



A STUDY OF SOCIAL SKILLS OF SECONDARY SCHOOL STUDENTS IN RELATION TO THEIR ACADEMIC ANXIETY

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ABSTRACT

The purpose of the study is to examine the relationship between social skills and academic anxiety of secondary school students of KGSSS Khanpur kalan , (Sonipat). 100 students of KGSSS composed a sample for this study. Social skills rating scale by Dr. Vishal sood , DR.(mrs.) Arti Anand and Suresh kumar and Academic anxiety Questionnaire by Prof. A. K. Singh , and Dr. A. Sen Gupta were employed to related the social skills and academic anxiety of students. Mean standard deviation and “ t’ test were used as statistical techniques to analyze the Data. The result of this study social skills and academic anxiety revealed a significant negative correlation and are to some extent related to each other.

KEY WORDS : Social skills , Academic Anxiety , secondary students

INTRODUCTION

Social skills refers to a set of abilities that help individuals to effectively communicate , build relationship , and interact with others in various social situations. they are provided with the opportunity to interact with others in a positive way .students often struggle with self confidence , effective communication and establishing positive relationships with their peers and teachers , these skills include but are not limited to :

1. **Active listening** : The ability to hear and understand what others are saying. It increase the skills of concentration , and reflect on what is being said . active listening needs to be fully involvement in the conversation . it improves social mutual understanding. It is a source of communication skills where we interact with society . Active listening means paying attention on a speaker , and listen carefully and comprehend the information.
2. **Empathy** : empathy means ,the ability of recognize and understand others ,emotions , perspectives, and feelings . the ability to share someone experiences and feelings by imagining what it would be like to be in that .it is a source of emotional intelligence . Empathy is a vast concept that refers to the emotional and cognitive response of an individual to observed feelings of another.
3. **Non – verbal communication** : The ability to interpret and use body language , facial expressions , and gestures to convey message and emotions. It is a type of communication in which message convey through facial expression, gestures and postures, eye contact, body language and sometimes by using some objects. it is helpful in communication with non – literate or people with hearing disabilities.
4. **Verbal communication** : The ability to effectively communicate thoughts, feelings and ideas through spoken or written words. Verbal communication is that type of

communication in which we use our convey message through verbally such as , speaking to someone over telephone , face to face , interview , presentation and so on...and in written communication we convey message through letters, E-mails, posters, charts, etc...

5. **Conflict resolution**: The ability to handle and resolve conflicts in a peaceful and respectful manners.
6. **Cooperation**: The ability to work with others towards common goals.
7. **Social awareness** : The ability to recognize and understand social norms and expectations in different situations .
8. **Self – regulations** : The ability to manage and control one ‘s own emotions, reactions, and behaviors in different social situations.
9. **Networking** : The ability to build and maintain professional and personal relationships.
10. **Adaptability** : The ability to adapt to different social environments and situations.

Academic Anxiety

Academic Anxiety also known as test anxiety , is a type of anxiety that occurs when individuals feel extreme worry or fear about their academic performances.

symptoms of academic anxiety may include :

1. Physical symptoms such as sweating , rapid heartbeat , nausea ,trembling.
2. Cognitive symptoms such as negative self – talk and catastrophizing.
3. Behavioral symptoms such as avoidance of academic tasks , procrastination , and reluctance to participate in class discussions or activities.

The causes of academic anxiety can vary, including excessive pressure from parents or teachers, fear of failure, embarrassment,



lack of confidence skills, and previous negative experiences with academic tasks or exams.

Managing academic anxiety may involve using relaxation techniques such as deep breathing, visualization and meditations, developing effective study habits, seeking supports from trusted individuals and taking steps to build self-esteem and confidences.

Review of The Literature

Review of the literature for both the variable it was done; a researcher observed that in India there are less experimental research in the social skills field's. That's why the researcher thought there was need to be study the effect of social skills training program on academic anxiety of secondary school students. The researcher decide to create the research to explore the effect of social skills on academic anxiety of secondary school students.

Objectives of Study

1. To find the social skills in relation to academic anxiety of secondary school students.
2. To compare the social skills of secondary school students
3. To compare the academic anxiety of secondary school students.

Hypothesis of the Study

1. H-1 There exists no significance relationship between social skills and academic anxiety of secondary schools students of KGSSS.
2. H-2 There exists no significant difference in social skills of secondary school students of KGSSS.

3. H-3 There exists no significance difference in social skills of secondary school students of KGSSS.

METHOD

Descriptive survey method was used in present study.

Population

All secondary student studying in IX and X in BPSMV of sonipat district cover the target Population of the study.

Sample

100 secondary school students of IX and X of BPSMV khanpur kalan, sonipat were selected For the sample of the study on the basis of random sampling methods.

Tool used

- Social skills rating scale (2012) by Dr. Vishal Sood & Dr. Arti Anand.
- Academic anxiety rating scale by Prof. A. k. Singh and Dr. A. Sen Gupta.

Statistical Techniques

- Mean
- Standard deviation
- 't' test and correlation were used to analyze the data.

Interpretation

H-1 There exists no significant relationship between social skills and academic anxiety of secondary school students of KGSSS.

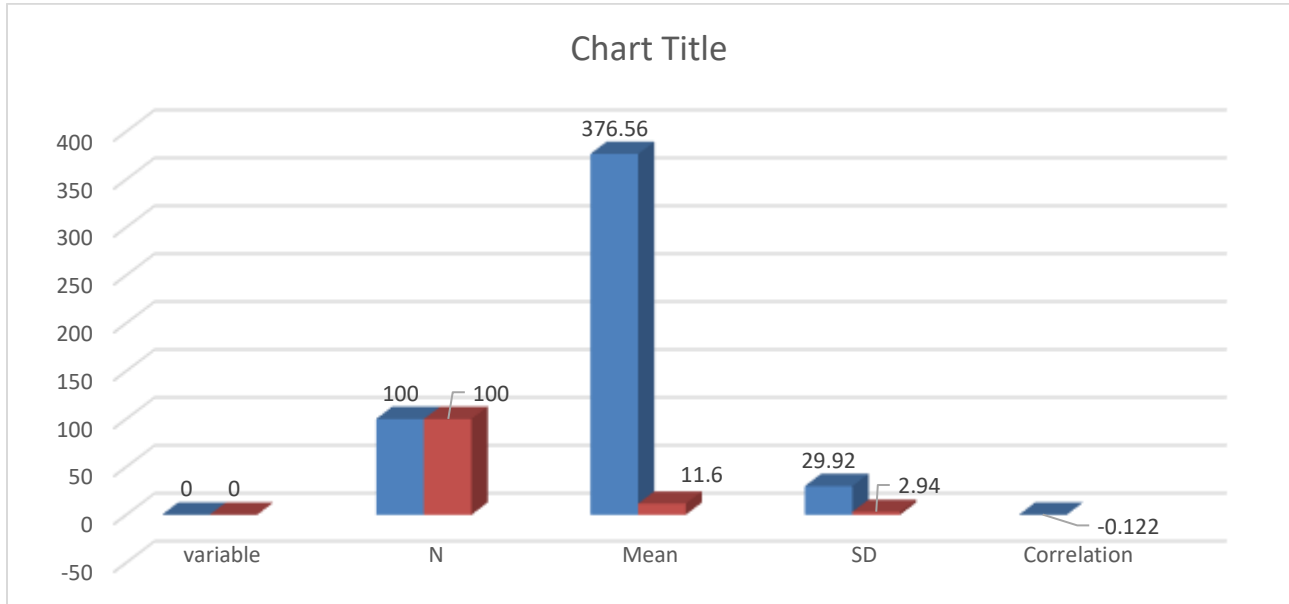
TABLE-1

Variable	N	Mean	SD	Correlation
Social skill	100	376.56	29.92	-0.122
Academic anxiety	100	11.60	2.94	

Interpretation

It is conclude from above table 1 that the computed 'r' value of social skill with academic anxiety is -0.122. so, it can be further interpreted that there is negative correlation etween social skill

and academic anxiety among student of KGSSS khanpur kalan bboth the variable are to some extend significantly related to each other. So the null hypothesis is rejected. Further it can be inferred that academic anxiety affect the social skill.



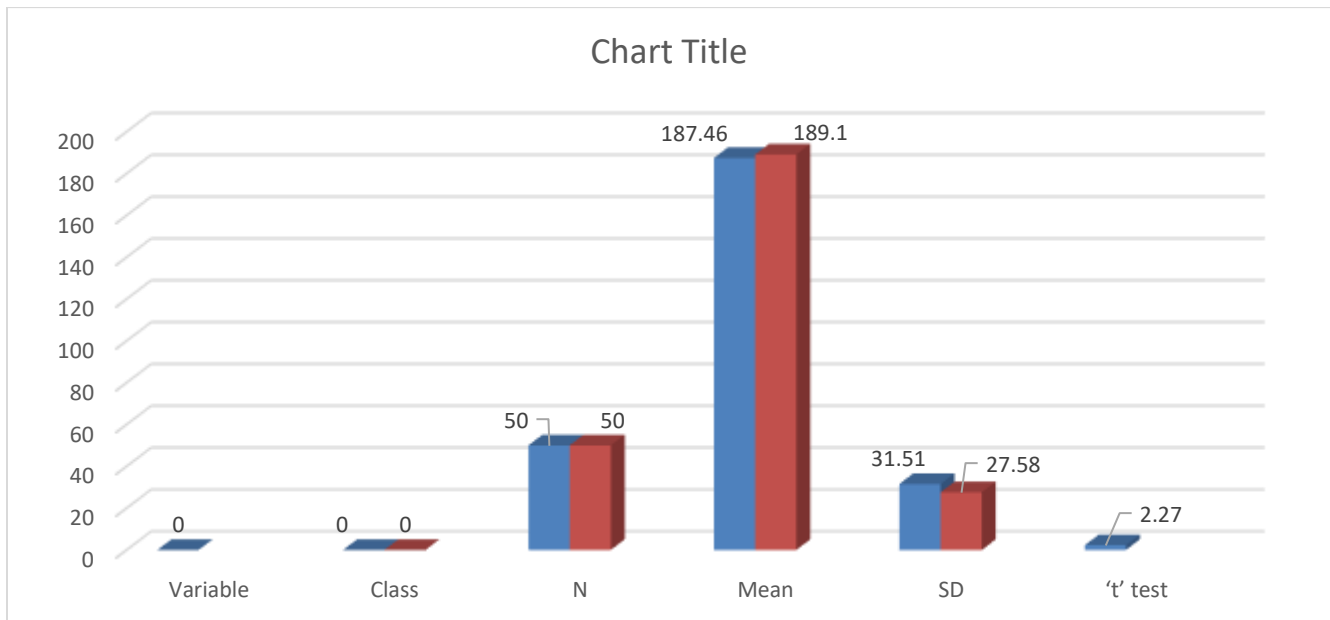
Interpretation

H-2 there exists no significant difference in social skill of 9th and 10th students of KGSSS khanpur kalan .

TABLE -2

Comparison of social skill of 9th and 10th students of KGSSS.

Variable	Class	N	Mean	SD	't' test
Social skill	9 th	50	187.46	31.51	2.27
	10 th	50	189.10	27.58	



Interpretation

From the above table 2 , it is a clear that the mean score of social skill of 9th class is 187.46 and 10th class students is 189.10 .the SD of 9th class and 10th class comes out be 31.51 and 27.58 respectively. 't' value between social skill and academic anxiety

is 2.27 . so the null hypothesis “ there exists no significant difference in social skill of 9th and 10th class student of KGSSS is rejected. The higher means score of 10th class student showed that social skill of 10th class students higher than the 9th class students.



H-3 there exists no significant differences in academic anxiety of 9th and 10th students of KGSSS.

TABLE-3

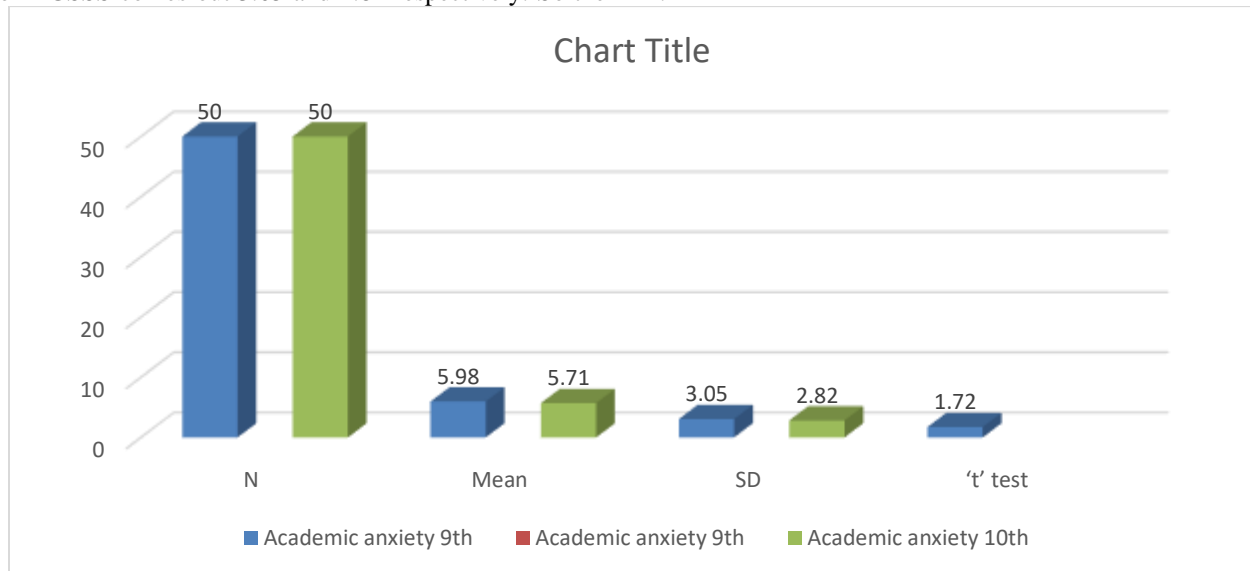
Comparison of academic anxiety of 9th and 10th students of KGSSS.

Variable	Class	N	Mean	SD	't' test
Academic Anxiety	9 th	50	5.98	3.05	1.72
	10 th	50	5.71	2.82	

Interpretation

From the table 3 , it is clear that the mean score of academic anxiety of 9th class students and 10th class students of KGSSS is 5.98 and 5.71 respectively. The SD OF 9th students and 10th student of KGSSS comes out 3.05 and 2.82 respectively. So the

null hypothesis “ there exists no significant differences in social skill of 9th and 10th student of KGSSS is rejected. it can be further inferred on the basis of higher mean score the academic anxiety are higher among 9th students in comparison of 10th class students .



CONCLUSION

The result of the present study indicated that there is negative correlation between social skill and academic anxiety among secondary school students of KGSSS. On the basis of this result it can be concluded care should be taken social skill of 10th class is higher than the 9th class students . academic anxiety of 9th class student is higher than 10th class students. Finally the relation between of social skill and academic anxiety is negative.

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