# " A COMPARATIVE STUDY OF DEATH PHOBIA AMONG URBAN AND RURAL ADULTS"

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ABSTRACT

A severe fear of death or the dying process is referred as "Thanatophobia". One more name for this condition is "demise uneasiness." It's possible that you're worried about your own death or the death of a loved one. A phobia is a severe feeling of anxiety or worry about specific things, situations, or activities. An anxiety disorder is a specific phobic disorder like thanatophobia. Phobias include claustrophobia, which is a fear of small enclosed spaces, and aerophobia, which is a fear of flying. It is normal to worry about dying or passing away. After all, being afraid of the unknown

is normal. You may believe that dying will be terrifying, painful, or lonely. But if you have thanatophobia, your daily life is impacted by your fear of death. It might make it hard to get along at school, at work, or in social settings. You might encounter real symptoms, for example, a fit of anxiety, when you contemplate passing on. Or on the other hand you could make a special effort to abstain from discussing demise or the withering system. There is a fair amount of research indicating that certain people are more likely to experience dread of death during their lifetimes. However, we do not have a clear understanding of the reasons why some people experience severe anxiety about death and others do not. The fear of death frequently affects retired, elderly, or terminally ill individuals. It is reasonable to speculate that this is because for these groups, the fear of death may represent a more acute, immediate, and quantifiable "end" than for those who do not anticipate death.
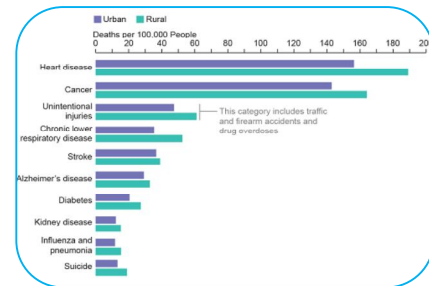
KEYWORDS : *asthma, respiratory disorder, medicinal plant*

INTRODUCTION

The aim of this study was to compare the levels of anxiety among rural and urban college students and identify differences in anxiety dimensions. Eighty college students (40 rural and 40 urban) were chosen from two junior colleges in both the rural and urban parts of Karnataka State. The Sinha Anxiety Scale (1991) was used to collect data for this study. The "t" test was used to analyze the obtained data to determine significant differences between college students from rural and urban areas. The results showed that rural students had higher levels of anxiety in most aspects compared to urban students.

Anxiety is a painful emotional reaction to stimuli that can escalate into panic or extreme fear. It is a form of fear that is not solely based on the present but also on real or imagined experiences from the past and future. Victims of anxiety exhibit anxiety in various settings for no apparent or specific reason. Anxiety is a common occurrence in contemporary society, and we all worry about our health, finances, or family issues at different times in our lives. Life events such as losing a job, a breakup, a

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serious illness, a major accident, or the death of a close friend or family member can trigger anxiety, which is usually short-lived.

Stressful life events, such as financial worries or persistent physical illness, can lead to anxiety disorders. The pressures of social interaction, evaluation, and body image are common causes of anxiety among adolescent and young adult populations. However, anxiety disorders are occasionally misdiagnosed among older adults.

Various spheres of life have been observed to exhibit anxiety. When a person is about to start traveling, take a test, meet the company's head, or in a group setting (a social relationship), they may exhibit anxiety. Physical symptoms like sweating and trembling, agitation, worry, and lack of sleep are all signs of anxiety. It could be found as disgrace or responsibility, absence of certainty, hesitation, stress, and so on, like mental side effects.

REVIEW OF RELATED LITERATURE:

Before beginning this study, a number of previous studies on anxiety and other topics were reviewed. A comparative study of anxiety and depression among adolescents from rural and urban Visakhapatnam and the surrounding area was carried out in 2017 by Surya Prava and colleagues. They choose 368 teenagers for the review. Shaikh and others (2018) conducted a study on depression, anxiety, stress, and stressors among rural adolescents (461 students) studying in Pune and a rural block of Nanded district of Maharashtra, India. The findings revealed that anxiety was reported more frequently by boys (35.41 percent), while it was reported by girls (29.41 percent). These students had 54%, 60%, and 44%, respectively, of depression, anxiety, and stress. The stress levels of rural students in Pune City were significantly higher than those of rural students.

A different study conducted by Shilpa Modi and K. Singh (2018) found that young adults from rural and urban areas in Punjab had different levels of anxiety and stress. The study included 200 participants, with 100 males (50 from urban areas and 50 from rural areas) and 100 females (50 from urban areas and 50 from rural areas). There was no significant difference in anxiety levels between the sexes, but there was a gender difference in stress levels. However, there was a significant difference in anxiety and stress scores between rural and urban females.

An additional study conducted by Kirubasankar et al. (2020) evaluated anxiety disorders in 462 adolescents enrolled in government schools in both urban and rural areas. Adolescents in urban schools were found to have a higher prevalence of all anxiety disorders, as well as specific subtypes, than those in rural schools. These previous findings were taken into consideration when investigating the objectives of the proposed study.

Questions on the Sinha Anxiety Scale were designed to rate items that were descriptive of anxiety responses to the following dimensions: 1) health, appearance, and injury; 2) ambition and success or failure in work, money, and occupation; 3) family anxiety; 4) anxieties regarding friendship and love; 5) social relations and social approval; 6) worries about the future; 7) worries about civilization, war, and virtue; 8) guilt and shame; 9) physical and physiological manifestations; and 10) purely psychological manifestations (Sinha, 1991).

AIMS AND OBJECTIVES OF THE STUDY:

The aim of the study is to compare the death phobia among urban and rural adults

The fallowing objectives guided the study:
1. To investigate the prevalence and impact of thanatophobia on adults' daily life.
2. To identify the risk factors for developing thanatophobia among urban college students.
3. To identify the risk factors for developing thanatophobia among rural college students.
4. To analyse the relationship between thanatophobia and other anxiety disorders among urban college students.
5. To analyse the relationship between thanatophobia and other anxiety disorders among rural college students.

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6. To compare the relationship between thanatophobia in relation to anxiety disorders among rural and urban college students.

7. To investigate the societal and cultural factors that contribute to thanatophobia among urban college students.

8. To investigate the societal and cultural factors that contribute to thanatophobia among rural college students.

9. To compare thanatophobia with socio-cultural factors among urban and rural college students.

10. To compare thanatophobia with psychological manifestation among urban and rural students.

11. To examine effective treatment options for thanatophobia.

12. To explore the reasons why some adults, experience debilitating death anxiety and others do not.

Hypothesisof the Study:

1. There is no significant relationship between thanatophobia among rural and urban college students.

2. There is no significant relationship between thanatophobia related to family anxieties among rural and urban college students.

3. There is no significant relationship between thanatophobia related to health, appearance and injury among rural and urban college students.

4. There is no significant relationship between thanatophobia related to worries regarding the future among rural and urban college students.

5. There is no significant relationship between thanatophobia related to guilt and shame among rural and urban college students.

6. There is no significant relationship between the psychological manifestation and thanatophobia among rural and urban college students.

Research Method:
Sample:

A total of 80 college students from both rural and urban junior colleges in the Indian state of Karnataka were chosen, with 40 college students from Kalaburagi district having a rural background, and 40 from Junior College, Gulbarga University, also in Kalaburagi district, having an urban background.

Tools for Data Collection:

The "Sinha Anxiety Scale (1991)" was used to collect data for this study because it is considered a simple and user-friendly questionnaire. Dr. Durgananda Sinha created the "Sinha Anxiety Scale" in 1961, which was developed and standardized on an Indian sample. The test is a useful tool for research and provides a quick anxiety measurement for clinical and counseling experiments. Due to its high reliability and validity, this test can be effectively used to identify students who suffer from severe anxiety that has a disruptive, habit-forming, or interfering effect on their performance. Both individual and group administration of this test is highly recommended. The test was designed to assess various dimensions and types of anxiety manifestations. According to Sinha (1961), the purpose of the questions was to elicit self-ratings on items that were descriptive of anxiety responses to the following areas: (1) health, appearance, and injury; (2) areas of ambition; (3) family anxiety; (4) anxiety regarding friendship and love; (5) social relations and social approval; (6) worries regarding the future; (7) worries about civilization; (8) guilt and shame; (9) physical and physiologicalmanifestations; and (10) purely psychological manifestations.

Statistical Techniques:

Using SPSS, the obtained raw scores of the sample were converted into standard scores, and the mean and standard deviation were calculated. To identify significant differences between rural and urban college students, the data were subjected to independent sample t-test analysis.

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Methodology:

After establishing a good rapport with the subjects, the questionnaires were handed out along with clear instructions. The subjects were required to interact for an average of 15-20 minutes. The responses of the subjects to the questionnaires were then collected and scored according to the manual. The information was analyzed by entering it into SPSS and performing a t-test to compare the level of anxiety between the students.

Results and analysis of data:

Descriptive statistics, such as mean and standard deviation, and inferential statistics, such as the student's t-test, were used to analyze the data. The following are the descriptive findings of the sample respondents.

Score Range	Level of anxiety	No. of Respondents(Rural)	Percentage (%)
1 – 25	Very Low	o	0
25 – 40	Low	2	3.3
40 – 70	Normal	44	73.33
70 – 80	High	8	13.33
80 -100	Very High	6	10

Table-1 Level of Anxiety of Rural College Students (N=40)

According to the table, 73.33% of the respondents, who were rural college students, had a normal level of anxiety. However, it was discovered that 10% and 13.33% of respondents (who were rural college students) experienced extreme anxiety. There was no response from rural college students regarding a very low anxiety level.

Score Range	Level of anxiety	No. of Respondents(Rural)	Percentage (%)
1 – 25	Very Low	5	7.13
25 – 40	Low	19	31.66
40 – 70	Normal	32	53.33
70 – 80	High	4	6.66
80 -100	Very High	0	0

Table-2 Level of Anxiety of Urban College Students (N=40)

The table shows that 53.33% of the respondents (urban college students) had a normal level of anxiety. It was found that only one subject had a very high level of anxiety, and 6.66% of respondents reported experiencing high levels of anxiety. On the other hand, among rural college students, only 7.13% and 31.66% of the respondents reported having very low anxiety, respectively.

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Table-3

Comparison of the anxiety level among rural and urban students.

Level of anxiety	Percentage(%) of rural	Percentage(%) of urban
Very Low	0	7.13
Low	3.3	31.66
Normal	73.33	53.33
High	13.33	6.66
Very High	10	0

The above-mentioned graph demonstrates the difference in levels of anxiety between rural and urban college students. As shown, 53.33% of urban and 73.33% of rural respondents reported normal levels of anxiety. Urban respondents reported anxiety levels of 7.13%, 31.66%, 6.66%, and 0%, while rural respondents reported anxiety levels of 0%, 3.3%, 13.33%, and 10%, respectively. The table indicates that 10% of rural respondents reported high anxiety levels, while urban respondents did not report very high levels of anxiety. Conversely, only 7.13% of urban respondents reported anxiety levels, while none of the rural respondents reported very low levels. The rates of low and high anxiety levels differed between rural and urban areas.

Table -4

Means, Standard Deviations and 't' Values of Dimensions of Anxiety between Urban and Rural College Students.

Sl. No	Dimension	Mean		SD		t – value	p- value
		Rural	Urban	Rural	Urban		
1.	Health, appearance, & injury	3.45	4.77	2.33	2.18	3.17	0.001
2	Area of Ambition	6.63	5.17	1.82	2.24	4.04	0.0001
3	Family Anxieties	3.82	2.38	6.41	1.45	1.67	0.0975
4	Anxieties regarding friendship and love	4.17	2.38	1.63	1.63	5.93	0.0001
5	Social relations and social approval	6.18	5.1	1.97	2.66	2.51	0.0134
6	Worries regarding the future	8.6	6.92	2.07	2.75	3.76	0.0002
7	Worries about civilization, war, &virtue	7.12	5.07	2.03	2.48	4.92	0.0001
8	Guilt & Shame	7.67	6.05	3.03	3.34	2.75	0.0068
9	Physical & Physiological manifestation	5.5	4.13	2.03	2.13	3.57	0.0005
10	Purely Psychological manifestation	6.17	4.83	2.08	2.08	3.48	0.0007
11	Total scores of anxiety	45.4	59.9	14.03	17.10	5.03	0.0001

The mean, standard deviation, and "t" values for each anxiety dimension were displayed for both rural and urban college students inthetable. On the basis of the data presented in the table above,it was discovered that among the ten dimensions of anxiety, nine of which had significant differences between rural and urban college students, the majority of which were anxiety-related. There was no discernible difference in one aspect of anxiety, family anxiety.

DISCUSSION AND CONCLUSION:
The purpose of this study was to compare and contrast the levels of anxiety among college students in rural and urban environments, and to examine how they differ in anxiety-related dimensions. The study hypothesized that college students in rural and urban areas have significantly different levels of anxiety. The results indicated that rural college students had higher levels of anxiety than their urban counterparts. As shown in the table, nine out of the ten anxiety dimensions showed

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significant differences between rural and urban college students. The only dimension that showed no difference was family anxiety. In terms of the respondents, the table shows that 73.33% of rural college students reported normal levels of anxiety. However, 10% and 13.33% of them reported experiencing extreme anxiety. No rural college students reported having very low anxiety levels.

CONCLUSION:

In most of the dimensions, college students from urban areas had higher levels of anxiety than those from rural areas. Based on previous research, the researcher identified various sources of anxiety among college students from both rural and urban environments, including health, appearance, trauma, ambition, family tension, anxiety related to friendship and romance, social relations and acceptance, concerns about the future, concerns about progress, war and morality, guilt and shame, and so on. Anxiety can affect a student's performance. Adolescents may face anxiety and conflicting situations as they grow up. In an effort to meet their own and social needs, adolescents may make a number of changes. They may successfully meet both their own and society's needs or struggle to adjust. While some college students experience relatively low levels of stress and anxiety in their daily routines, those who consistently struggle with adjustment are more likely to experience significant tension and anxiety.

ACKNOWLEDGEMENT

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