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Research Paper

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A Study to Assess the Prevalance and Level of Generalized Anxiety Disorder among Junior College Students from Selected Junior Colleges

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ABSTRACT:

Generalized anxiety disorder is given by Spitzer and colleagues with the purpose of screening for and assessing the severity of GAD symptoms in both clinical and research contexts. Generalized anxiety disorder (GAD) is a chronic state of severe worry and tension, often without provocation. Those with GAD regularly anticipate disaster, often worrying excessively about health, money, family or work. Merely getting through the day brings on anxiety. GAD is consisting of excessive anxiety and worry that are difficult to control and it continues for last six months or more. The somatic symptoms are seen such as restlessness, fatigue, Difficulty in concentrate, sleeping difficulties etc.

The aim of the paper is to report findings on the epidemiology of generalized anxiety disorder (GAD) using data from this study. The level of generalized anxiety disorder was assessed through the GAD 7 scale. The items are rated from 0, 1, 2 and 3. They are interpreted as 0-4 (minimal anxiety), 5-9 (mild anxiety), 10-15 (moderate anxiety) and 16-21 (severe anxiety). The daily events cause severe problems in the academic and career performance of individuals. GAD prevalence was higher in female as compared to male participants.

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1. Introduction

Students are a unique group experiencing a critical transition period as they progress from adolescence into adulthood. Students experience frustration due to the pressure of competition for good grades and to find jobs. Major problem that negatively affects academic performance and health. It may lead to suicide attempts. Because of the stress or difficulties that students experience, poor grades, financial difficulties etc. Anxiety is one of the most common mental disorders among school going children and adolescents worldwide. Multiple factors like internalization of the symptoms, lack of proper objective assessment, societal stigmatization and influence of parental pressure may alter the prevalence and incidence^{1,2}.

Anxiety disorders are often co morbid with other mental illnesses, particularly clinical depression, which may occur in many as 60% of people with anxiety disorder. If it is not treated soon can lead to repeated school absenteeism and inability to complete one's education, this is usually due to poor concentration and maladjustment.

Need of the study

This research has been undertaken to determine the level of general anxiety among junior college students. There was a significant association between the level of general anxiety and medium of instruction, high school mark percentage and availing Tuition facilities. Adolescents need to be assessed periodically to identify the symptoms of general anxiety, for earlier management and to provide health education related to coping strategies which will be beneficial to adolescent students to manage general anxiety.^{3,4} General anxiety disorders are the most common group of psychiatric illness in children. General anxiety is a blanket term covering several different forms of abnormal and pathological fear. Anxiety disorders are often debilitating chronic conditions, which can be present from an early age or begin suddenly after a triggering event. Anxiety is normal human emotions and feelings are involving.⁵

Research Statement

“A study to assess prevalence and level of generalized anxiety disorder among junior college students from selected junior colleges of Sangli, Miraj and Kupwad cooperation area.”

Research Objectives

- 1) To assess the prevalence and level of generalized anxiety disorders among junior college Students
- 2) To assess the level of generalized anxiety disorder with selected demographic variables.
- 3) To find out association of generalized anxiety disorder with selected demographic variable.

Assumption

The junior college students may have Prevalence and level of generalized anxiety disorder.

2. Research Methodology

It includes research approach which is Quantitative research approach. Research design is exploratory descriptive research design. Research setting is junior college. Target population is junior College students. Sample size is 300 as per power analysis. Cluster technique sampling.^{6,7}

Description of the Tool

Section 1: Demographic variables: It will be used to collect the baseline information of junior students like age, gender, education.

Section 2: Generalized Anxiety Disorder Scale -7

Table No. 1 Frequency and percentage wise distribution of demographical variables.

n= 300

Sr. No.	Demographical variables		Frequency	Percentage	
1	Age	15 years	69	23 %	
		16 years	96	32 %	
		17 years	53	18 %	
		18 years	82	27 %	
2	Gender	Male	159	53 %	
		Female	141	47 %	
3	Education	11 th	150	50 %	
		12 th	150	50 %	
4	Parent Occupation	Father Occupation	Service	85	28 %
			Business	78	26 %
			Farmer	30	10 %
		Mother Occupation	Service	45	15 %
			Business	45	15 %
			Farmer	17	06 %
5	Monthly family income in Rs.	Below 5,000	69	23 %	
		5,001-10,000	82	27 %	
		10,001-15,000	53	18 %	
		More than 15,000	96	32 %	

Table No. 2 Assessment of the level of generalized anxiety disorder

n= 300

Sr. No.	Demographical variables		Minimal	Mild	Moderate	Severe	Total	
1	Age	15 years	15	45	6	3	69	
		16 years	20	59	16	1	96	
		17 years	15	33	3	2	53	
		18 years	3	62	12	5	82	
2	Gender	Male	36	95	28	0	159	
		Female	23	110	7	1	141	
3	Education	11 th	29	91	23	7	150	
		12 th	28	100	21	1	150	
4	Parent Occupation	Father Occupation	Service	12	64	7	2	85
			Business	9	57	12	0	78
			Farmer	18	8	2	2	30
		Mother Occupation	Service	13	28	4	0	45
			Business	9	24	7	5	45
			Farmer	0	12	3	2	17

5	Monthly family income in Rs.	Below 5,000	9	38	15	7	69
		5,001-10,000	16	48	17	1	82
		10,001-15,000	19	26	5	3	53
		More than 15,000	21	57	13	5	96

Table No. 3 Association of anxiety disorder with selected demographic variables.
n= 300

Sr. No.	Demographical variables		Freq.	d.f	Chi-square value	p-Value	Significant	
1	Age	15 years	69	9	5.261	0.811	NS	
		16 years	96					
		17 years	53					
		18 years	82					
2	Gender	Male	159	3	1.939	0.585	NS	
		Female	141					
3	Education	11 th	150	3	5.033	0.169	NS	
		12 th	150					
4	Parent Occupation	Father Occupation	Service	85	6	11.451	0.075	NS
			Business	78				
			Farmer	30				
		Mother Occupation	Service	45	6	3.091	0.797	NS
			Business	45				
			Farmer	17				
5	Monthly family income in Rs.	Below 5,000	69	9	11.211	0.262	NS	
		5,001-10,000	82					
		10,001-15,000	53					
		More than 15,000	96					

3. Discussion

The findings of the present study has been discussed as per the objectives of the study. Data collected by using GAD-7 Scale of junior college students with 7 questions. Most of the study shows that GAD is present in 62.1% in population, in which 33.1% is mild, 15.7 % is moderate and 13.3% is severe respectively. For instance, females and young aged population are more prone to have GAD Compared with others, this could be due to the numerous stressors that female and young people experience such as fatigue, academic progression, difficulties in solving the problems etc.^{8,9} This study revealed that 70% participants suffered from stress and

29.5% are not. The researcher decided to select University age group of 15 to 21 years. This age group accounts for assessing the level of generalized anxiety disorder^{10,11}.

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