A STUDY ON ANXIETY LEVEL AMONG THE PRIMARY SCHOOL CHILDREN OF GOVERNMENT AND PRIVATE INSTITUTION IN LUCKNOW UTTAR PRADESH

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ABSTRACT

Anxiety is a subjective feeling of apprehension, tension and worry, which is thought to be relatively stable personality characteristics Speilberg (1973) suggested that Anxiety contributes to the development of hypertension. Anxiety has been directly shown to stimulate acute auto1nomic arousal (Rusk et al 1990) and blood pressure reactivity. Secondly responding to anxiety or anxiety provoking experiences with anger has been shown to contribute to cardiovascular diseases. Objective is:

- *To determine the anxiety level of respondents.*

- *To examine the correlation between Levels of anxiety among respondents.*

- *Method a total of 616 children (students between the age group of 8-11 years) and 616) parent's responses completed the scale. The entire survey population for the pilot study was of 1232 respondents. Result Provided initial support for Analysis & Interpretation and Scale Development for the Child anxiety related Disorders. Measurement invariance was established across groups using a series of tests. Chi Square test was used for establishing significance between two Schools (Government & Private). Correlations between children response scale and gender wise difference support the convergent validity of the scale. (Min score: o, max score:20, Mean Value-5.51 Mid-Point: 6)*

Anxiety Level

- *Anxious: All the score equal to or above 6*

- *Non-Anxious: All the score below 6*

Conclusions: Analyses supported the construct validity to check the positive and significant relationship between the dependant and independent variables. Hence it is justified to study the important dimensions as it can facilitate the differention of children who needs genuine help to learn effective methods to overcome anxiety or anxiety related disorders.

KEYWORDS: Anxiety, Blood Pressure, Hypertension, Obesity, Cardio-Vascular- Diseases Vulnerable Population, Prevention, Dimensions