

## **A Study of Anxiety and Conscientiousness of Professional and Non-Professional College Students**

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### **ABSTRACT**

The present study was conducted to investigate the Anxiety and Conscientiousness of professional and non-professional students of Jalgaon city. R.L. Bharadwaj, H. Sharma and M. Bhargava Comprehensive Anxiety Test was used to measure the anxiety level. COSTA and McCrae 2010 NEO five factor personality inventory was used to measure the personality factor conscientiousness of college students. For this study of a sample of 120 students of age range 18-22 years studying in B.A, B.com and Engineering Students were selected from different college of Jalgaon City.

**Keywords:** *Anxiety, Conscientiousness, Professional and Non-professional College Students*

The present study deals with the anxiety and Conscientiousness of the student's pursuing professional and non-professional degree. Such research is of great importance in today's stressful world. The population explosion has led to the unemployment problem. Similarly the cut-throat competition in every field has enclosed the stress level of students. In addition to this the expectation of the parents has also increased. It has been found that most of parents of to force for the courses of his choices, while doing so they neglect the interest, ability and potentialities of their own children. As a result such student unable to complete their course successfully and may have to face the failures. In this age of competition, the reasons of anxiety among college students are different. These include, ever increasing competition; adjustment with day to day life; family adaptation; the field chosen for education; their aim; self concept; etc. These factors insert direct or indirect impact on their status of mind. Finally, some students become successful in adjustment with their environment and some are not capable to achieve it. The result is that they go in depression and become prone to suicidal attempt.

This enforces to have detail research in this field, further; the researcher feels the need of doing such research to find the relationship between the anxiety, conscientiousness of the students.

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Conscientiousness is the trait of being painstaking and careful, or the quality of acting according to the dictates of one's conscience. It includes such elements as self-discipline, carefulness, thoroughness, organization, deliberation (the tendency to think carefully before acting), and need for achievement. It is an aspect of what has traditionally been called character. Conscientious individuals are generally hard working and reliable. When taken to an extreme, they may also be workaholics, perfectionists, and compulsive in their behavior. People who are low on conscientiousness are not necessarily lazy or immoral, but they tend to be more laid back, less goal oriented, and less driven by success.

In relation to our surveys of unsuccessful university students, we must assert that our data confirmed that final academic performance is positively related to openness to experience and conscientiousness but negatively with agreeableness. According to our measures, students with low academic results we described as showing low leadership skills, poor initiative, socially rigid behavior, and being very apprehensive. On the other hand, this sample self reported high need for social recognition, sociable and with a tendency to co-operate for gathering social support. Even more, these students seemed to be careless of protocols, low self-demanding in academic habits, with low participation in social norms, rebels, and not attending cultural demands (Marín Sánchez, Infante & Troyano, 2000, 2001).

Personality is known by the conduct, behavior, activities, movements and everything else concerning the individual. It is the way of responding to the environment. Various psychologists and educationalist have defined value through various definitions few of them here are quoted here.

**Anxiety:** A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

**Conscientiousness:** Conscientiousness is a personality trait characterized by organization, purposeful action, self-discipline, and a drive to achieve.

**Personality:** *“Personality is a dynamic organization within the individual of those psycho-physical systems that determine his unique adjustment to his environment.”* Allport (1937)

### REVIEW OF LITERATURE

Indoo Singh & Ajeya Jha (2013) Anxiety, Optimism and Academic Achievement among Students of Private Medical and Engineering Colleges: A Comparative Study measures are constructed and standardized on Indian students. Results revealed that anxiety had a significant negative relationship with optimism and academic achievement, whereas a significant positive relationship was found between optimism and academic achievement. Significant differences were revealed between medical and engineering students, but the gender differences in the variables under study were insignificant. The results of this study provide insights for faculty members and institutions for better academic performance of the students.

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Goodwin and Friedman(2006) investigated on health status and five-factor personality traits among adults, in the United States, their results showed that higher level of conscientiousness was associated with reduce level of mental and physical disorders while, a higher level of neuroticism was significantly contributed to increase in mental disorders .

Zarei, Zeinalipour, Sough, Adli, and Sough (2013) on personality traits and general health among students, and found positive and significant relationship between personality traits of extraversion, openness (flexibility), agreeableness, conscientiousness and general health, while a negative relationship between neuroticism and general health. Further, they also found neuroticism predicts 0.45 % of variance of general health among students.

Sayeeda Shaheen,Fareeda Shaheen,Hameeda Shaheen (2013) The aim of the present study is to investigate the personality factors and self-efficacy in relation to mental health among university students. The sample comprised of 80 post graduate students (40 boys and 40 girls), who was randomly selected, from Aligarh Muslim University, Aligarh, India. The NEO Five-Factor Inventory (NEO-FFI; Costa & McCrae, 1992), General Self-Efficacy Scale-Hindi (GSS-H; Sud, 2002), and Mental Health Check-List (MHC; Kumar, 1992) were used to measure the personality factors, self-efficacy, and mental health respectively. Results of correlation analysis revealed that only conscientiousness dimension of NEO-FFI was significant positive relation with better mental health among students. Furthermore, self-efficacy was significantly positive correlated with extroversion and conscientiousness while negative correlated with neuroticism. Moreover, it was also found that self-efficacy was positively correlated with mental health.

### **AIM OF THE STUDY**

- To Study the Anxiety and Conscientiousness of Professional and Non-Professional Students of Jalgaon City.

#### ***Objectives of the study***

1. To study the difference between anxiety of professional and non-professional college students.
2. To study the difference between conscientiousness of professional and non-professional college students.
3. To study the difference between anxiety of boys and girls students.
4. To study the differences between conscientiousness of boys and girls students.

#### ***Hypotheses of Research-***

1. There is significant difference between anxiety of professional and non-professional college students.
2. There is significant difference between conscientiousness of professional and non-professional college students.
3. There is significant difference between anxiety of boys and girls students.
4. There is significant difference between conscientiousness of boys and girls students.

*Variable of the study*

**Independent Variables** – 1) Boys and Girls  
2) Professional and Non-professional

**Dependent Variables** - 1) Score of Anxiety  
2) Score of Conscientiousness

**METHOD**

*Sample*

The researcher is going to apply simple random sampling method. The sample of 120 students studying in engineering and Bachelor of Arts class was selected in Jalgaon city.

*Experimental Design-*

The present study investigation is designed as 2x2 factorial design will be used.

Faculty			
Gender	Professional	Non-professional	Total
Boys	30	30	60
Girls	30	30	60
Total	60	60	120

*Tools*

The data will be collected from respondents by using in Anxiety scales and The NEO five factor inventory the information about these tests is given below.

1. **Comprehensive Anxiety Test.** This test was constructed by Dr. R.L.Bhardwaj, Dr. h. Sharma, Dr. M. Bhargava revise 2006) Pankajmapan, Agra. This test consists of 90 items. It can be administered individually as well as to group. There is no time for completing the test but the respondent is advised to complete the test as quickly as possible. Below each statement are given two responses. Yes or No. This scale reliability reported by author was 0.94.

2. **The NEO five factor inventory** - This test consists of 60 items. It can be administered individually as well as to group. There is no time for completing the test but the respondent is advised to complete the test as quickly as possible. Below each statement are given five responses.

The NEO five factor personality inventory consists of five factor of personality. Neuroticism, Extraversion, Openness, Agreeableness, Conscientiousness. The total score for the personality inventory is the sum of the factor scores.

**RESULT AND DISCUSSION-**

In this part investigator has explained the result related to statistical analysis and hypothesis

*Hypotheses 1) There is significant difference between anxiety of professional and non-professional college students.*

	Faculty	N	Mean	Std. Deviation	df	t	Level of significant
Anxiety	Non-professional	60	38.85	12.34	118	3.31	0.01
	professional	60	30.85	14.04			

The mean score of anxiety among non-professional and professional college students along with SD and 't' value is given in table -1

It is clear from the table that mean score of anxiety of non-professional college students is 38.85 (SD = 12.34) as compared to mean score of anxiety of professional college students which is 30.85 (SD = 14.04). the 't' value testing the significance of difference of anxiety of non-professional and professional student is 3.31 which is significant at 0.01 level. This table shows that non-professional and professional college students do differ significantly in anxiety. This hypothesis is accepted.

*Hypotheses 2) There is significant difference between conscientiousness of professional and non-professional college students.*

	Faculty	N	Mean	Std. Deviation	df	t	Level of significant
Conscientiousness	Non-professional	60	28.63	5.73	118	0.057	NS
	Professional	60	28.56	6.91			

The mean score of conscientiousness among non-professional and professional college students along with SD and 't' value is given in table -2

It is clear from the table that mean score of conscientiousness of non-professional college students is 28.63 (SD = 5.73) as compared to mean score of conscientiousness of professional college students which is 28.56 (SD = 6.91). the 't' value testing the significance of difference of conscientiousness of non-professional and professional student is 0.057 which is no significant .

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This table shows that non-professional and professional college students do not differ significantly in conscientiousness. This hypothesis is rejected.

*Hypotheses 3) There is significant difference between anxiety boys and girls students.*

	Gender	N	Mean	Std. Deviation	df	t	Level of significant
Anxiety	Boys	60	30.65	11.66	118	3.48	0.01
	Girls	60	39.01	14.50			

The mean score of anxiety among boys and girls students along with SD and 't' value is given in table -3

It is clear from the table that mean score of anxiety of boys students is 30.65 (SD = 11.66) as compared to mean score of anxiety of girls students which is 39.01 (SD = 14.50). The 't' value testing the significance of difference of anxiety of boys and girls student is 3.48 which is significant at 0.01 level. This table shows that boys and girls students do differ significantly in anxiety. This hypothesis is accepted.

*Hypotheses 4) There is significant differences between conscientiousness boys and girls students.*

	Gender	N	Mean	Std. Deviation	df	t	Level of significant
Conscientiousness	Boys	60	29.58	6.06	118	1.71	N.S
	Girls	60	27.58	6.47			

The mean score of conscientiousness among boys and girls students along with SD and 't' value is given in table - 4

It is clear from the table that mean score of conscientiousness of boys students is 29.58 (SD = 6.06) as compared to mean score of conscientiousness of girls students which is 27.58 (SD = 6.47). The 't' value testing the significance of difference of conscientiousness of boys and girls student is 1.71 which is not significant. This table shows that boys and girls students do not differ significantly in conscientiousness. This hypothesis is rejected.

### MAJOR FINDING OF THE STUDY & CONCLUSION-

The present research study is to find out the non-professional students have more anxiety than professional students. Non-professional students have more anxiety because of the lack of guidance, lack of confidence, unemployment problems, competition of career and there are no

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goal setting of future life. The present research study find out the there is significant difference between anxiety of boys and girls students. girls students have more anxious than boys students. girls students more anxious because the girls students are economically depend on parents and she involve are more family work and responsibility. These include, ever increasing competition; adjustment with day to day life; family adaptation; the field chosen for education; their aim; etc. Personality factor conscientiousness is doing not differ of professional, non-professional, male and female students.

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