

A COMPARISON ON ANXIETY AND SELF ESTEEM BETWEEN TEACHER TRAINING COLLEGE AND GENERAL DEGREE COLLEGE STUDENTS IN WEST BENGAL

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ABSTRACT

In our society there are two types of Colleges. These are Teacher Training College and General Degree College. In these two types of colleges there are differences of anxiety and self-esteem among the students. The investigator wants to find out how much they are different in their anxiety and self-esteem level.

Key words : *Anxiety, Self esteem, Teacher Training College, General Degree College, West Bengal.*

INTRODUCTION

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior such as pacing back and forth, somatic complaints, and rumination. It is the subjectivity unpleasant feelings of dread over anticipated events (Wikipedia).

Self-esteem is an individual's evaluation of their own worth. Self-esteem encompasses beliefs about oneself (for example, "I am unloved", "I am worth") as well as emotional states, such as triumph, despair, pride and shame (Wikipedia).

There are five major types of anxiety. a) Generalized Anxiety Disorder (GAD), b) Obsessive Compulsive Disorder (OCD), c) Post Traumatic Stress Disorder (PTSD), d) Panic Disorder and e) Social Anxiety Disorder.

There are five types of self-esteem belong to Hornstein's classification and the last three to Ross's. a) High and stable self-esteem, b) High and unstable self-esteem, c) Stable and low self-esteem, d) Unstable and low self-esteem, e) Inflated self-esteem, f) Collapsed or low self-esteem, g) Vulnerable or regular self-esteem, and h) Strong or elevated self-esteem.

It is our intention to know and compare the anxiety and self-esteem between the students of Teacher Training College and General Degree College.

MATERIALS AND METHODS

The word methodology has been derived from the two Greek words *meta* and *hodos*. *meta* means with and *hodos* means path or ways. According to Hughes "*Method is the techniques of particular discipline uses to manipulate data and acquire knowledge*". According to Holzner "*Method is a systematic and logical study of the principles guiding scientific investigation*".

Depending upon the application educational research can be classified into three different types (Koul, 2009) –

a) Historical research b) Descriptive research and c) Experimental research

In the present study descriptive type of research has been carried out on 100 students of Teacher Training College and 100 students of General Degree College by using standardized test in the form of questionnaire. The ages of the students were between 20-25 years. The investigator selected sample from these schools by random sampling method for his study. The investigator used a tool developed by

Nist and Diehl (1990) which is a set of questionnaire for anxiety (Alpha value 0.86-0.90). In this tool there are 10 statements on anxiety. Each statement was constructed having five probable answers according to Likert's 5 point scale for giving responses such as Never, Rarely, Sometimes, Often and Always. For statement the scoring will be Never=1, Rarely=2, Sometimes=3, Often=4, Always=5. So, the maximum score in the questionnaire will be 50 and minimum will be 10. In case of higher score indicates more anxiety and lower score indicates less anxiety. The investigator used another tool developed by Rosenberg (1965) which is a set of questionnaire for self-esteem (Alpha value 0.77-0.88). In this tool there are 10 statements on self-esteem. Five statements are positive and five statements are negative. Each statement was constructed having four probable answers according to Likert's 4 point scale for giving responses such as Strong Agree, Agree, Disagree and Strongly Disagree. Statements 1, 3, 4, 7, 10 are positive statements and Statements 2, 5, 6, 8, 9 are negative statements. For positive statements the scoring will be Strongly Agree=4, Agree=3, Disagree=2, Strongly Disagree=1 and for negative statements Strongly Agree=1, Agree=2, Disagree=3, Strongly Disagree=4. So, the maximum score in the questionnaire will be 40 and minimum will be 10. In case of higher score indicates more self-esteem and lower score indicates less self-esteem. Both the tools were administered individually. Time limit was 30 minutes duration. The researcher used 0.05 and 0.01 levels as the levels of significance all along his studies in this project.

RESULTS AND DISCUSSION

Table - 1 : Showing mean and S. D. difference of anxiety between students of Teacher Training College and General Degree College

Serial No.	Types of College	Mean	S. D.	t-value	Level of Significance
1	Teacher Training College	22.70	7.46	0.37	Not Significant
2	General Degree College	23.10	7.68		

Interpretation of data

The value of t for 198 degree of freedom is 2.60 at 1% level of significance and 1.97 at 5% level of significance. Calculated value (0.37) is less than the table value at 1% and 5% level. So, Mean difference is not significant. Therefore, null hypothesis is accepted.

Table - 2 : Showing mean and S. D. difference of self-esteem between students of Teacher Training College and General Degree College

Serial No.	Types of College	Mean	S. D.	t-value	Level of Significance
1	Teacher Training College	28.55	5.85	0.60	Not Significant
2	General Degree College	28.05	6.00		

Interpretation of data

The value of t for 198 degree of freedom is 2.60 at 1% level of significance and 1.97 at 5% level of significance. Calculated value (0.60) is less than the table value at 1% and 5% level. So, Mean difference is not significant. Therefore, null hypothesis is accepted.

Table - 3 : Showing mean and S. D. difference of anxiety between Male and Female students

Serial No.	Types of Gender	Mean	S. D.	t-value	Level of Significance
1	Male	22.40	5.82	0.94	Not Significant
2	Female	23.40	8.85		

Interpretation of data

The value of t for 198 degree of freedom is 2.60 at 1% level of significance and 1.97 at 5% level of significance. Calculated value (0.94) is less than the table value at 1% and 5% level. So, Mean difference is not significant. Therefore, null hypothesis is accepted.

Table - 4 : Showing mean and S. D. difference of self-esteem between Male and female students

Serial No.	Types of Gender	Mean	S. D.	t-value	Level of Significance
1	Male	28.90	5.60	1.47	Not Significant
2	Female	27.70	5.96		

Interpretation of data

The value of t for 198 degree of freedom is 2.60 at 1% level of significance and 1.97 at 5% level of significance. Calculated value (1.47) is less than the table value at 1% and 5% level. So, Mean difference is not significant. Therefore, null hypothesis is accepted. Level of significance is calculated according t-value in the t-table (Mangal, 2009).

According to Nist and Diehl (1990) anxiety scale score ranges from 10-50. A low score (10-19) indicates that one do not suffer from test anxiety. In fact, one's score is extremely low (close to 10), a little more anxiety may be healthy to keep one focused and to get one blood flowing during exams. Scores between 20-35 indicate that, although one exhibits some of the characteristics of test anxiety, the level of stress and tension is probably healthy. Scores over 35 suggest that you are experiencing an unhealthy level of anxiety. One should evaluate the reason(s) for the stress and indentify strategies for compensating. According to Rosenberg (1965) self esteem scale score ranges between 10 and 40. The score less than 15 indicate problematic low self esteem (Wikipedia).

Seyed Mohammad Karim Afzali and Maryam Yavari Kermani (2016) and Sofia Ntemsia et. al. (2017) stated that there is a negative and reverse correlation between anxiety and self esteem. Our study also supports their studies.

Anxiety level of students of teacher training college is less than general degree college. The probable causes are students of teacher training college are in a professional course. They have already completed general degree. The job opportunity is higher in teacher training course. Self esteem of students of teacher training college is more than that of students of general degree college. The probable causes are they feel more secure because they are engaged in a professional course.

Anxiety level of female students is more than male students. The probable causes are female students thought this society is male dominated society. They are also answerable for their all activities. They are engaged both in house hold activities as well as outer world. For this reason, their anxiety level is high. Self esteem of female is less than that of male students. The probable causes are they feel insecurity in the male dominated society.

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INTERNET DATABASES

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- <https://fetzer.org/selfmeasures>
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