# STUDY OF ANXIETY AND AGGRESSION LEVEL OF ASHRAM SCHOOL STUDENTS

**Miss Yogita P. Jadhav[1]  Dr. P. T. Dumnar[2]**

*[1] (Research Scholar) Department of Psychology , Dr. BAM University, Aurangabad, (MH)*

*[2] (Research Guide), Dagdojirao Deshmukh Arts, Sci. & Comm. College, Waluj, Aurangabad (MH)*

**Abstract:**

The purpose of this study was to study of anxiety and aggression level of ashram school students. in this study used descriptive research method to describe the level of anxiety and aggression of ashram school students they were selected as sample by using purposive sampling technique from Prathamik Ashram shala Ravalgaon, Tal-Dindori, Dist-Nashik = 40, (each 20 boy's & girl's). In this study, two psychological variables were chosen. State competitive anxiety and aggression and collection data used competitive state anxiety inventory-2 by Martens, 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 anxiety and aggression are highly related to better academic performance of student.

**Keyword:** Anxiety, 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. It was also a new order presenting a new environment and generally new formative forces. (Atulananda 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 of injuring another live being who is motivated to avoid such treatment" (Baron & Richardson, 1994).

**Material and Method**

**Sample of the study**

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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.

**Selection of variables:**

In this study, two psychological variables were chosen. State competitive anxiety and aggression variables and the questionnaires used to collect measures for each psychological variable.

**Selection of Tools**

Anxiety measured with the help of questionnaire constructed and standardized by Rainer Martens and 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.

**Procedure of Study**

The present research Ashram school student selected for the study and anxiety and aggression inventories constructed by Anxiety measured with Rainer Martens and Aggression measured with Anand Kumar and Prem Shankar Shukla & Scoring of data have been carried out according to authors manual, and descriptive statistics test was used to describe the level of anxiety and aggression in the ashram school students.

**Results of the study:**

After data collection data of both the tests It was observed from the Anxiety and Aggression variable that there was a mean, standard deviation, skewness & kurtosis value of the distribution of Anxiety and 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 the Anxiety and Aggression Variable for**
**Ashram School Boys & Girls Students**

| Variables | Ashram School Students | | Ashram School Students | |
|---|---|---|---|---|
| Variable | Anxiety | | Aggression | |
| Gender | Boys | Girls | Boys | Girls |
| Number | 20 | 20 | 20 | 20 |
| Mean | 60.32 | 63.08 | 13.96 | 12.72 |

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| Std. Error of Mean | 0.66 | 0.46 | 0.22 | 0.17 |
|---|---|---|---|---|
| Median | 60.00 | 63.00 | 14.00 | 13.00 |
| Mode | 60.00 | 62.00 | 14.00 | 13.00 |
| Std. Deviation | 3.31 | 2.34 | 1.13 | 0.89 |
| Variance | 10.97 | 5.49 | 1.29 | 0.79 |
| Skewness | 0.127 | 0.360 | -0.101 | -0.158 |
| Std. Error of Skewness | 0.464 | 0.446 | 0.464 | 0.446 |
| Kurtosis | -1.200 | 0.711 | -0.515 | -0.597 |
| Std. Error of Kurtosis | 0.902 | 0.902 | 0.902 | 0.902 |

The data of Anxiety variable as shown in Table 1 revels that mean, standard deviation, skewness & kurtosis value of the distribution of Anxiety of the sample of 40 cases of Ashram school 20 boys students mean value of Anxiety 60.32, SD 3.31, skewness & kurtosis value 0.127 & -1.200. It can therefore, be said that the distribution of Ashram school boys Anxiety in the present study is mostly normal. The girls 20 students mean value of Anxiety 63.08, SD 2.34, skewness & kurtosis value 0.360 & 0.711. It can therefore, be said that the distribution of Ashram school girls Anxiety in the present study is nearly normal. Aggression variable as shown in Table 1 revels 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;

1. Ashram school boy's student's level of anxiety was high & similar student's level of aggression was low.

2. Ashram school girl's student's level of anxiety was high & similar student's level of aggression was low.

## Discussion of the Findings

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It was observed from the findings that the study of anxiety and 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 anxiety was high & similar players 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 those Ashram school boys & girls student's anxiety & 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.

1. It was concluded that Anxiety and Aggression are highly related to better performance in academic area of students.

2. It was concluded that Anxiety and Aggression contribute to enhance and down the academic & activities performance.

3. It was concluded that important in view of the Anxiety and Aggression in Ashram school Boys & Girls students of Nashik district.

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