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**Simpa Kumari**  
 Department of Psychology,  
 S.K.M. University, Dumka,  
 Jharkhand, India

## Prevalence of Psychological Anxiety levels in College Students with context to Gender

**Simpa Kumari**

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### Abstract

Anxiety is one of the most common mental disorders in the students due to psychological changes happens in this age group. College students face many obligations that can potentially lead to increased levels of stress and anxiety. The aim of the study is to determine the prevalence of anxiety levels among gender in college students of Deoghar district of Jharkhand, India. A simple random sampling method was used to collect data from 400 undergraduate arts college students, in which 200 students were male and 200 students were female. The Beck's Anxiety Inventory (BAI) Scale was used. The data was scored and analyzed as per the manual. The mean, standard deviation and 't' test were being calculated. It was observed that calculated "t" value ( $= 2.55$ ) is greater than tabulated value at significant level 0.05 and there is significant difference between male and female students with regard to anxiety. The finding indicated that female students have more anxiety than male. These results contribute to the literature on explaining anxiety in college students.

**Keywords:** Anxiety, BDI, gender, male, female, undergraduate, students

### 1. Introduction

Anxiety is a one kind of natural response of stress that affects all the individuals in various ways. It is a kind of emotion consisting symptoms includes restlessness, fatigue, difficulty concentrating, irritability, difficulty sleeping, muscle tension, trembling or shaking, and chest pain (American Psychiatric Association [APA], 2013) <sup>[1]</sup>. The feeling of tension, worried though and physical changes happens in the presence of any external and internal anticipated danger (John, 1990) <sup>[2]</sup>. Anxiety is a common phenomenon, sometimes it may be diagnosed as a mental disorder. Anxiety disorders are found to be one of the most common mental health disorders in the adolescent age group, i.e., 10-19 years. The adolescent age group is a risk factor for different mental disorders due to psychological and physiological changes [Siegel and Dieckstein, 2011] <sup>[3]</sup>. College students are particularly prone to experiencing mental health issues, such as anxiety. Zivin, Eisenberg, Gollust, and Golberstein (2009) <sup>[4]</sup> found that over one-third of college students have a persistent mental health problem, many of which do not receive treatment. Soet and Sevig (2006) <sup>[5]</sup> reported that one-third of college students have received mental health treatment at some point in their lives, but only 20% of that group are currently receiving treatment. These numbers indicate that college students who are affected by a mental health issue may be unaware of treatment options or hesitant to seek them out. In order to appropriately respond to these mental health issues, the circumstances that may have a negative impact on mental health must be understood. Thus, anxiety can become a debilitating and distracting burden for any individual. Fairbrother, (2003) <sup>[6]</sup> recognized that "academic stress occurred due to various reasons such as too many assignments, competitions with other students, failures and poor relationships with other students or teachers". The academic stress causes anxiety and other mental health issues, and it effect on health problems and performance in academic concerns. Bottesi, Martignon, Cerea and Ghisi (2018) <sup>[7]</sup> reported that both males and females have an inclination to fear uncertainty, but females display higher levels of negative cognitive orientation and cognitive avoidance.

**Corresponding Author:**  
 Simpa Kumari  
 Department of Psychology,  
 S.K.M. University, Dumka,  
 Jharkhand, India

### 1.1 Objective of the study

To study the level of anxiety in college students in context to gender.

### 1.2 Hypothesis of the study

There is a no significant difference between male and female college students on anxiety.

## 2. Methodology

### 2.1. Research Method

This study designed to examine the anxiety levels in college students in context to gender. In the present study, the quantitative descriptive method is used.

### 2.2. Research Sample

The population of the study consists of undergraduate arts students of Deoghar district of Jharkhand, India. The sample of the study consists of 400 students, in which each 200 students are male and female. The random sampling method has been used.

### 2.3. Data Collection Tools and Procedure

College students were informed about the study before data collection, and all voluntary students participated in the study. The data collection process lasted approximately 40 minutes. The Beck Anxiety Inventory (BAI), which developed by A. T. Beck and coworker (1988) is used to study of anxiety among college students. The BAI is a four-point scale and consisting 21 items. Each items have common symptoms of anxiety and consisting four options namely (a) Not at all (b) Mildly, but it didn't bother me much (c) Moderately-it wasn't pleasant at times and (d) Severely-it bothered me a lot have score 0, 1, 2 and 3

respectively. The minimum score on this scale is 0 and the maximum score is 63. The total score is calculated by finding the sum of the 21 items. The norms of scale are 0-21, 22-35 and 36-63 for low anxiety, moderate anxiety and potentially concerning levels of anxiety respectively. The higher the score more is the anxiety. The data was scored and analyzed as per the manual. The mean, standard deviation and 't' test are being calculated. The results are demonstrated with statistical graph.

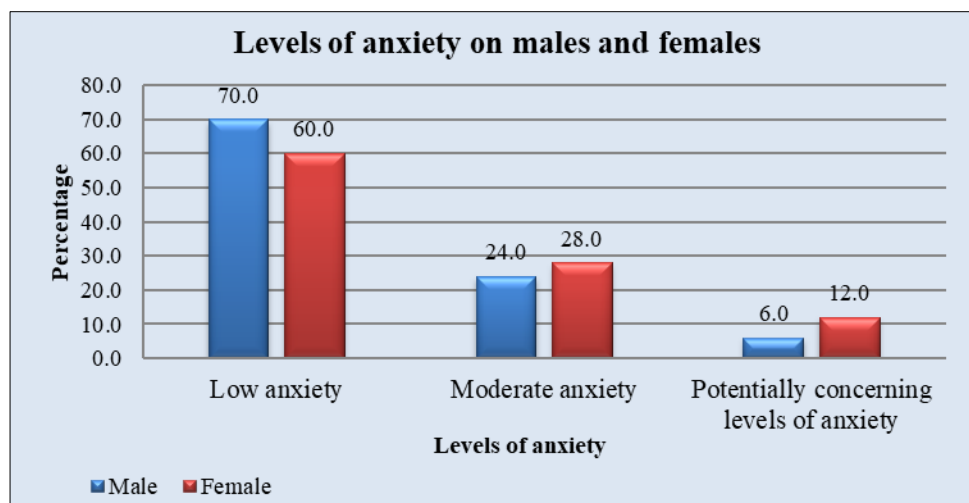
## 3. Finding

The results of anxiety's scores among the undergraduate male and female students' are show with the Table 1 and Fig.1. The result reveals that the low, moderate and potentially concerning

**Table 1:** Prevalence of anxiety in gender (N=400)

Levels of Anxiety	Gender	
	Male	female
Low anxiety	140 (70.0%)	120 (60.0%)
Moderate anxiety	48 (24.0%)	56(28.0%)
Potentially concerning levels of anxiety	12 (6.0%)	24 (12.0%)

levels of anxiety on gender i.e. female and male. The 70% of male and 60 % of female have low level of anxiety. The 24% and 6% of male have moderate anxiety and potentially concerning levels of anxiety respectively. The 28% and 12% of female have moderate anxiety and potentially concerning levels of anxiety respectively. Hence the low level of anxiety is found more in male than female, while moderate and potentially concerning levels of anxiety is less in male than



**Fig 1:** Levels of anxiety on males and female students

female students. The mean, standard deviation and "t"-Test results of female and male students are shown in Table 2. The mean score of anxiety in female student (19.24) is more than the male students (16.96), which fall on the low anxiety (0-21). The standard deviations are found 9.33 and 8.49 in

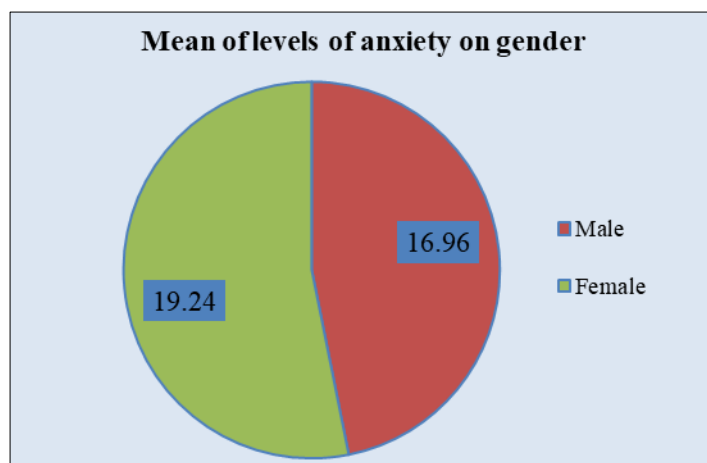
females and males respectively. This result also shown in the Fig.2. It is observed that calculated "t" value (2.55) is greater than tabulated value at significant level 0.05. Hence the hypothesis "there will be no significant difference of anxiety

**Table 2:** Mean, SD, and t-value of anxiety on male and female students

Gender	No. of students	Mean	SD	"t" Value		Result
				C/V	T/V	
Male	N=200	16.96	8.49	2.55	1.98 at 0.05	cv>tv
Female	N=200	19.24	9.33			

level between male and female students of higher education” is not accepted. That is to say that, the difference between male and female students in anxiety is significant at 0.05 level. Therefore, results found that there is significant

difference between male and female students with regard to anxiety and female college students have comparatively more anxiety than male college students.



**Fig 2:** Mean score of anxiety on males and female students

#### 4. Discussion

In this study aim is to study the level of anxiety in undergraduate students of arts stream and finding out the differences within gender. It is found that the mean score of anxiety in female student is more than the male students. It is also observed that calculated “t” value is greater than tabulated value. Hence the null hypothesis is rejected at 0.05 level. That is to say there is significant difference exist between male and female students with regard to anxiety. The finding suggested that overall anxiety in female college students have comparatively more than male college students. The results are consistent with the findings that female college students experience higher levels of anxiety due to the stress compared to male college students (Bottesi *et al.*, 2018<sup>[7]</sup>; Jones *et al.*, 2018<sup>[8]</sup>; Al-Qaisy, 2011<sup>[9]</sup> & Tuncay *et al.*, 2020<sup>[10]</sup>). Nisha Pagaria, (2010)<sup>[11]</sup> and Modi, *et al.* (2018)<sup>[12]</sup> suggested that female have more anxiety than male, this gender difference in anxiety could be due to the social roles of females than males. The higher rates of anxiety among females in this study align with previous research, which indicates that females are more prone to anxiety due to factors such as fear of early marriage, incomplete education, hormonal changes, social culture and additional household responsibilities. Student cannot perform well if they are having a problem regarding anxiety. In order to attempts to meet their personal and social needs the students makes a variety of adjustments. They may satisfy their own need and those of society.

#### 5. Limitations and Suggestions

The current study has a few limitations. Firstly, this study is limited to undergraduate college students and in further studies should be conducted with school and post graduate students. Secondly, it is limited to anxiety; in future other psychological problem like personality and coping, self-esteem, depression, well-being stress, adjustment etc. should be studied. The study was delimited to the Deoghar, Jharkhand only, in future research area should be broader demography. The broader demographic reach will facilitate the generalization of results across different settings and individuals, ultimately improving the applicability of the

intervention in real-world scenarios. Moreover, qualitative studies could be employed for future research. Our finding demonstrated that students have anxiety, therefore psychologists, counselors and psychiatrists may be setup in the college and university setting, which provide significant academic, interpersonal relationship and social environment to students.

#### 5. Conclusion

The study concluded that there is a significant difference exists between male and female college students with regard to anxiety in present study. It is also found that the female college students have comparatively more anxiety than male college students. However, anxiety is a serious health problem that can affect people of all ages. It affects the academic performance of the students.

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**Conflicts of interest:** No conflict of interest.

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