

Study of Anxiety level of Ashram School Students

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Abstract:

The purpose of this study was to study of anxiety level of ashram school students. in this study used descriptive research method to describe the level of aggression of ashram school students they were selected as sample by using purposive sampling technique from Prathamik Ashramshala Ravalgaon, Tal-Dindori, Dist-Nashik = 40, (each 20 boy's & girl's). In this study, two psychological variables were chosen. Vealey & Burton, and sport aggression inventory developed by Anand Kumar and Prem Shankar Shukla inventories were administered to subjects on both the groups & collected data was analyzed by using descriptive statics. Result shown that aggression level is highly related to better academic performance of student.

Keyword: Aggression and Ashram School Students.

Introduction:

The concept of Ashram school is derived from the term 'Ashram' which had been the symbol of education in ancient India. It, in fact, was the 'teacher's household'. The 'Ashram' was in one sense, a continuation of home also when the Guru and his wife offered personal affection conducive for the natural growth of disciple life. (Chakraborti 1958) The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. In sport, aggression is a characteristic that can have many negative as well as positive effects on performance. Aggression is defined as "any form of behavior directed toward the goal of harming or injuring another live being who is motivated to avoid such treatment" (Baron & Richardson, 1994).

Material and Method

Sample of the study

In the present study whole population of ashram school students selected the researcher in Prathamik Ashramshala, Ravalgaon, Tal-Dindori, Dist-Nashik = 40, (each 20 boy's & girl's) all boy's and girl's school students between the age group under 15 years total number of 40 ashram school students were selected from Nashik district so the order to drawn a sample from the population a purposive sample technique was used for selection sample for this study. In this study, a psychological variable was chosen. Aggression variables and the questionnaires used to collect measures for each psychological variable. Aggression measured with the help of questionnaire constructed and standardized by Anand Kumar and Prem Shankar Shukla and converted the responses in to numerical value by using answer keys suggested by the authors. Ashram school student selected for the study & Aggression measured with Anand Kumar & Prem Shankar Shukla & Scoring of data have been carried out according to author's manual, and descriptive statistics test was used to describe the level of aggression in the ashram school students. After data collection data of both the tests It was observed from the Aggression variable that there was a mean, standard deviation, skewness & kurtosis value of the distribution of Aggression mean difference between of the sample of 40 boys and girls Ashram school students from the Nashik district,

Table no. 1
Descriptive Statistical of Aggression Variable for
Ashram School Boys & Girls Students

Variables	Ashram School Students	
Variable	Aggression	
Gender	Boys	Girls
Number	20	20
Mean	13.96	12.72
Std. Error of Mean	0.22	0.17
Median	14.00	13.00
Mode	14.00	13.00
Std. Deviation	1.13	0.89
Variance	1.29	0.79
Skewness	-0.101	-0.158
Std. Error of Skewness	0.464	0.446
Kurtosis	-0.515	-0.597
Std. Error of Kurtosis	0.902	0.902

The data of Aggression variable as shown in Table 1 reveals that mean, standard deviation, skewness & kurtosis value of the distribution of Aggression of the sample of 40 cases of Ashram school 20 boys students mean value of Aggression 13.96, SD 1.13, skewness & kurtosis value -0.101 & -0.515. It can therefore, be said that the distribution of Ashram school boys students Aggression in the present study is mostly normal. & Ashram school 20 girls students mean value of Aggression 12.72, SD 0.89, skewness & kurtosis value -0.158 & -0.597. It can therefore, be said that the distribution of Ashram school girls Aggression in the present study is mostly normal.

Major Findings of the Study

From the above analysis and interpretation of data following major findings may be drawn;

- Ashram school boy's student's level of aggression was low.
- Ashram school girl's student's level of aggression was low.

Discussion of the Findings

It was observed from the findings that the study of aggression level of Ashram school students. In the result of study from table no. 1 shown that there was ashram school boys & girls students level of aggression was low, This finding was supported by **Jaskaran Singh Sindhu, Karanjit Singh and Charanjit Singh (2011)** the purpose of the present study was to investigate and compare the anxiety and aggression level among the university level male and female athletes. A total 60 athletes (30 males and 30 females) were randomly selected from the various colleges affiliated to different universities of Punjab. Aggression was measured by using the AGG questionnaire constructed by Dr. G. L. Patil. Anxiety among the subjects was measured by using the sport competitions Anxiety test (SCAT) constructed by Rainer Martens (1990). The results revealed that the male athletes had significantly greater aggression ($p < 0.05$) as compared to the female athletes. The female athletes were found have significantly higher anxiety level ($p < 0.01$) when compared to male athletes. In conclusion, the male athletes were more aggressive whereas female athletes were more anxious.

Conclusion of the Study

The scope of this study, the researcher concluded that Ashram school boys & girls student's aggression. This study was impact on the field of school education. Students part of various activities and in this situation

express important role of psychology.

- It was concluded that Aggression are highly related to better performance in academic area of students.
- It was concluded that important in view of the Aggression in Ashram school Boys & Girls students of Nashik district.

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