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A STUDY ON PREVALENCE OF ANXIETY DISORDERS AMONG FIRST YEAR B.COM. DEGREE STUDENTS

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ABSTRACT

Anxiety is an emotion characterised by unpleasant inner feelings accompanied by nervousness and worry. A study was conducted among a sample of 50 first year B.com degree students to identify the prevalence of Anxiety, its correlates, and its impact on the student life. Of 50 students, 32% were found positive for Anxiety disorder. About 22% of the students were females, 10% of students were male who had marked symptoms. Students who resulted positive for anxiety disorder reported significant disabilities in studies, social, and family areas, and this has adversely affected their quality of life as compared to those who are negative for Anxiety disorder. There is a need for special focus on the young college students and their mental health. Educational institutions need to identify the prevalence of negative mental health states among the students, and especially those at high risk.

KEYWORDS

anxiety, students, nervous.

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INTRODUCTION

Anxiety is characterized by a diffuse, unpleasant, vague sensation of fear or anguish accompanied by autonomic symptoms such as head ache, sweating, palpitations, tachycardia, gastric discomfort, etc. It includes both a physiological and a psychological component, anxious individuals being usually aware of both¹. It can affect a person's behaviour academic performance and general health as well as quality of sleep, eating habits and wellbeing². Anxiety disorders are very common in young adults with little epidemiological data from countries like India. A commerce degree student's college career is full of hardships and happiness. They frequently feel a sense of worry and stress towards financial support and future employment. Studies report that stress related disorders among students are under diagnosed which can lead to higher chance of psychiatric disorders which will have serious effects on their careers and social life^{3,4}.

AIMS AND OBJECTIVES

The present study is to study the prevalence of anxiety disorders in young adults of first year Bachelor of Commerce (B.Com degree) students.

MATERIALS AND METHODS

The study was conducted in September 2018 and 50 students belonging to first year B.Com degree Students at Government Frist Grade College, Bharathinagar, Mandya Dist. Karnataka State, India.

The Anxiety Related Emotional Disorders questionnaires were used to assess anxiety in these students. All the Students were explained about the questionnaires and asked to fill with consent.

TABLE 1: ANXIETY RELATED EMOTIONAL DISORDERS QUESTIONNAIRES

SL. NO.		Not True or Hardly Ever True 0	Somewhat True or Sometimes True 1	Very True or Often True 2
1	I get headaches when I am at college			
2	I don't like to be with friends I don't know well			
3	I worry about other friends liking me			
4	When I feel frightened it is hard for me to breathe			
5	When I get frighten my heart beats fast			
6	When I get frighten, I feel like things or not real			
7	When I get frighten, I feel like passing out			
8	I worry about going to college			
9	I feel nervous, when I think about studies			
10	Friends tell me that I look nervous			
11	I feel nervous with friends I don't know well			
12	I worry about sleeping alone			
13	I have nightmares about something bad happening to my parents			
14	I have nightmares about something bad happening to me			

RESULTS AND DISCUSSION

In this study, out of 50 students (Female students-30 & Male students-20), 16 students (32%) were found to have anxiety disorder (22% female-11 among 30 females and 10% male-5 among 20 males). Of these majority were females which was significant. Similar studies conducted by Narayan R Mutalik et.al on first grade degree college students, Bagalkot in May 2016 on 128 students shows 118 students (92.2%) (54 among 54 males and 64 among 74 females) had anxiety symptoms⁵.

A mentally fit student can initiate proper social relationships, enthusiastic to learn with ambition to implement his/her plans in the future. Students are at a crucial stage of development as they are more subjected to experience mental illnesses⁶. Anxiety are common, serious and debilitating mental health problems and are afflicting adolescents and student population to a large extent^{7,8}. An anxiety disorder is a serious mental illness. For people with anxiety disorders, worry and fear are constant and overwhelming, and can be crippling⁹. Students who suffer from anxiety symptoms makes their life miserable, fear and leads to prolonged distress and also disturbs their relationships with family and friends.

The early detection of anxiety disorders may avoid negative effects such as excessive absence and consequent failures, overuse of services to treat somatic symptoms associated with anxiety, and possibly, the occurrence of psychiatric disorders in young adulthood. In this study, 32% were found to have anxiety disorder. Majority were females which was significant. The results of the Susan et. al study and Raakhee. A.S et.al study indicates that female students experience more anxiety than male students^{10,11}.

CONCLUSION

The present study shows that there is quite a high prevalence of undiagnosed mental disorders, among the young adult students, even among those from relatively affluent family backgrounds. The educational institutions need to be aware of and responsive to the presence of these negative mental health states among the students so that early amelioration may be offered to the young adults. There is a need for special focus on the young college students and their mental health. The students those who were at risk need to be identify by an educational institution to reduce the prevalence of negative mental health status. These issues are common in young adults population, and the resources are scarce. At present India is going through a demographic transition, and early intervention may reduce the burden in future.

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