
GENDER ON MOOD STATES

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ABSTRACT

The purpose this Study of Mood State on Male and Female Adolescents. Total sample of present study 120 Adolescents, in which 60 Male Adolescents (30 Urban and 30 Rural Adolescents) and 60 Female Adolescents (30 Urban and 30 Rural Adolescents). The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Non- probability purposive Quota Sampling will be used. The data was collected by using the Eight state Questionnaire developed by Catell and Curran (1973) and this Questionnaire Indian adaption by Kapoor and Mahesh Bhargava (1990). The data was analyzed by using descriptive Statistics and ANOVA. Results show that 1) there is no significant difference between Male and Female Adolescents on Anxiety, Stress, Depression, Regression, Guilt and Arousal. 2) Male Adolescents high Fatigue than Female Adolescents. 3) Female Adolescents high Extraversion than Male Adolescents.

Key words: - Adolescents, Male, Female. Mood States.

1. INTRODUCTION

Adolescence period is a turbulent time wherein a lot of changes are happening in the child physically, emotionally, socially and morally. It is called a period of stress and strain, storm and strife all capacities physiological as well as psychological are reaching a peak. Emotionally the child is like a volcano which on even the slightest provocation is ready to erupt and at sometimes just like a cool sea which takes everything in its stride. Indeed, it is considered as a critical period of development. After a long period of relatively stable behavior the child suddenly becomes imbalanced, unpredictable and unstable as he emerges into adolescence. The varied problems that confront the adolescent are problems related to physical, mental and emotional maturity, problems regarding educational and vocational choices.

Anxiety is unique among personality variable in its constructive and destructive potential without it the organism cannot survive yet can perpetuate the most primitive and enables him to make maximum use of his resources. Anxiety is both a concept and a personality trait. It is a pervasive and significant motivational dimension in personality and has been found to be a factor of considers value importance in influencing and directing human behavior and performance.

The term stress is used to describe the situations in which a person feels inner conflict or threatened beyond his capacities, as well as his emotional and psychological reactions to such situations. Stress as the pattern of specific and nonspecific response an organism marks to stimulus event that its ability to copy. Depression is of often felt in a moral degree but sometimes, when the depression is exaggerated out of proportion to the event and continuous to cross the limit, where many of us being to recover and then it is termed as neurotic Depression. Exaggerated depression is often of a reaction a loved one, lasing a job, retirement ignorance and decreasing efficiency.

Development may follow a progressive forward movement or a regressive backward movement, when frustration circumstances interrupts the forward going movement, the libido is there by prevented from being invested in extraverted or environment oriented values as a consequence, the libido marks a regression into the unconscious and invests itself, in and invests itself in introverted values. We might expect something a kin regression to occur merely on the basic of the frequent failure of newly learned reactions.

Fatigue diminished productivity efficiency or ability to carry on work because of previous expenditure of energy in doing work, on the subjective side of complex of sensation and feeling and the increase the increased difficulty of carrying on experienced after a prolonged spell of work, most be distinguished from Borden which may be described as a subjective feeling fatigue.

Guilt is sense of an emotional conflict arising out of real or imaged contravention or social standards in acts or thought. Guilt is the emotional feeling associated with the realization that one has highly violated an important social, moral or esthetical regulation.

Extraversion means an outward turning of the libido. Extraversion is an outgoing transference of interest from the subject to the object. The state of Extraversion means a strong, if not exclusive, deter aversion by the object. The extratensive person shows more outgoingness, more labile emotions and feelings, stereotyped intelligence and greater motor skills, in contrast to extroversive who has greater creativeness, more individualized intelligence more stable emotions and less easy contacts with the physical and social world outside.

Arousal can be defined as dimension representing in psychological and psychological state of an organism. Arousal is a good thing because it keeps a person working and alert but too much a Arousal in disorganization of thought and performance. Arousal is good think because it keeps us working and alert but too much Arousal result in disrgization of thought and performance. The degree of Arousal is an important part of Emotionality, for instance, high levels of Arousal, are present in Anger, fear and joy while low levels may accompany sadness and depression.

2. REVIEW OF LITERATURE

Chaudhary A. K. and , Deepika Jain, (2014), Surya Prabha , (2017) and Patel V & Jain A (2017) this study found that the level of anxiety in male adolescent subjects is higher than female subjects. Anjana Srivastava , Sadia Habib & Vijayshri, (2019) this study found Female adolescents have more anxiety than male adolescents. Sankar , S. and Wani M. Amin, (2016) this study results reveal that the significant difference was found between the male and female subjects in respect depression. Akande, et al., (2014) ,Kumar R, Singh K, Kumar R., (2017) this Study found that female adolescents students showed higher stress than Male adolescents students. Mohan and Rajeshwaran, (2019) this study found that male students have been found to be higher on the mood states of depression and fatigue than the female students.

STATEMENT OF THE PROBLEM

To Study of Mood State on Male and Female Adolescents.

OBJECTIVE OF THE STUDY

- To Search the difference between Male and Female Adolescents on Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion and Arousal.

HYPOTHESIS OF THE STUDY

- There will be no significant difference between Male and Female Adolescents on Anxiety, Stress, Depression, Regression, Fatigue, Extraversion and Arousal.

3. METHODS

SAMPLE:

Total sample of present study 120 Adolescents, in which 60 Male Adolescents (30 Urban and 30 Rural Adolescents) and 60 Female Adolescents (30 Urban and 30 Rural Adolescents). The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Non- probability purposive Quota Sampling will be used.

RESEARCH DESIGN:-

2 X 2 Factorial Design used in the present study

VARIABLES USED FOR STUDY

Independent variables - Gender 1- Male Adolescents 2- Female Adolescents.

Dependent variables – 1) Anxiety, 2) Stress, 3) Depression,4) Regression, 5) Fatigue, 6) Guilt,7) Extraversion 8) Arousal.

4. RESEARCH TOOLS

EIGHT STATES QUESTIONNAIRE

This Questionnaire developed by Catell and curran (1973) and Indian adaption this Questionnaire by Kapoor and Mahesh Bhargava (1990). This Questionnaire has 96 items which covers 8 dimensions. There is 8 dimensions Anxiety, Stress, Depression, Regression, Fatigue, Extraversion and Arousal. Their forms Questionnaire each questions in the 85 Q has four options and is scored 0, 1, 2, or 3. The score of each item contributes to only one each from the highest possible raw score per form is 36. This Questionnaire reliability is .91 to .96 and validity is .62 to .92.

DATA ANALYSIS

The Mean and SD with graphical representation on Moods States was analyzed. A simple design was selected to adequate of statistical analysis of ANOVA in order to examine the roll of main as well as subsequently on Moods States.

5. RESULTS AND DISCUSSION

Table No.0 1 Show the Mean, SD and F Value of Gender on Anxiety.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Anxiety	Male Adolescents	16.63	4.32	60	118	0.833	NS
	Female Adolescents	17.26	3.53	60			

Observation of the Table No. 01 indicated that Anxiety of The mean value obtained by the Male Adolescents is 16.63 and SD 4.32 and Female Adolescents is 17.26 and SD 3.53. It is observed that the calculated 'f' value (0.833) is low than the table value (0.05= 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents on Anxiety.

Table No.02 Show the Mean, SD and F Value of Gender on Mood States.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Stress	Male Adolescents	14.98	3.47	60	118	3.511	NS
	Female Adolescents	16.38	4.59	60			

Observation of the Table No. 02 indicated that Stress of The mean value obtained by the Male Adolescents is 14.98 and SD 3.47 and Female Adolescents is 16.38 and SD 4.56. It is observed that the calculated 'f' value (3.511) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents on Stress.

Table No.03 Show the Mean, SD and F Value of Gender on Depression.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Depression	Male Adolescents	17.45	4.08	60	118	0.535	NS
	Female Adolescents	18.05	5.51	60			

Observation of the Table No. 03 indicated that Depression of The mean value obtained by the Male Adolescents is 17.45 and SD 4.08 and Female Adolescents is 18.05 and SD 5.51. It is observed that the calculated 'f' value (0.535) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents on Depression.

Table No.04 Show the Mean, SD and F Value of Gender on Regression.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Regression	Male Adolescents	16.33	4.14	60	118	0.142	NS
	Female Adolescents	16.01	5.14	60			

Observation of the Table No. 04 indicated that Regression of The mean value obtained by the Male Adolescents is 16.33 and SD 4.14 and Female Adolescents is 16.01 and SD 5.14. It is observed that the calculated 'f' value (0.142) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents on Regression.

Table No.05 Show the Mean, SD and F Value of Gender on Fatigue.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Fatigue	Male Adolescents	17.20	3.91	60	118	6.31	0.05
	Female Adolescents	15.55	3.71	60			

Observation of the Table No. 05 indicated that Fatigue of The mean value obtained by the Male Adolescents is 17.20 and SD 3.91 and Female Adolescents is 15.55 and SD 3.71. It is observed that the calculated 'f' value (6.31) is high than the table value (0.05 = 3.94 levels). That is to say that this null hypothesis is rejected and Alternative hypothesis is accepted. It means that Male Adolescents high Fatigue than Female Adolescents.

Table No.06 Show the Mean, SD and F Value of Gender on Guilt

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Guilt	Male Adolescents	15.75	3.99	60	118	2.933	NS
	Female Adolescents	17.03	4.42	60			

Observation of the Table No. 06 indicated that Guilt of The mean value obtained by the Male Adolescents is 15.75 and SD 3.99 and Female Adolescents is 17.03 and SD 4.42. It is observed that the calculated 'f' value (2.933) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents on Guilt.

Table No.07 Show the Mean, SD and F Value of Gender on Extraversion.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Extraversion	Male Adolescents	16.25	5.34	60	118	5.665	0.05
	Female Adolescents	18.50	5.34	60			

Observation of the Table No. 07 indicated that Extraversion of The mean value obtained by the Male Adolescents is 16.25 and SD 5.34 and Female Adolescents is 18.50 and SD 5.34. It is observed that the calculated 'f' value (5.665) is high than the table value (0.05 = 3.94 levels). That is to say that this null hypothesis is rejected and Alternative hypothesis is accepted. It means that Female Adolescents high Extraversion than Male Adolescents.

Table No.08 Show the Mean, SD and F Value of Gender on Arousal.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Arousal	Male Adolescents	15.86	5.10	60	118	0.61	NS
	Female Adolescents	16.10	4.94	60			

Observation of the Table No. 08 indicated that Arousal of The mean value obtained by the Male Adolescents is 15.86 and SD 5.10 and Female Adolescents is 16.10 and SD 4.94. It is observed that the calculated 'f' value (0.61) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents on Arousal.

6. CONCLUSION

- There is no significant difference between Male and Female Adolescents on Anxiety.
- There is no significant difference between Male and Female Adolescents on Stress.
- There is no significant difference between Male and Female Adolescents on Depression.
- There is no significant difference between Male and Female Adolescents on Regression.
- Male Adolescents high Fatigue than Female Adolescents.

- There is no significant difference between Male and Female Adolescents on Guilt.
- Female Adolescents high Extraversion than Male Adolescents.
- There is no significant difference between Male and Female Adolescents on Arousal.

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