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A Study of State and Trait Anxiety in Medical College Students

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Back ground and Aim: Comparing to general population medical college students are showing higher levels of anxiety. So, this study was conducted to evaluate State and Trait anxiety in medical college students and its association with sociodemographic variables and institutional factors like year of education.

Materials and Methods: A cross-sectional study with a random sample of (n=210) medical college students at government medical college, Nizamabad was performed. State Trait Anxiety Inventory (STAI) was used to measure anxiety symptoms and its association with sociodemographic and institutional factors. Modified Kuppaswamy Scale was used to measure socioeconomic status.

Results: Medical students having anxiety symptoms on STAI- State anxiety 10% low severity, 64.3% medium and 25.7% high severity. STAI- Trait anxiety scores were 9% low, 58.6% medium and 32.4% high scores. 60% of the sample belongs to sub urban area which is statistically significant (P value <0.0001) and majority were first year medical students (42.9%) which is also statistically significant (P value <0.0001). Year of education showing significant levels of trait anxiety symptoms among medical college students (p value 0.020*).

Conclusion: Medical college students are having medium levels of anxiety symptoms, male gender having increased levels of anxiety symptoms comparing to females. First year medical students having increase in State anxiety symptoms and Second year medical students having high Trait anxiety symptoms.

Keywords: Medical student, state anxiety, trait anxiety.

Biography

Dr A Vishal has completed his MD psychiatry at the age of 32 years from NTR university of health sciences Vijayawada. Now working as assistant professor of psychiatry at government medical college Nizamabad, Telangana, India.

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