

Anxiety And Depression As Huge Issues Among Bed Trainees

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Abstract

Anxiety refers to the feeling of a human that expresses his fear, dread, and uneasiness. It might cause the human to sweat, tense, feel restless, and have a rapid heartbeat. It also expressed his normal reaction to stress. Depression is a common and serious medical illness that makes humans react negatively toward others. It makes the man persistent feeling of sadness and loss their interest in the profession. It also affects the daily activities of humans. Depression may lead to suicide. B.Ed Trainees were the persons who got the training for a particular period of teaching practice in a school undertaken under the supervision to become a professional teacher. Anxiety and depression create huge issues among bed trainees in the teaching and learning process. Today B.Ed trainees will become tomorrow's teachers in educational institutions. Every teacher should have the ability to control their anxiety and depression for the effective teaching and learning process in the education system. And so the need is felt to study "Anxiety and depression as huge issues among B.Ed trainees". The Anxiety and Depression Scale was constructed and standardized by the investigator. The participants of the study are 355 B.Ed Trainees from different educational institutions in Chennai and Kancheepuram district. According to the study findings, there is a significant difference in the level of anxiety and depression with respect to their gender and locality. And also it inferred that there is no significant difference between B.Ed Trainees with respect to their Family Income. In this technological world, most teachers affect with anxiety and depression in their regular work because they have many responsibilities in their profession and also in their families. B.Ed Trainees have to become the future teachers of our country and so they need to be aware and avoid the issues of anxiety and depression in their regular life.

Keywords: Anxiety, Depression, B.Ed Trainees, Teaching and Learning Process, Teacher, Student.

1. Introduction

Anxiety is a term for several disorders of the human being that affects feeling, behaviourism, and physical activities like fear, nervousness, etc. Depression is a term that refers to mood disorders of human being that causes a persistent feeling of sadness and loss of interest in their regular activities. A Person who suffers from anxiety and depression will feel hopeless about the future and will imagine the worst scenarios. These people affect by sleeplessness, appetite, less energy, and social interactions. They always look tense and rigid.

2. Need Of The Study

In this modern world, most people affects from anxiety and depression in their regular activities. It affects all the fields in our country. The teaching profession is not an exceptional one. In this technological world, most teachers act with anxiety and depression in their regular work because they have many responsibilities in their profession. B.Ed Trainees have become the future teachers of our country. And so the need is felt by the investigator to study **Anxiety and Depression as huge issues among B.Ed Trainees.**

3. Objectives

To find whether there is any significant difference in the level of anxiety and depression among B.Ed Trainees with respect to

- Gender
- Locality
- Family Income

4. Hypotheses Of The Study

1. There is no significant difference in the level of anxiety and depression among B.Ed Trainees with respect to their gender.
2. There is no significant difference in the level of anxiety and depression among B.Ed Trainees with respect to their Locality.
3. There is no significant difference in the level of anxiety and depression among B.Ed Trainees with respect to their Family Income.

5. Methodology

The research design is of the normative survey method, and the sampling technique used for the study is a stratified random sampling technique.

5.1 Sample

The sample consists of 355 B.Ed Trainees (155 male and 200 female) drawn from various government, government-aided and private colleges of education in rural and urban areas of Chennai and the Kancheepuram district.

5.2 Instruments Used

The investigator used the "Anxiety and Depression Scale(ADS)" which was developed by the investigator and consists of 55 statements. Tools are used to collect data with respect to the level of anxiety and depression among B.Ed Trainees. The scale was administered to the students with the following instructions, "Please read the statements carefully, because some are phrased positively and others negatively. Respond by putting a tick mark (✓) against the appropriate one which you feel suitable, according to the Likert scale, (Strongly Agree, Agree, Uncertain, Disagree, Strongly Disagree)". The maximum scoring value for each statement is 5 and the minimum scoring value is 1. The maximum scoring value of the tool is 275 and the minimum value is 55. Care was taken to collect the data from B.Ed Trainees pursuing their training courses in different colleges of education situated in rural and urban areas of Chennai and Kancheepuram District.

5.3 Analysis And Interpretation Of Data

The data collected from the B.Ed Trainees of different colleges of education in the present study were analyzed using a t-test and Analysis of Variance (ANOVA).

6. Testing Of Hypothesis

Hypothesis-1

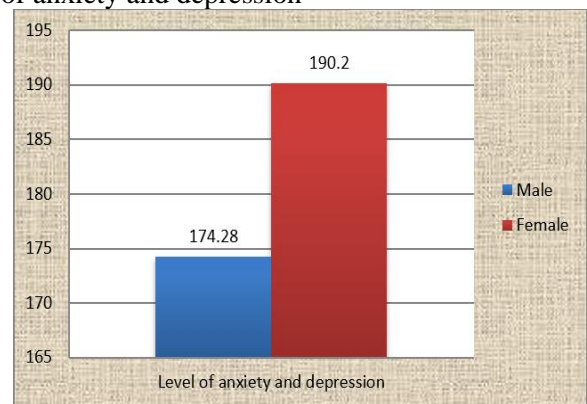
There is no significant difference in the level of anxiety and depression among B.Ed Trainees with respect to their gender.

Table-1: The difference in the level of anxiety and depression among B.Ed Trainees with respect to their gender

Title	Gender	N	Mean	SD	CR value	Level of significance
Level of anxiety and depression	Male	155	174.28	31.267	3.311	0.01
	Female	200	190.2	34.705		

❖ From table 1, the calculated 'CR' value(3.311) is greater than the table value(2.58) at a 0.01 level of significance. Hence, it is concluded that there is a significant difference in the level of anxiety and depression with respect to their gender. Moreover, from the mean value, it is inferred that Female B.Ed Trainees have a high level of anxiety and depression than Male B.Ed Trainees. This might be due to the reason that Female B.Ed Trainees have more responsibilities to maintain the family as well as a profession than Male B. Ed Trainees.

Figure 1: The significant difference between male and female B.Ed Trainees with respect to the level of anxiety and depression



Hypothesis-2

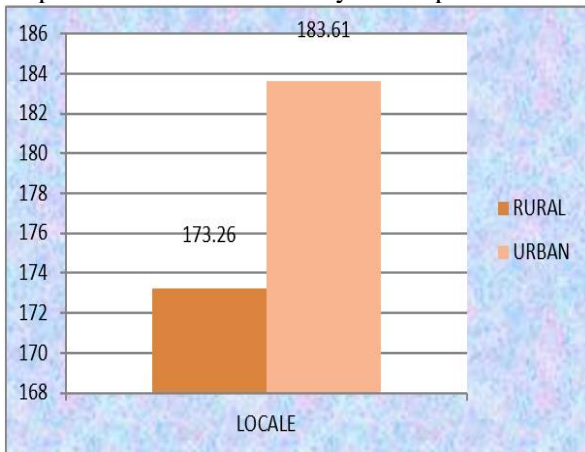
There is no significant difference in the level of anxiety and depression among B.Ed Trainees with respect to their Locality.

Table-2: The difference in the level of anxiety and depression among B.Ed Trainees with respect to their Locality

Title	Locality	N	Mean	SD	CR value	Level of significance
Level of anxiety and depression	Urban	155	183.61	29.892	2.375	0.05
	Rural	200	173.26	35.017		

❖ From table 2, the calculated 'CR' value(2.375) is greater than the table value(1.96) at a 0.05 level of significance. Hence, it is concluded that there is a significant difference between urban and rural B.Ed Trainees in the level of anxiety and depression. Moreover, from the mean value, it is inferred that urban B.Ed Trainees have a high level of anxiety and depression than rural B.Ed Trainees.

Figure 2: The significant difference between Rural and Urban Locale B.Ed Trainees with respect to the level of anxiety and depression



Hypothesis-3

There is no significant difference in the level of anxiety and depression among B.Ed Trainees with respect to their Family Income.

Table-3: The difference in the level of anxiety and depression among B.Ed Trainees with respect to their Family Income

Title	Family Income	Df	Sum of squares	Mean squares	F-value	Level of Significance
Level of anxiety and depression	Between Groups	2	327.089	163.544	0.654	NS
	Within Groups	352	58988.861	249.953		

It is observed from the above table that there is no significant difference in the level of anxiety and depression among B.Ed Trainees with respect to their Family Income. Hence, It is inferred that there is no significant difference between B.Ed Trainees with respect to their Family Income. This may be due to the fact that B.Ed Trainees in the Chennai and Kancheepuram district didn't affect majorly with anxiety and depression with respect to their family income because nowadays all the members in the family are working for their regular life activities.

7. Educational Implications

In this modern world, every people can be busy with their professions and there is no time to spend their peaceful space with their family members. So people can affect easily with anxiety and depression in their family as well as in their

workplace. In educational institutions, teachers have many responsibilities to work effectively. Teachers need to fulfill their regular activities in the family as well as in educational institutions. And so Teachers can easily affect by the issues of anxiety and depression. In India, educational institutions take some necessary steps to avoid these huge issues. Some of them are

- Yoga and meditation classes can organize in the educational institution for teachers regularly.
- Yoga and meditation syllabus should be implemented in the colleges of education and it is mandatory for every B.Ed Trainee.
- Separate rooms should be allocated for the teachers in the educational institutions to spend their relaxing time.
- Every teacher should have one period of leisure time daily.
- Educational Institutions can organize workshops and seminars to control the issues of anxiety and depression among pre-service and in-service teachers.
- Institutions can arrange a small excursion for the teachers to reduce their work tension.
- Educational management can arrange a teacher meeting every week to analyze their problems if any they have.
- The Head of the institution can talk with the teachers individually whenever possible to know the process of quality education in the institution.

8. Conclusion

From the findings, we know that the B.Ed Trainees have issues with anxiety and depression while they are in the teaching and learning process with respect to gender and locality. B.Ed Trainees are the future teachers and so I conclude that teachers have to be aware of the issues of anxiety and depression in their regular life. Teachers should know how to balance their life without anxiety and depression. Because teachers are the pillar of our nation to create future doctors, engineers, pilots, teachers, etc. A healthy teacher can become an efficient teacher.

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