



## **A Study of Gender Difference in Anxiety among Adolescents with Specific Learning Disabilities**

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### **Abstract**

**Aim:** The aim of the study was to observe gender difference in anxiety among adolescents with specific learning disabilities. **Materials and Methods:** A Samples of 110 adolescents (55 males and 55 females) were selected from Government Secondary school of village Nara, district Hoshiarpur. For data collection Beck Anxiety Inventory by A.T. Beck, N. Epstein, G. Brown and R.A. Steer was used. **Results:** No statistically significant difference was found between mean scores of anxiety of male and female adolescents with specific learning disabilities. **Conclusion:** It was concluded that no statistically significant difference was found between mean scores of anxiety of male and female adolescents with specific learning disabilities. In other words, male and female adolescents with specific learning disabilities experience the same level of anxiety.

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### **Introduction**

Anxiety is a mental health condition characterized by excessive, uncontrollable and persistent fear or worry that disrupts daily life, distinct from temporary stress. Causes of Anxiety includes rapid heart rate, fatigue, irritability and panic. There are different factors responsible for Anxiety like biological factors, environmental factors, past trauma, health conditions, substance use etc. Some common symptoms of anxiety are rapid heart rate, sweating, trembling, feeling weak, tired, restlessness, avoiding situations that trigger anxiety. There are different types of anxiety disorder like generalized anxiety disorder, panic disorder, social anxiety disorder, Specific Phobias. Adolescence is a period marked by rapid physical, emotional and social changes. During this stage, academic expectations and social pressures increase significantly. Adolescents who suffer from specific learning Disabilities often face difficulties in reading, writing, spelling or mathematical