

A Study on Anxiety Levels of Adults

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Abstract:- The present study was aimed to examine the correlation between the State and Trait anxiety levels of adults. A sample of 30 adults between the age group of 30-40yrs were taken into consideration for the objective of the study. STAI was administered to test the levels of anxiety. Statistical analysis was done with the help of the scoring key. The statistical analysis suggested that there is a positive perfect correlation between the state and trait anxiety levels of the adults.

Keywords:- State Anxiety, Anxiety, Trait Anxiety, STAI, Correlation.

I. INTRODUCTION

Anxiety is a vague, general uneasiness or feeling that something bad is about to happen. Anxiety may be associated with a particular situation or object or it may be free floating - not associated with anything specific. Some anxiety is normal and appropriate. Normal anxiety prompts us to take useful action and is therefore healthy. Anxiety is abnormal if it is out of proportion to the seriousness of the situation it does not fade soon after the danger is past, or if it occurs in the absence of real danger (Goodwin, 1986). Some of the Psychological Disorders characterised by severe anxiety are generalized anxiety disorder, panic disorder, phobias and obsessive compulsive disorder. Generalized anxiety disorder substantially reduce the quality of life for those who suffer from it (Browman Mintzer and Lydiard, 1997; Kranzler 1996).

II. REVIEW OF LITERATURE

Waters, A. M., Schilpzand, E., Bell, C., Walker, L.S., & Baker, K (2013) suggested that functional gastrointestinal disorders occurs significantly more in youth with anxiety compared to youth without anxiety.

Kerns, C.M, Read, K.L., Klugman, J., & Cendall, P.C. (2013) opined that youth with social phobia generalized anxiety disorder and separation anxiety disorder had similar rates of anxiety reduction from pre-to-post treatment at the one year follow up. Youth with social phobia had less favourable outcomes at the 7.4year follow up assessment.

III. METHODOLOGY

To achieve the aim the researcher adopted the following methodology in collecting the data.

AGE IN YEARS	NUMBER OF SAMPLE
30-40	30

Table 1: General Details

Table 1 describes the general details of the sample taken by the investigator. Age group between 30-40yrs was taken for the study. The sample consists of 30 adults. The investigator took the sample in Nellore town of Andhra Pradesh State. The researcher used State Trait Anxiety Inventory of self-evaluation questionnaire developed by C.D. Spielberger, R.L. Gorsuch and R. Lushene (1968). The Self-evaluation questionnaire was given to the sample to examine the correlation between state and trait anxiety levels. The investigator used correlation analysis to find out the strength of association between state and trait anxiety levels of adults.

IV. RESULTS AND DISCUSSION

With the aim to find out the strength of association between the state and trait anxiety levels the investigator did Pearson Correlation method.

	STATE ANXIETY LEVEL X	TRAIT ANXIETY LEVEL Y	CORRELATION r
Sample	30	30	r=1
Mean	33	42	
Variance	122	339	

Table 2: Results of the Anxiety Levels

Table 2 shows the strength of association between the state and trait anxiety levels of adults. The investigator obtained the mean scores of 33 and 42 for state and trait anxiety levels. The variance between the state and trait anxiety levels are 122 and 339. The correlation procured was 1 which sheds the positive perfect correlation between the state and trait anxiety levels of

adults. This proves that there is a high positive degree of strength of association between state and trait anxiety levels. As the state anxiety level increases the individual exhibits increased level of anxiety by nature. Those who score high on state anxiety also exhibited high score on state anxiety. Masami Horikawa, Akihiro Yagi (2011) explained that trait anxiety influences state anxiety levels.

V. CONCLUSION

The study proved that there is a perfect positive correlation between state and trait anxiety levels of the adults. Knowing a person's level of trait anxiety will generally help to predict how they will behave in different situations. Spielburger (1970) demonstrated higher trait anxiety score tends to have higher anxiety score.

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