CHAPTER V- SUMMARY OF FINDING AND CONCLUSION

In the previous chapter the data were discussed in tabular forms and results were interpreted with the help of statistical techniques. This chapter provides an overall summary, discussion of the findings and conclusions. The implication of the present study and some suggestions for further research are also furnished.

The present study make on attempt to find out the effectiveness of treatment of anxiety through systematic desensitization therapy among the college students. Also aimed to investigate the influence of demographic variables, certain important hypotheses were is formulated and tested for the present study. The major hypotheses verified in this study were there any significant difference in treatment of anxiety through systematic desensitization therapy between pre and post-test. Further it also examined to known the significant relationship among the selected variables anxiety, personality and procrastination. Further the study identify the influence of demographic variables an anxiety, personality and procrastination. From this study certain conclusions have emerged both accepting and rejecting the formulated hypotheses.

This investigation was conducted among a random sample of 150 college students from the faculty of Arts and Science, Annamalai University, Chidambaram, Cuddalore District, Tamilnadu. Anxiety, personality and procrastination, Scales were given to the students along with personal information sheet to collect necessary information and this is treated for data analysis. The data collected were statistically interpreted, discussed and conclusions were drawn.

5.1 STATISTICAL ANALYSIS

It was tried to see whether respondents do not significantly differ in their anxiety level between pre and post-test after applying systematic desensitization therapy. t-test proved that there is a significant effect in reducing anxiety between pre and post-test. After applying therapy
the students’ level of anxiety was reduced (Table-2). The Present study was supported by previous study by Kannappan. R. (2009) stated that intervention was significantly more effectively in bringing out changes in respondents anxiety level.

It was tried to see students whether significantly differ in their procrastination level between pre and post-test after applying systematic desensitization therapy. t-test proved that there is a significant effect in reducing procrastination between pre and post-test. After applying therapy the students’ level of procrastination was reduced (Table-3).

An attempt was made to see is there any association between anxiety and gender (Table-4). Result found that there is no association between gender and level of anxiety.

Further the research tries to examine is there any association between anxiety and faculty level (Table-5). Result reveals that there is no association between faculty and level of anxiety.

An attempt was made to see is there any association between gender and types of personality (Table-6). Result exhibits that there is no association between gender and types of personality.

The study also tried to find out is there any association between faculty and types of personality (Table-7). Result shows that there is no association between faculty and type of personality.

Also an attempt was made to examine is there any association between gender and level of procrastination (Table-8). Statistical result proved that there is no association between gender and level of procrastination.
Further study made an attempt is there any association between faculty and level of procrastination (Table-9). Result shows that there is no association between faculty and level of procrastination.

Also the investigator tries to find out is there any relationship among the selected variables. The correlation result shows that anxiety is positively and significantly related to personality (0.34) and procrastination (0.41). The present finding is supported by Chandra Bose, P and Neelakandan, R (2014). Personality is positively and significantly related to anxiety (0.34) and procrastination (0.47). So result concluded that there is a positive and significant relationship among the variables. Procrastination is positively and significantly related to anxiety (0.41) and personality (0.47) (Table -10). The present finding supported by previous study conducted by Sharma SCI (2003).

The study also tried to find out that the significant variations among the college students in their in anxiety level on the basis of demographic variables. The subjects shows significant changes in anxiety level on the basis of age, gender, locality, types of family, birth order, faculty, parents education, place of staying and parents income per annum (Table-11 to Table-20) based on various stages.

The study also tried to find out that the significant variations among the college students procrastination on the basis of demographic variables. The result proves that there is a significant difference on the basis of age, gender, and locality, types of family, birth order, faculty, parents’ education, and place of staying and parents income per annum (Table-21 to Table-30) after the various stages of intervention.
The study also tried to find out the influencing factor to determine anxiety (Table-31). The result found that age is predictor to determine the anxiety.

Stepwise regression result shows that locality and age are highly influenced by the anxiety level (Table-32). The locality and age both respondent is combined predictor to determine the anxiety.

It tried to find out the influence of the demographic variables on procrastination. There is a significant influences variable on procrastination (Table-33).

5.2 CONCLUSION

The aim of the present study is to known the effectiveness of systematic desensitization therapy to treat anxiety among the college students. Statistical result concluded that there is a significant effect in reducing anxiety and procrastination before and after intervention. After intervention (post-test), the respondent level of anxiety and procrastination was reduced. (P < 0101)

Also the correlation result concludes that anxiety is positively and significantly related to personality (0.34), and procrastination (0.41).

Anxiety

Students are significantly reduced in their anxiety level after intervention. t-test proved that there is a significant effect in therapy between pre and post-test.

Significant varying changes on their first, second and third sequences, also decreased level of anxiety on the basis of age, gender, locality, types of family, birth order, faculty, parents education, place of staying, and parents income per annum.
**Procrastination**

Students are significantly improved in reducing the procrastination level. t-test proved that there is significant effect in therapy between pre and post-test.

Further Significant changes on their first, second and third sequences, in their level of procrastination on the basis of age, gender, locality, types of family, birth order, faculty, parents education, place of staying, and parents income per annum.

**Personality**

The result reveals that the personality was highly associated with gender and types of personality. Also the analysis exhibits the personality was highly associated with faculty.

**5.3 IMPLICATION OF THE STUDY**

Over the past years many researches proved that various psychological interventions help to reduce anxiety and to develop academic achievement. Therefore the educational institution often conducted psychological assessment to measure the students’ psychological problems such as anxiety etc. To overcome these, with the help of experts, psychological therapies, training programmes related to life skill training, Attitude change etc, are to be arranged. These programmes help for improving academic Excellency and dealing with challenges. To bring the awareness in the society about anxiety disorders, Psychologist along with the social worker, must conduct camp to create awareness programmes and to educate the society regarding the anxiety related psychological problems and their complications. Further anxiety provoking simulation focused treatment which includes intensive behavior relaxation intervention therapy that must be administered by psychologist.
Students do not end only in therapy applying. It should be follow-up and regularities through relaxation behavior and improve their psychological well being. Systematic desensitization therapy will help to reduce anxiety, with the hierarchy scenes and relaxation techniques. Other supportive therapy like Homeopathy, Aromatherapy, Therapeutic massage, Acupuncture, some people found such therapies helpful reducing the symptom of anxiety. Physical exercises, Social skill training and peer support, also helps to solve the psychological problems. Lisa M. Schab, Lcsw (2012).

5.4 SUGGESTION FOR FURTHER RESEARCH

There are many ways this experimental study could have been strengthened and still much left to learn about the various other psychological reactions related to anxiety. Some of the possible areas that required further research. Understanding into these areas will greatly contribute to our understanding of the psychosocial intervention. The following areas may included

1. Experiments to be carried out in control group also.
2. Duration of giving intervention must be increased.
3. Two or more therapies in combination can be implemented to treat anxiety.
4. Subjects may taken from higher secondary level, service organization such as hospitals, educational institutions and other well organized centers of social service, might be included in further research.
5. The geographical scope of the study can be extended beyond the state of Tamil Nadu (Chidambaram) including other states of India.
6. Only psychosocial intervention is given to the subject other than this even other interventions techniques can also be given.
7. Further the study may also be extended to different age groups.
5.5 SUMMARY

The aim of the present research is to know the effectiveness of treatment of anxiety through systematic desensitization therapy. Study examined to know the level of anxiety, types of personality and procrastination. Standardized psychological tools were used to collect the necessary data. 150 samples were selected from faculty of Arts and Science, Annamalai University, Chidambaram, Cuddalore district, Tamilnadu. To test the objectives and hypotheses certain statistical tools such as t-test, F-test, Correlation, Chi-square and Regression were used. Based on the analysis some of the conclusions were arrived. The result concluded that there is a significant effect in reducing anxiety through systematic desensitization therapy. Further result concluded that there is a significant relationship among anxiety level, personality type and procrastination also there is a significant influence of demographic variables (age, gender, locality, type of family, birth order, medium of instruction, faculty, parents’ education, place of stay, parents’ income) on treatment anxiety, personality and procrastination.