STATE-TRAIT ANXIETY AMONG MALE AND FEMALE INDIVIDUALS IN A COVID-19 PANDEMIC SITUATION

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ABSTRACT:
The present research study aimed to compare anxiety between Male and Female individuals in COVID-19 pandemic situation. The total sample size was 60 which were selected purposively from Baramati city. Each group consisted of 30 individuals (N=30 Males; N=30 Females). State-Trait Anxiety Inventory for adults constructed by Charles D. Spielberger used for data collection. Between group research design was used. To find gender difference the data was analyzed by using independent sample't' test. The findings show that females have higher level of State Anxiety as compared to male individuals.

KEYWORDS: *COVID-19 pandemic situation, State and Trait Anxiety, Gender.*

INTRODUCTION

COVID-19 spread is prevented by social distancing and for that isolation and lockdown proved as the effective strategies. To apply these strategies one has to stay away from family, friends and other social support system which leads to some psychological issues like loneliness, anxiety and depression. People who show signs of COVID-19 should separate from others for 7-14 days, while people without symptoms should practice social distancing and wash their hands regularly. The implementation of these health policies, despite the positive consequences, has caused adverse psychological effects. Anxiety related illness, loss of jobs, financial problems, fear of death and dozens of other consequences. These conditions threaten the psychological state of individuals within the community and cause significant anxiety and worry. Due to those mental results, which includes tension, and other effects such as job loss and unemployment loneliness, decreased life expectancy, and lack of social assist, peoples may criticizing themselves and others for now not fulfill their own and their family's desires consequently thus taking note of the psychological effects of the COVID-19, including anxiety. Anxiety is two types- state anxiety and trait anxiety.State anxiety is a temporary condition of anxiety, perhaps brought on by situational circumstances. Trait anxiety is a long-standing quality of anxiety that has become a part of the person's personality.

Anxiety and COVID-19 has been shown to be associated with outcomes in both male and female individuals. However, there has been limited data, especially from India, which has specifically

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examined whether male or a female individual are associated with an increased likelihood of Co-morbid Anxiety in COVID-19 pandemic situation. So present study is an attempt to find out gender difference on state anxiety and trait anxiety as impact of COVID-19 pandemic situation.

OBJECTIVE OF THE STUDY:
1. To study the state anxiety level of male individuals.
2. To study the trait anxiety level of female individuals.
3. To compare state - trait anxiety level among male individuals and female individuals in a COVID -19 pandemic situation.

HYPOTHESES: -
1. There will be a significant difference on state anxiety among male and female individuals.
2. There will be a significant difference on trait anxiety among male and female individuals.

Method:
Variables:
- Independent variables: Gender-Male Individuals and Female Individuals
- Dependent variables: -Level of State Anxiety and Level of Trait Anxiety

The sample chosen for the present study consist of total N=60 young adults from Baramatitaluka. Out of total 60 samples 30 were Male Individuals and 30 were female individuals. The purposive sampling method was used to collect the required data. Due to COVID pandemic situation data collection was done in small convenient groups using social distances, participants were asked to wear Masks, Sanitizer their hands and follow other COVID -19 protocols. Paper and pencil method were used for administration. Participants were asked to fill up the initial, necessary information on their answer sheet and circle the most appropriate answers.

Gender	N (Number of Samples)
Male Individual	30
Female Individual	30
Total (N)	60

Tools Used for Data Collection
State Trait Anxiety Inventory: - It is self-report inventory developed by Charles Spielberger. It consists of 40 statements (State anxiety-20 and Trait anxiety-20). Inter-consistency reliability index ranging from 0.86 to 0.95 and test-retest reliability ranging from 0.65 to 0.75. Satisfactory construct and concurrent validity. Higher scores indicate high anxiety.

Statistical Analysis and Discussion:
The Mean (M) and Standard Deviation (SD) was used as a descriptive statistics. Also, parametric technique like independent sample 't' test method was used to compare state and trait anxiety level between male and female individuals.

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Table No: 1 Mean and SD score for individuals on State and Trait Anxiety.

| Variables	N	Mean	SD
State Anxiety	60	46.4500	9.74319
Trait Anxiety	60	48.7833	8.46747

Table no: 1 indicates Mean (M) on state anxiety for both Male and Female individuals is (M) = 46.45 similarly, mean calculated for Trait Anxiety was (M) = 48.78 respectively.

The Overall Standard Deviation (SD) calculated for both male and Female individuals on State Anxiety is (SD) =9.74 and Trait Anxiety is (SD) = 8.46.

Table No.2 The difference between State Anxiety level of Male and Female individuals with the 't' test

Variables	Group	N	M	S.D.	't'	df	Significance
State - Anxiety	Male Individuals	30	44.03	8.21	-1.967	58	.05
	Female Individuals	30	48.86	10.66			
Trait - Anxiety	Male Individuals	30	47.13	7.64	-1.526	58	.13
	Female Individuals	30	50.43	9.04			

Here, in Table No.2 an attempt is made to find out the difference between State Anxiety level of Male and Female individuals with the't' test. Results of the independent-samples t-test show that mean of State Anxiety differs for Male individuals (M = 44.03, SD = 8.21) and Female individual (M = 48.86, SD = 10.66) at the .05 level of significance (t = -1.96, df = 58). Thus, it is clear that there is significant difference level of state anxiety of Male and Female individuals. Hence our stated hypothesis the State Anxiety level among female individuals will be more as compared to Male Individuals is accepted. The table also indicates mean difference on Trait Anxiety of male (M = 47.13, SD = 7.64) and female (M = 50.43, SD = 9.04) individuals which was not significant (t = -1.52, df = 58), thus stated hypothesis that there will be significant difference between male and females individuals on state anxiety is rejected.

Graph: 1 Mean on State and Trait Anxiety of Male and Female Individuals

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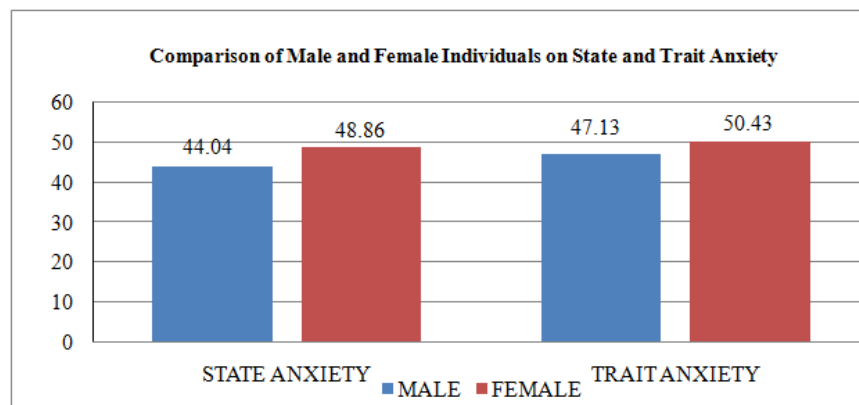
The above graph indicates the values of mean on state and trait anxiety for male individuals and female individuals.

A previous study has also shown similar result as reported by Wakhode, et, al. (2020) which examines the stress levels associated with perceived stress and general anxiety in the Indian population and the stressors responsible for them are associated with lockdown period during the COVID-19 pandemic. The findings suggest that the psychosocial impact of all these conditions on India's population was significant and women, youth and unemployed are vulnerable groups for anxiety and stress related issues. The findings of this study are in consonance with the findings of Gopal, A., and colleagues (2020) which shows that during the COVID-19 pandemic, stress, anxiety, and depressive symptoms were found to increase statistically significantly. In addition, it was found that this increase in adverse psychological consequences was greater in women than in men.The result of the current study supported by the findings of Raj, R., et al. (2020) evaluated the anxiety level among Male and Female population. The result reported that statistically significant difference observed among male and female male participants in relation to anxiety.In conclusion the anxiety level was significantly higher in female as compared to male. The result of this present study has in line with the research conducted by Hou, Fengsu, et al. (2020) examined the gender differences between depression and anxiety among social media users in China. They also investigated the factors associated it during COVID-19 epidemic. The findings show that COVID-19 has a higher incidence of depression and anxiety in the population of China, the results also shows that women experiencing worse anxiety symptoms than their counterparts. The findings of this study are in consonance with the findings of Calvarese, Michelle (2015) founds that there was a significant difference between men and women in their response to stress. In general, more women experienced higher levels of depression, frustration, and anxiety than men. The results of present study supported by the findings of Srivastava, A. et al. (2020) as the results shows that Indians have a high incidence of mental health problems during the outbreak of COVID-19 and that there is a positive association between anxiety, obsession and fear.Whereas Wani, F. & Colleagues (2020) studied the effect of COVID-19 on mental health in Kashmir vally by using online survey method the study was conducted. Findings show that 49.5% were depressed, 34.8% suffering from anxiety while 22.3% were under stress. Women's, young age, high levels of education and unemployment were risk factors for higher psychiatric morbidity. The current findings are supported by the finding of Wang et al. (2020). They studied Psychological effects of COVID-19 in the general population. The findings revealed that more than 50% of the population had psychological problems from moderate to severe level while one third peoples from total sample experience anxiety from moderate to severe level. Various literatures review discussed indicating similar results that level of female individual's anxiety is generally more than that of male individuals. Both women and men seem to be reacting to life events differently. Women tend to be stressed and can increase anxiety. There is significant difference in level of State Anxiety among Male and Female individuals respectively. The level of State Anxiety among female is more than that of male individual. State anxiety can be defined as temporary emotional states that consist of anxiety, nervousness, and physiological consequences such as increased breathing and heart rate. Anxiety in the current situation is common due to this unknown disease and uncertainty about the future. Also, people face chronic stress and ambiguity that goes beyond their control. Psychological studies of the Coronavirus have also shown women report more psychological consequences than men, such asanxiety. Therefore, Psychological professionals must concentrate to those differences and psychological challenges.

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