

## THE IMPACT OF COMPETITION ON PERSONALITY AND ANXIETY LEVEL OF STUDENTS [TEEN AGE]

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**There is an old saying; 'God helps those who help themselves'.** If one wants to achieve a certain goal, then he himself will have to take action and struggle with the situations. Obviously, it is the same thing that if you learn swimming, you will have to jump into the sea. Life is also an ocean and you cannot cross it until and unless you swim yourself. But there are people who always take the help of other's shoulders or expect some miracles to happen. They do not want to do anything themselves. They always search for the help of other persons. But this is wrong. If a person does not help himself and depends on others, he can never be successful, because even God himself will never help him. Practically, all human beings want to be rich, powerful, popular and famous. On the surface, it appears that we are competing with everyone else in the world and running a never ending rat-race.

**Competition** is the act of striving against another force for the purpose of achieving dominance or attaining a reward or a goal, or out of a biological imperative such as survival. Competition is a term used in several fields, including biochemistry, business, ecology, economics, music, politics, sports and education. Competition may be between two or more forces, life forms, agents, systems, individuals or groups, depending upon the context in which the term is used. Competition may yield various results to the participants, including both intrinsic and extrinsic rewards.

**Competition and Education:-** It is not surprising that education and competition are intimately related. On one hand, it is natural for children to compete and, therefore, understandable that competition is put to educational use. On the other hand, competition may be found so important in adult life, that a society especially educates their young to compete. Education theorists do not agree on whether competitive desires should be encouraged or constrained. One theory claims that, since competition is part of every culture and since education should transmit culture, it is necessary to incorporate competition into education to help children get used to it in later life.

### Statement of Problem

The problem can be stated as under:-"The Impact of Competition on Personality and Anxiety level of Students."

### Objectives

1. To study the impact of competition on students.
2. To study the impact of competition on personality of students.
3. To study the impact of competition on anxiety level of students.
4. To study the correlation in personality and anxiety

5. in the students having awareness of competition.
5. To study the sex wise difference in competition, personality and anxiety of students.

### Hypothesis

1. There is no significant impact of competition on personality of students studying in private and government schools.
2. There is no significant impact of competition on personality's physique dimension on students studying in private and government schools.
3. There is no significant impact of competition on personality's superiority dimension on students studying in private and government schools.
4. There is no significant impact of competition on personality's inferiority dimension on students studying in private and government schools.
5. There is no significant impact of competition on personality's introvert dimension on students studying in private and government schools.
6. There is no significant impact of competition on personality's extrovert dimension on students studying in private and government schools.
7. There is no significant impact of competition on personality of students.
8. There is no significant association of the impact of competition on the anxiety levels of students studying in private and government schools.
9. There is no significant correlation in personality and anxiety level of students studying in private schools.
10. There is no significant correlation in personality and anxiety level of students studying in government schools.
11. There is no significant difference of the impact of competition on personality of boys and girls.
12. There is no significant difference of the impact of competition on anxiety levels of boys and girls.
13. There is no significant difference in the spirit of competition on boys and girls.

### Design of the Study

#### Method of the Study:-

Normative survey method is used in the study.

#### Selection of the sample:-

The sample of the study consists of one hundred twenty students, thirty boys and thirty girls are from private schools and thirty boys and thirty girls are from government school.

#### Measurement of Tools

Keeping the requirement of the research in mind, the researcher has selected following tools-

- Ø Self made Questionnaire
- Ø Sinha's Comprehensive Personality test

Ø Comprehensive Anxiety test

### Statistical Techniques used

The statistical techniques used in the analysis of the data are the 't' test of significance,  $\chi^2$  test and correlation.

### Findings and conclusion

While completing research work, some results were drawn, A perusal of these results determine whether the hypothesis which was framed by the researcher before doing work is accepted or rejected.

The finding of the study were as follows:

1. It was found that there was a significant difference in the spirit of competition among students studying in private and government schools. The private students are having high spirit of competition.
2. It was found that there was a significant difference in the physique as a dimension of personality among students studying in private and government schools. The private students are more conscious towards physique.
3. It was found that there was a significant difference in the superiority as a dimension of personality among students studying in private and government schools. The private students are more superior in personality.
4. It was found that there was a significant difference in the inferiority as a dimension of personality among students studying in private and government schools. The private students are less inferior in personality.
5. It was found that there was a significant difference in the extrovert as a dimension of personality among students studying in private and government schools. The private students are more extrovert in personality.
6. It was found that there was a significant difference in the introvert as a dimension of personality among students studying in private and government schools.  
The private students are less introvert in personality.
7. It was found that there was a significant difference in personality among students studying in private and government schools.  
The personality of private students are is more developed.
8. It was found that there was a significant difference in the anxiety level among students studying in private and government schools.  
The anxiety of private students are is less than that of students studying in government school.
9. It was found that there is no significant difference in the personality and anxiety of students studying in private schools.
10. It was found that there is no significant difference in the personality and anxiety of students studying in private schools.
11. It was found that there is no significant difference

in the personality of boys and girls.

12. It was found that there is no significant difference in the anxiety of boys and girls.
13. It was found that there is no significant difference in the spirit of competition of boys and girls.

### Delimitations

1. The study is limited only to Jaipur city.
2. The study covers only few dimensions while some aspects are totally untouched.
3. The factors that play an important role in all round development of child are not dealt properly.
4. It does not involve other factors that also influence knowledge gaining processes.
5. The tests are conducted on small scale only.
6. Only few students and schools are taken at a time.
7. The sample is restricted to 120 students – 60 boys and 60 girls.
8. Normative survey method is used.

### Educational implications

Every research study should lead to improvement of educational scenario. In view of certain interesting results derived during the study, the investigator likes to offer some recommendations so that such results could be utilized for practical purposes. The investigator has been concentrating on the impact of competition on personality and anxiety level of studying in private and government school. The problem faced by students of government schools is that they lack in self-confidence, they are having less interaction with the qualified people. So it is needed that the environment in which they are living should be well developed and it is also required that the teacher and parents should develop the feeling of self-confidence among them.

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