

Research Paper :

Impact of anxiety relaxation techniques on the anxiety level of IIT students

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ABSTRACT

The research “Impact of Anxiety Relaxation Techniques on Anxiety Level of IIT Students” was undertaken in Indian Institute of Technology Delhi, the study was conducted on total sample of 50 adolescent boys through purposive random sampling. All the students were taken from B.Tech 1st year. The major objectives of this research were to assess anxiety among IIT students, to prepare and evaluate the effect of Anxiety Relaxation Techniques on the anxiety level of students. The tool used for the present study was self constructed by the researcher. Design of the study was based on pre and post testing. For the result the data was tabulated, coded and analysed by using appropriate statistical calculations. The result revealed that there is significant difference between the pre and post scores of students, which represent that Anxiety Relaxation Techniques have its beneficial effect on the students. Thus it can be concluded that anxiety is found in the students of IIT and Anxiety Relaxation Techniques are effective for the reduction of anxiety level in students.

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