

A Study to Assess the Knowledge Regarding Anxiety and Its Management Among Undergraduate Students in Selected College of Aizawl, Mizoram with A View to Develop an Awareness Programme by Using Pamphlets

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Abstract—**BACKGROUND:** Anxiety has been climbing globally in a major way. By 2026, research shows about 678 new cases per 100,000 people every year worldwide. This is hitting hardest with teenagers and young adults aged 10 to 24, where new cases have shot up over 52% since the nineties, with a really sharp jump after that 2019-2022 global health crisis. Incidence is different from prevalence—it's not about how many people have it right now, but how fast it's spreading through a population. Wealthier regions, mainly North America and Western Europe, are seeing the worst numbers, sometimes over 900 new cases per 100,000 annually, which points to modern stuff like intense workplace pressure and being glued to screens as the main culprits behind new anxiety cases. **OBJECTIVE:** The objective of the study was to assess the knowledge regarding anxiety and its management among undergraduate students in selected college of Aizawl, Mizoram.

METHOD: Quantitative research approach, non-experimental research design (descriptive research design). Data was collected from 100 undergraduate students in selected college of Aizawl, Mizoram using non-probability convenient sampling technique. The collected data was analyzed by using descriptive (frequency and percentage distribution) and inferential statistics (Chi-Square).

RESULT: Findings of the study reveals that out of 100 participants - Majority 93(93%) of the participants were from 17-21 years, 51(51%) of the participants were male, 58(58%) of the participants were from nuclear family, 70 (70%) of the participants were from urban areas, 54 (54%) of the participants source of information were from mass media, 35(35%) of the participants were from science as well as commerce stream, 57 (57%) of the participant's father were in government services, 36(36%) of the participant's mother were educated up to

high school and 38 (38%) of the participant's father were educated up to graduate and above .There was significant association between the knowledge score with selected demographic variables of undergraduate students namely gender (0.03) and source of information (0.04) among undergraduate students at 0.05 level of significance ($p=0.05$). **CONCLUSION:** Thus, the result shows that the undergraduate students in selected college of Aizawl, Mizoram have moderate knowledge regarding anxiety and its management and can be concluded that spreading up to date knowledge, awareness about anxiety and its management will enable to improve their knowledge and practices.

Index Terms—Assess, Knowledge, Awareness programme, Knowledge and Anxiety Management

I. INTRODUCTION

According to WHO, anxiety is defined as a natural human emotion characterized by feelings of tension, worried thoughts, and physical changes.

Basically, it's an evolutionary survival thing designed to flag potential threats and kick off that "fight-or-flight" response. But when those feelings of dread or unease stick around, become overwhelming, and don't match what's actually happening, they can really mess with how you function day-to-day. Unlike regular stress, which usually fades once a situation resolves itself, clinical anxiety tends to hang on, showing up through emotional stuff like restlessness alongside physical signs—racing heart, shallow breathing, that kind of thing.

II. PROBLEM STATEMENT

A study to assess the knowledge regarding Anxiety and its management among undergraduate students in selected college of Aizawl Mizoram with a view to develop an awareness program by using pamphlet.

HYPOTHESIS

H₁: There is significant association between the knowledge score with selected demographic variables of undergraduate students in selected college of Aizawl, Mizoram.

III. METHODOLOGY

The objective of the study was to assess the level of knowledge regarding anxiety and its management among undergraduate students in selected college of Aizawl, Mizoram regarding anxiety and its management and to find out the association between the knowledge score with selected demographic variables of undergraduate students in selected college of Aizawl, Mizoram. The research approach chosen for the study was Quantitative Research Approach and Non-experimental research design (descriptive research design) was selected. The study was conducted among undergraduate students at Pachhunga University College, College Veng, Aizawl, Mizoram. Formal permission was obtained from each participant. All participants were assured of their privacy and confidentiality.

SAMPLE SIZE:

The sample consist of 100 undergraduate students in selected college of Aizawl, Mizoram.

SAMPLING TECHNIQUE:

Non probability Convenient Sampling Technique

IV. DATA COLLECTION

The tools for data collection were:

Section A: Demographic variables

Section B: Self-administered Structured Questionnaire

Formal permission for data collection was taken from the concerned authorities. The data collection was done on 20th April 2026 and was collected after taking informed consent from the students and ensuring confidentiality of the data collected. The knowledge

score was assessed using a Self-administered Structured Questionnaire.

DATA ANALYSIS

The data were analyzed and interpreted in accordance with the objectives of the study by using descriptive and inferential statistical methods. Frequency and percentage distribution methods were used for the analysis of demographic variables in the study.

Table 1: Frequency and Percentage distribution according to demographic variables

n=100

DEMOGRAPHIC VARIABLES	FREQUENCY (f)	PERCENTAGE (%)
AGE IN YEARS		
16-21	94	94
22-26	6	6
GENDER		
Male	51	51
Female	49	49
STREAM		
Science	30	30
Commerce	35	35
Arts	35	35
EDUCATIONAL STATUS OF MOTHER		
Illiterate	-	-
Primary School	7	7
Middle School	7	7
High School	36	36
Higher Secondary School	18	18
Graduate And above	32	32
EDUCATIONAL STATUS OF FATHER		
Illiterate	1	1
Primary School	6	6
Middle School	7	7
High School	23	23
Higher Secondary School	25	25
Graduate And above	38	38
PARENTS OCCUPATION		
Unemployed	-	-
Daily Wager	20	20
Private Services	23	23

Government Services	57	57
TYPE OF FAMILY		
Nuclear Family	58	58
Joint Family	26	26
Extended Family	1	1
Single Parent Family	15	15
AREA OF RESIDENCE		
Urban	70	70
Rural	30	30
SOURCE OF INFORMATION		
Health Personnel	10	10
Family	18	18
Friends	8	8
Mass Media	54	54
No Information	10	10

The above Table 1 depicts the majority 94(94%) were 17-21 years of age, 51(51%) were Male, 35(35%) were in commerce as well as arts, 36(36%) of participants mothers were in high school level, 38(38%) of participants fathers were in graduate and above, 57(57%) of participants parents were in gov't services, 58(58%) were from nuclear family, 70(70%)

were from urban areas and 54(54%) gather information from mass media.

Table 2: Frequency and percentage distribution of knowledge score regarding Anxiety and its management among undergraduate students.

n=100

LEVEL OF KNOWLEDGE	KNOWLEDGE SCORE	
	Frequency(f)	Percentage (%)
Inadequate knowledge (0-9)	28	28
Moderate knowledge (10-14)	58	58
Adequate knowledge (15-20)	14	14

The above table 2 shows that 28 (28%) of participants scored in the inadequate knowledge range, 58 (58%) fell into the Moderate Knowledge category, and the 14(14%) demonstrated Adequate Knowledge. This indicates a varied baseline understanding among participants had possessed moderate knowledge.

Table 3: Association between knowledge score with selected demographic variables among undergraduate students.

n=100

Demographic Variables	Knowledge Score			Chi - Square ^(x²)	df	P - Value	Inference
	Inadequate	Moderate	Adequate				
Age				1.44	2	0.48	NS
16-21	26	55	12				
22-26	2	3	2				
Gender				16	2	0.03	S
Male	16	32	3				
Female	26	12	11				
Stream				6.31	4	0.07	NS
Science	-	2	-				
Commerce	6	15	-				
Arts	22	41	14				
Educational Qualification of Mother				5.55	10	0.85	NS
Illiterate	-	-	-				
Primary School	1	4	2				
Middle School	1	6	-				
High School	13	18	5				
Higher Secondary School	4	11	3				
Graduate And above	9	19	4				
Educational Qualification of Father				11.9	10	0.29	NS
Illiterate	1	-	-				

Primary School	-	5	1				
Middle School	1	4	2				
High School	6	11	6				
Higher Secondary School	8	16	1				
Graduate And above	12	22	4				
Parents Occupation							
Unemployed	-	-	-				
Daily Wager	5	10	5				
Private Services	3	18	2				
Government Services	20	30	7	7.36	6	0.28	NS
Type Of Family							
Nuclear Family	14	34	10				
Joint Family	10	12	4				
Extended Family	-	1	-				
Single Parent Family	4	11	-	5.87	6	0.43	NS
Area Of Residence							
Urban	19	39	12				
Rural	9	19	2	1.97	2	0.37	NS
Source Of Information							
Health Personnel	2	6	2				
Family	1	16	1				
Friends	5	3	-				
Mass Media	18	26	10				
No Information	2	7	1	15.54	8	0.04	S

*p<0.05 Level of Significance

NS=Not Significant

The data presented in Table 3 revealed that significant association was obtained between the knowledge score with selected demographic variable i.e., Gender and Source of information at 0.05 level of significance (p<0.05).

The other demographic variables like Age, Stream, Educational status of mother, educational status of father, Parents occupation, Type of family and Area of residence regarding anxiety and its management among undergraduate students were found non-significant.

Hence null hypothesis (H₀) is rejected and research hypothesis (H₁) is accepted with respect to Age, Stream, Educational status of mother, educational status of father, Parents occupation, Type of family and Area of residence regarding anxiety and its management among undergraduate students.

V. CONCLUSION

The present study was conducted to evaluate the knowledge regarding anxiety and its management in selected college of Aizawl, Mizoram. Based on the experience gained and during the period of the study, knowledge regarding anxiety was not adequate. Spreading up to date knowledge, awareness about anxiety can change a person lifestyle. The main aim of the study was to assess the knowledge regarding anxiety and its management among undergraduate students.

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