

**STUDY ON ANXIETY OF BPED STUDENTS OF MUGBERIA
GANGADHAR MAHAVIDYALAYA**

BY

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SUBMITTED TO

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**DEPARTMENT OF PHYSICAL EDUCATION
MUGBERIA GANGADHAR MAHAVIDYALAYA
FOR THE DEGREE OF MASTER OF PHYSICAL EDUCATION
BHUPATINAGAR, PURBA MEDINIPUR
WEST BENGAL, PIN-721425**

AUGUST, 2023

APPROVEDBY

Mimu seikh.

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Signature of the Supervisor

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Assistant Professor (SACT)

Ref No:-M.G.M./2021-2023

Date- 16 /08/2023

This is to certify that Nibedita Saren is a regular student of Mugberia Gangadhar Mahavidyalaya under Vidyasagar University, in the session of 2021-2023. For the Master of Physical Education, semester-IV, carried out her research study under my supervision and guidance in lieu of the requirements for the master of Physical Education degree with her thesis entitled “**STUDY ON ANXIETY OF BPED STUDENTS OF MUGBERIA GANGADHAR MAHAVIDYALAYA**” the material and data composed from students in this study are genuine and were collected by her.

Place: Mugberia
Date: 16.08.2023

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successfully completed a dissertation / ~~project~~ entitled STUDY ON ANXIETY

OF BPED STUDENTS OF MUGBERIA GANGADHAR MAHAVIDYALAYA

.....
for the paper MPCC - 403 in the year 2023

Date : 16.08.2023


.....
Signature of HOD


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Signature of Principal

Principal
Mugberia Gangadhar Mahavidyalaya

DECLARATION

I do hereby declare that the research work entitled “**STUDY ON ANXIETY OF BPED STUDENTS OF MUGBERIA GANGADHAR MAHAVIDYALAYA**” is an original piece of work by me under the supervision and guidance of Dr. Mimu Seikh, Assistant professor (SACT), Department of Physical Education, Mugberia Gangadhar Mahavidyalaya. I have specified by means of reference, the sources of information.

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The scholar expresses her sincere appreciation and thanks to all department and their teachers, those are providing help for my study. The investigator sincerely appreciates the courageous attitude of the performance who was the subject of the study.

CONTENT

Chapter	Title	Page No.
Chapter– I	INTRODUCTION	1-7
1.1	General introduction	1
1.2	Statement of the problem	5
1.3	Definition and explanation of the terms	5
1.4	Objectives of the study	5
1.5	Delimitation of the study.	6
1.6	Limitation of the study	6
1.7	Hypothesis	6
1.8	Significance of the study	7
Chapter– II	REVIEW OF RELATED LITERATURE	8-23
Chapter–III	METHODOLOGY	24-25
3.1	Sample	24
3.2	Procedure of data collection	24
3.3	Design of study	24
3.4	Instrument and tools used	25
3.5	Analytical procedure	25
Chapter– IV	RESULT & DISCUSSION	26-33
4.1	Result and discussion	26
4.2	Discussion on findings	32
4.3	Testing of hypothesis	33
Chapter– V	SUMMARY, CONCLUSION & RECOMMENDATIONS	34-35

5.1 Summary	34
5.2 Conclusion	35
5.3 Recommendations	35
BIBLIOGRAPHY	36-41
APPENDICES	xii-xiii

LIST OF TABLES

Table No.	Titles	Page No.
1	Mean and SD score of BAI	26
2	Mean and SD score of HAM-A	27
3	Different level of anxiety on BAI	28
4	Different level of anxiety on HAM-A	29
5	Anxiety level presented in percentage of BAI	30
6	Anxiety level presented in percentage of HAM-A	31

LIST OF FIGURES

Figure No.	Particulars	Page No.
1	Graphical representation of Mean and SD score of BAI test	26
2	Graphical representation of Mean and SD score of HAM-A test	27
3	Graphical representation of Different level of BAI test	28
4	Graphical representation of Different level of HAM-A test	29
5	Graphical representation in Percentage of BAI	30
6	Graphical representation in Percentage of HAM-A	31

5. SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of this study was to find out the status of anxiety of Bped students of Mugberia Gangadhar Mahavidyalaya.

To reveal the perspective of survey on anxiety towards student of Mugberia Gangadhar Mahavidyalaya 21 item BAI and 14 item HAM-A questionnaire are used to collect the data. BAI questions had a maximum score of 63 and minimum score of 0. HAM-A questions had a maximum score of 56 and minimum score of 0.

The study was carried out in Purba Medinipur district, Bhagabanpur Block Mugberia Gangadhar Mahavidyalaya, B.P.Ed students, total 143 subjects were selected for this study from Mugberia Gangadhar Mahavidyalaya. The age was ranging from 21 to 25 years. The technique of the sample selection was purposive sampling method.

The researcher delivers the questionnaire to the respondents with the help of teacher of concerned department and gets back, duly filled by them.

Survey design was use for collecting the data. The collected data were arranged, organized, and after due coding, it was processed through percentage method. And percentage scale was used for analysis of data and the conclusion was drawn on the basis of the calculated percentage.

Data analysis was performed using the Microsoft Excel data analysis package (2010 version). Descriptive statistics were calculated for all survey data. Percentage scale was used for analysis of data.

5.2 CONCLUSION

Within the limitation of the study it concluded that.

- 1) Bped student have low level of anxiety in BAI scale. As their overall mean score is 20.09 and maximum number of student (82/143) are fall under this level which is 57.34%.
- 2) Further the study concluded that Bped student also fall under mild severity level as their Overall mean score is 17.56 and maximum number of respondent (66/143) are fall under this level which is 46.15 %.

5.3 RECOMMENDATIONS

From the results of the study the following recommendations are drawn

- i. The study may be used by the teacher, trainer to understand the perception of student towards anxiety.
- ii. Similar study may be conducted on anxiety towards the other college students.
- iii. Similar study may be conducted on physiological variables.
- iv. Similar study may be conducted for compare of state board and central board affiliated school student's anxiety.
- v. Similar study may be conducted with larger sample size.
- vi. The result of the study would contribute for preparing curriculum for students.
- vii. Similar study is necessary to examine the effect of anxiety on performance for the different age in large sample with stratified sampling technique.
- viii. Further similar research may be undertaken considering female student also.

APPENDIX-II



MUGBERIA GANGADHAR MAHAVIDYALAYA

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Date.....

From — The Principal / Secretary,

TO WHOM IT MAY CONCERN


I have the pleasure to certify that **Nibedita Saren**, PG 4th Semester student of the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur has collected randomly data from B.P.Ed Male & Female students for her Dissertation Work entitled as "Study on Anxiety of BPED students of Mugberia Gangadhar Mahavidyalaya".

This data will be used for academic purpose only.

Wishing her every success in life.

 31-07-23
(Dr. Swapan Kumar Misra)

Principal


Principal
Mugberia Gangadhar Mahavidyalaya

