

A STUDY ON ANXIETY LEVEL OF STUDENTS WHO ARE STUDYING IN 10TH STANDARD IN MADURAI DISTRICT, INDIA

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ABSTRACT

We need a certain level of anxiety in our life for success. Anxiety acts as an indicator to mental health. One who is anxiety ridden is called ill health personality. Anxiety involves a state of tension and discomfort. The individual is motivated to avoid or reduce it. The high level of anxiety leads to negative results in our life. They cannot stand to fail. So, they will either take no risk to achieve a goal or a great risk. Especially in the 10th standard not only students, not only the parents, the whole family is under anxiety till the exams are over. The investigator fined the following Male and Female students of 10 the standard school student differs in their anxiety level. Female students have more anxiety than the male students. Urban and Rural students of 10th standard school student do not differ in their level of anxiety. Government and Metric school students of 10 th standards differ in their level of anxiety. The Government school students have more anxiety than the Metric School students.

KEYWORDS: *Anxiety, Students, 10th standard*