponding to values, where a thought is correct or incorrect and people who involve bad moods life, based on interoperation of this group of psychology. They are under injustice and slave of unconsidered negative thoughts. Therefore if he is in Eden, that place has been changed to negative and unreasonable hell, in my opinion, this group should correct thoughts of reasonable human corresponding to truth to be truly and look truth instead of negativism, some psychologists and believe all method should be done together, if we want to make happy and mental to consumption of drugs with medical understanding are psychoanalysis and believed method should be done together, if we want to happy mental well have society, we should matter health of should though and it is not attainable unless attending to causes and factors that causes to method disease like depression and solving it should be done in the level of family, primary schools and training and manner of social behaviors like parents in training children behaviors with and totally contribute then and learn to behave children and also teachers and chiefs of primary schools should learn to plan the manner of encountering children and also teachers and chiefs of primary schools should learn to plan the manner of encountering children or keep away people particularly younger and teenagers from stress and cause to mental obsession. If we can train one generation especially younger and teenagers with true mental health, we are able to save next generation from mental disorders as encountered gloomy people. Particularly depression factor is in correct encounter family and society and working people while scorns and sarcasms and lack of persuasion against them make to loss self-confidence and suffer solitary and finally depression.

### Assumption1:

There is meaningful reaction between anxiety and depression in normal and special primary schools.

According to results of t-test 3.002 obtained is higher than critical and value  $p=0.003$  and lower than 0.05, in research assumption  $\alpha=0.05$  with is confirmed.

### Assumption2:

Level of anxiety and depression in normal girls students is higher than boys.

According to result of table, statistical indexes of average scores of depression in girls  $m = 99.26$  in boy  $m=13.66$  and difference average is  $MD=5.60$  so this result show level of anxiety and then of normal question is higher boys and assumption is confirmed as well.

---

## Suggestions:

It is suggested that improvement of mental mood of people in society especially students are invigorated by the hope to future and only way is that if they endeavor and bear problems and in the future they exploit mental and emotional benefits and no factor like unreliability to the future can cause depression, gloom and effects of depression like vanity and kidding future and waste life ineffective. We can find one solution for depression problems because half of students have not good soul, but we attract view of thinker and responsible person to present a solution. Other suggestion is to make better and more comprehensive recognition; we should experience people in different areas and also varies genders to take better and valuable results.

## References:

- 
- 1- Alizadeh, Mustafa (1990), depression, anxiety of obsession, Tehran, Hirmand publication
  - 2- Azimi, Siros (2001) general psychology, Tehran, Safar Publication
  - 3- Blacker & Keller (1987) control of anxiety and stress, translated by Hassan TozandJani - Nasrin Kamal Pour, Neyshabour, Marandiz publication
  - 4- Dadsetan, Parirokh and Mansour, Mohammad (1989), mental diseases, Tehran, Darya publication
  - 5- Ghaemi, Ali, (2008), fear and anxiety of children and teenagers, Ghom, Amiri publication
  - 6- NavabiNedjad, Shokouh (1996), normal and abnormal treatments of children and teenagers and preventive ways and treatment, Tehran, council of parents and teachers
  - 7- Rabert, E.J, Holmberg and Allen S. Black (2001), teaching social skills
  - 8- Robinz et al, (1984), psychology of depression, translated by Mehdi GharachehDaghei, Tehran, Danjeh publication
  - 9- Treatment for depression, translated by Said Nouri Neshat, Nader kiaMarzi