



A Study of Anxiety among adolescents in relation to their Personality, Mental Health and Family Environment

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ABSTRACT

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The study was conducted to study anxiety among adolescents in relation to their personality, mental health and family environment. For this purpose a sample of school going adolescents of Delhi and Himachal was taken. The selection of schools was done randomly. Out of the accessible population 400 (200 each from Shimla and Solan district of Himachal and Delhi state schools) Eysenik Personality Inventory (16PF) by S.D.Kapoor, Mental Health Battery by Singh and Sengupta (2000), Family Environment Scale, by Bhatia & Chadha and Sinha Anxiety Scale by Prof. Durga Nand Sinhawere used to collect the relevant data for study. The finding of the study reveals that the adolescents who have less anxiety have more extrovert personality than the adolescents having more anxiety. They also have sound mental health than the adolescents having more anxiety. Their family environment is healthier than the adolescents having more anxiety. There is no significant difference between Delhi male and female adolescents and Himachal Pradesh male and female adolescents relating variable anxiety and family environment.

INTRODUCTION

The experience of anxiety can be very different from teen to teen because everyone deals with anxiety and stress in his or her own way. What may be an overwhelming level of anxiety for one teen may be a normal day for another. Teens' ability to deal with anxiety can vary greatly based on their individual characteristics. The American Academy of Child and Adolescent Psychiatry (AACAP) reports that for some teens, anxiety becomes a chronic

problem and interferes with their ability to attend school and to perform up to their academic potential. According to the AACAP, anxiety symptoms tend to include excessive fears and worries, feelings of inner restlessness, and a tendency to be excessively wary and vigilant.

Some anxiety is normal, but teenagers often experience more which can be considered healthy. According to Dr. Robert Leahy, writing in Psychology Today, ‘that the teenage population experiences levels of anxiety similar to the average levels of anxiety seen in 1950s psychiatric patients’. Reasons for this increase are still in question, but Dr. Leahy has pointed out some possible theories. One idea is that teenagers stay less connected to others, which contributes to anxiety, worry and feelings of uncertainty. Also, a modern teen needs to live more affluent lifestyles. That creates unrealistic goals which in turn increases anxiety.

Anxiety in adolescence can have negative consequences. Teens have a tendency to see things in stark contrast. If they are experiencing increasing levels of anxiety they may feel as though everything is falling apart. If this leads to significant and consistent bouts with anxiety, teens may engage in behaviors that are self-destructive or self-injurious. They might even, in some rare occasions, attempt committing suicide in an effort to regain control, according to the AACAP

Anxiety

Anxiety can be defined as a vague, unpleasant feeling accompanied by a premonition that something undesirable is about to happen. The feeling is closely related to the emotion of fear. The vagueness of anxiety makes it particularly difficult to handle. We usually cannot explain reasons, we find ourselves in a grip of the most uncomfortable of emotions. Our feeling can be intensely painful or can become chronic like a dull toothache, interfering over long period with our sleep and appetite. The people plagued by anxiety are likely to have a lower threshold for other kinds of emotional responses. They may be irritable and quickly moved to anger, and may also overreact to pleasurable stimuli.

An anxiety being accompanied by tension rigidly prevents the child from taking initiative and learning new materials. Anxiety is a general unpleasant feeling that something bad is about to happen. Freud’s view is true even today that the development of psychoanalysis has recognized that anxiety is the fundamental phenomenon of neurosis. Synonymous terms are worry, apprehension, dread and uneasiness.

Personality

Personality refers to the socially perceived person – the salient features of an individual as he is experienced, evaluated and respondent to by other people. One's experience, memories, knowledge, day dreams, study and learning habits, thoughts, attitudes, beliefs, sentiments, intelligent goals and ideals, infect all that he/she is and all that he/she hopes and aspire to become, contributes a person's personality. These items or elements are not put together in a jumble; they are organized into a whole, they are merged or blended into a unity. Their particular functions are integrated or organized into a system, and it is this whole system which is called as personality.

According to G.W. Allport (1961) "Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment".

Mental Health

The term mental health means the quality of wholeness or soundness. It is not mere absence of mental illness but it is a quality of individual's daily living. Mental health is a normal state of wellbeing of the individual. It is a condition, which is characterized by the average person, who meets the demands of life on the basis of his own capacities and limitations. A mentally healthy person sees the invisibility of existence. Such a person has deep respect for the absolute value of all things. It includes the individual's best urge for living and to achieve something in life.

Cutts and Mosley (1941) defined mental health as "the ability to adjust satisfactorily to various strains we meet in life" and mental hygiene "as the means we take to assure this adjustment".

Family Environment

Family may be defined as prolonged relationship between parents and children in an accepted social setting. Family plays an important role in the development of the child and helps him to grow up to face the world, its challenges and problems. When child lives in family he gets satisfaction and security and forgets all type of worries and hurries of physical world. According to Lawrence (1984) "The is only socially recognized relation for the child, bearing and the essential agency for child rearing, socialization and introducing the child to

the culture of the society, thereby shaping the basic structure of our culture and forming the child's personality, the physical and mental health"

A family is the most ancient and enduring social institution, which helps in growth and development of mankind. Parents, who constitute an important component of the family system, play a significant role in bringing up the new generation and nurturing them to the full adulthood. From this perspective family is considered the cradle of future society. It is within the family that an adolescent learns "who" and "why" he is?

Family environment consists of elements of freedom, attention, submission, acceptance, trust, warmth, fairness involvement which aid creative personality of an individual. These elements make him self-reliant, open minded respective and above all confident with in having faith in his own self.

Importance of the Problem

The drastic changes taking place in social, economic and scientific fields of society have revolutionized the structure at home. Home and family are the basic situations of society. The former stability and unity of family life has been weakened. The coming up of new family pattern has brought a great change in the field of education also. Previously, home was the most important agency of imparting education and influencing the behaviour of the child. It used to prevent anxiety and apathy and provide children with security and pleasure. But in present conditions, home is not discharging its obligations properly. It is felt by the psychologists that children in such families are less conversant with their parents and parents are losing contact with children and control over their children hence the family environment is not good for children. All this has made children suffer from psychological problems like of fear, insecurity, anxiety, aggression etc. At present most of the adolescents suffer from various psychological problems like frustration, fear, depression, anxiety and so on. It may be due to multifarious causes of social, psychological and economic nature.

Anxious situations that arise today among adolescents may be due to too much of competition among adolescents and also due to some family or personality problems. A perusal of the related literature shows that though a number of studies have been done related to anxiety, but so far nobody has studied the effect of anxiety on personality, mental health and home environment on adolescents. Hence, the present study emerges to find out the relationship between anxiety, personality, mental health and home environment

Objectives of the study

1. To find out the relation between anxiety and personality for adolescents.
2. To find out the relation between anxiety and mental health for adolescents.
3. To get out the relation between anxiety and family environment for adolescents.
4. To find out the difference between male and female adolescents' anxiety, personality, mental health and family environment
5. To know the difference between adolescent boys and girls on the variables; anxiety, personality, mental health and family environment
6. To find out the correlation between adolescents' anxiety, personality, mental health and family environment

Hypotheses of the study

1. Adolescents who are less anxious have extrovert personality than those who are more anxious.
2. Adolescents who are less anxious have well mental health than those who are more anxious.
3. Adolescents who are less anxious have healthy family environment than those who are more anxious.
4. There will be no significant difference between male and female adolescents in their anxiety, personality, mental health and family environment
5. There will be no significant difference between rural and urban adolescents in their anxiety, personality, mental health and family environment
6. There is a significant positive correlation between anxiety, personality, mental health and family environment of adolescents.

Delimitations of the study

The study was limited with regard to sample of 400 adolescents (Male, female and rural urban adolescents) drawn from Delhi and Himachal Pradesh. For statistical treatment of data only 't' ratio and Pearson's Product Movement correlation were taken into consideration.

Methodology

The present study is simple normative type survey. In the present investigation, anxiety was the dependent variables whereas personality, mental health and family environment were the independent variables. The main purpose of the study was to see that how far the independent variables influence the dependent variables.

Sample

In the statistical investigation, population is arbitrarily defined by its unique properties. In the present study the target population consisted of school going adolescents of Delhi and Himachal. The selection of schools was done randomly. Out of the accessible population 400 (200 each from Shimla and Solan district of Himachal and Delhi state) sampling was done randomly in respect of the section of the particular schools selected for the study.

Tools Used

The following tools were used to conduct the present study.

The details of the results are contained underneath in the given tables:

- Eysenik Personality Inventory (16PF) by S.D.Kapoor
- Mental Health Battery by Singh and Sengupta (2000)
- Family Environment Scale, by Bhatia & Chadha
- Sinha Anxiety Scale by Prof. Durga Nand Sinha

TABLE -1

Table showing difference between top and bottom groups of adolescents' score of Anxiety on the variables: Emotional Maturity, Self- Concept and Family Environment.

Sources of Variance (Anxiety)	N	Mean	S.D.	SE _M	df	't' value	Level of Difference
Top Personality Bottom	135	6.30	2.28	.19	134	5.14	S**
	135	7.82	2.43	.20	134		
Top Mental Health Bottom	135	141.05	8.30	.70	134	4.95	S**
	135	145.48	5.42	.46	134		
Top Family Environment Bottom	135	248.74	5.69	.48	134	6.06	S**

The table No. 1 shows that the difference between top and bottom groups on the anxiety score of adolescents on the variable personality, mental health and family environment is significant. Computed t value of the different variables are 5.14, 4.95 & 6.06 respectively indicate that there is significant difference between top and bottom groups of anxiety scores on the variable personality mental health and family environment. Those adolescents who have more anxiety, have low extrovert personality and those adolescents having good mental health and good family environment possess low anxiety. These adolescents also possess more extrovert personality and sound mental.

TABLE NO. 2

Table showing difference between male and female adolescents on the variables: Anxiety, Personality, Mental Health and Family Environment.

Sources of Variance	N	Mean	S.D.	SE _M	df	't' value	Level of Difference
Anxiety	Male 200	43.51	5.31	.37	199	1.079	NS
	Female 200	44.15	5.61	.39	199		
Personality	Male 200	6.86	3.12	.22	199	.294	NS
	Female 200	6.77	3.19	.22	199		
Mental Health	Male 200	154.51	9.97	.70	199	1.594	NS
	Female 200	156.15	10.23	.72	199		
Family Environment	Male 200	250.82	6.33	.44	199	.309	NS
	Female 200	250.63	6.62	.46	199		

As per table No. 2 the difference between male and female adolescent on the variable anxiety, personality, mental health and family environment is not significant. Because the computed 't' value of the different variables is not significant at any level.

TABLE NO. 3

Table showing difference between Delhi and Himachal Pradesh male adolescents on the variables: Anxiety, Personality, Mental Health and Family Environment.

Sources of Variance (Male)	N	Mean	S.D.	SE _M	df	't' value	Level of Difference
Anxiety Himachal	50	43.06	4.96	.70	49	.018	NS
	50	44.08	5.78	.81	49		
Personality Himachal	50	5.88	2.57	.36	49	1.410	NS
	50	6.50	2.46	.34	49		
Mental Health Himachal	50	152.28	6.06	.85	49	1.698	NS
	50	150.16	6.36	.89	49		
Family Environment Himachal	50	246.62	3.09	.43	49	1.191	NS
	50	248.72	6.18	.87	49		

In table No. 3, the mean score of 200 Delhi state adolescents and 200 Himachal Pradesh state adolescents on the variable anxiety, personality, mental health and family environment is not significant as the computed 't' value of the different variables was not significant at any level.

Main Findings of the Research:

- Adolescents who have less anxiety have more extrovert personality, sound mental health healthier family environment than the adolescents having more anxiety.
- There is no significant difference between male and female adolescents' anxiety level, personality, mental health and family environment
- There is no significant difference between rural and urban adolescents' anxiety level, personality, mental health and family environment
- Inter co relation between anxiety, personality, mental health and family environment is positive.

- There is a significant difference between adolescents of Delhi and Himachal Pradesh on the variable anxiety and family environment. Adolescent of Himachal Pradesh are more anxious than the adolescents of Delhi. But the family environment of Himachal Pradesh Adolescents' is healthier than the adolescents of Delhi.
- There is no significant difference between adolescents of Delhi and Himachal Pradesh on the variable personality and mental health.
- There is no significant difference between male and female adolescents of Delhi and Himachal Pradesh on the variable anxiety, personality, mental health and family environment.
- There is a significant difference between rural and urban adolescents of Delhi on the variable anxiety. Rural adolescents are more anxious than the urban.
- There is no significant difference between rural and urban adolescents of Delhi on the variable personality, mental health and family environment.
- There is no significant difference between male and female/ rural and urban adolescents of Himachal Pradesh on the variable anxiety, personality, mental health and family environment.
- There is a significant difference between Delhi urban adolescents and Himachal Pradesh urban adolescents of on the variable anxiety and family environment. Himachal Pradesh urban adolescents have more anxiety than the Delhi urban adolescents. But the family environment is sounder than the adolescents of Delhi adolescents.
- There is no significant difference between Delhi urban adolescents and Himachal Pradesh urban adolescents of on the variable personality and mental health.
- There is no significant difference between Delhi male adolescents and Himachal Pradesh male adolescents of on the variable anxiety, personality, mental health and family environment.
- There is no significant difference between Delhi female adolescents and Himachal Pradesh female adolescents of on the variable anxiety, personality, mental health and family environment.

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