

Study of Anxiety among Male and Female Adolescents

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Abstract

Aim: To study anxiety among male and female adolescents. **Materials and Methods:** A sample of 200 adolescents (100 males and 100 females) was selected from Schools of Hoshiarpur, Punjab. For data collection, structured questionnaire of Beck Anxiety Inventory by Beck et al. (1988) was used. **Results:** A significant difference was found between the mean scores of anxiety among male and female adolescents. **Conclusion:** It was concluded that the male and female adolescents differ in anxiety. Female adolescents have high anxiety as compared to male adolescents.

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Introduction

Anxiety is a feeling of dread, fear, or apprehension, often with no clear justification. Anxiety is distinguished from fear because the latter arises in response to a clear and actual danger, such as one affecting a person's physical safety. Anxiety, by contrast, arises in response to apparently innocuous situations or is the product of subjective, internal emotional conflicts the causes of which may not be apparent to the person himself. Some anxiety inevitably arises in the course of daily life and is considered normal. But persistent, intense, chronic, or recurring anxiety not justified in response to real-life stress is usually regarded as a sign of an emotional disorder. When such an anxiety is unreasonably evoked by a specific situation or object, it is known as a phobia. A diffuse or persistent anxiety associated with no particular cause or mental concern is called general, or free-floating, anxiety (www.britannica.com). Costello and Angold (1995) reviewed that Adolescence is a time of substantial change both physiologically and psychologically. It is also a period of time when individuals are particularly vulnerable to developing symptoms of anxiety disorders. Chorpita and Barlow (1998) investigated the development of anxiety; the role of control in the early environment and found that in the area of anxiety and depression, helplessness, locus of control, explanatory style, animal learning, biology, parenting, attachment theory and childhood stress and resilience to articulate the model of environmental influences on the development of anxiety. Pushkar et al., (2009) found that Adolescence is a particularly important time regarding the development of psychopathology. This period often sets the stage for future beliefs about the self and others, developmental concerns, and interpersonal relationships, which all are factors that are important to the development of anxiety. Anxiety disorders are the most common mental health issues in youth, affecting 8% to 15% of children and adolescents in each