



# A study of Phobia in the Students of Standard IX in the Context of their Family Type

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## Abstract:

*Phobia have a great impact on students' scholastic achievement as well as their personality. Types of family also act an important role on phobia. In present study, the main objective of researcher was to study the phobia in students of secondary schools in the context of their family type. The researcher constructed and standardized a Phobia Inventory which was used as a data collection tool. A sample of 200 students from Gandhinagar city was selected in which 100 students were belonged to joint family and 100 students were belonged to nuclear family. 50-50 boys and girls were selected from joint family and 50-50 boys and girls were selected from nuclear family. After the completion of this study, it was revealed that the students belonged to nuclear family have higher phobia than the students belong to joint family. The girls of joint family have higher phobia than the boys of joint family. Boys and girls of nuclear family have equal phobia.*

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**Keywords:** *Phobia, Type of family*

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## 1. Introduction

In present time, insecurity challenges have been affecting the achievement of secondary schools' students. Phobia is about marked fear or anxiety about one or more social situations or human environment in which the individual is exposed to possible scrutiny by others. It was found that a phobia has a verse impact on student's achievement and personality. When a small kid starts to go to school or out of home, they are feared from many things. They are feared from unknown places, unknown people and unknown situations. Specific fears are common in childhood yet most of them are short-lived and dissipate within months. However, in some children, specific fears persist and become invalidating in the sense that they interfere with normal functioning. In these cases, a diagnosis of specific phobia should be considered.

Family is the first peer group of any kid. Home environment as a deep impact on the achievement and personality of the students. In present study, the researcher studied the effect of types of family on phobia of students of standard 9. A family having multigenerational members is joint family. The researcher studied the effect of multigenerational family and nuclear family on the phobia of the students of standard 9.

## 2. Definitions of the Keywords

Phobia

According to Oxford dictionary,

"Phobia is an extreme or irrational fear of or aversion to something"

According to Merriam-Webster dictionary,

"An extremely strong dislike or fear of someone or something."

According to Cambridge dictionary,

“An extreme fear or dislike of a particular thing or situation, especially one that cannot be reasonably explained.”

Operational definition of Phobia

“In present research the researcher constructed and standardized Phobia Inventory. The Phobia of students was determined by this inventory.”

### 3. Variable of the study

1.Independent variables

Family Type:

(1)Joint family

(2)Nuclear family

2.Moderate Variables

Gender:

(1)Boys

(2)Girls

3.Dependent variable

Mean score of Phobia Inventory

### 4. Objectives of the study

To make the research fluent and hurdle free the researcher created following objectives.

1.To study phobia in students of standard 9.

2.To study phobia in the students of standard 9 in the context of their family type.

3.To study the phobia in the students of standard 9 in the context of gender.

### 5. Hypotheses of the study

**Ho<sub>1</sub>** There is no significant difference between mean scores obtained in the Phobia Inventory by the students of joint family and nuclear family.

**Ho<sub>2</sub>** There is no significant difference between mean scores obtained in the Phobia Inventory by the boys and girls of joint family.

**Ho<sub>3</sub>** There is no significant difference between mean scores obtained in the Phobia Inventory by the boys and girls of nuclear family.

### 6. Importance of the study

Fear is a normal part of a person's life. However, a fear is more than a simple fear. It begins when the affected person begins to organize his life around ignoring the frightened object and develops into something bigger - be it an animal, insect, place, situation or anything. Phobias are an unusual fear of a particular object, object, animal, bird, insect, activity, or a particular situation. It is a type of anxiety disorder that can prevent panic attacks. People with phobias prefer to avoid the budget or activity as much as possible and when they expect it to cope. In the present study, the researcher studied the phobia of students of standard 9 in the context of their family type. This study will help students, teachers and parents understand how social environment of home and family effect on phobia. This study will also help students understand the types and severity of different types of phobias.

### 7. Limitations of the study

The limitations of the present study are as follows.

1.This study was conducted on the students of standard 9.

2.The students of secondary schools of Gandhinagar city were selected as a sample.

3.The researcher used self-constructed Phobia Inventory for this study.

4.This study was performed on Gujarati medium students.

## 8. Research method

The main objective of present research was to study the phobia in the students of standard 9 in the context of types of family. The researcher selected students belong to joint family and nuclear family. The researcher constructed a Phobia Inventory and standardized it. Researcher use this Phobia Inventory as data collection tool. For this survey method was used to collect data regarding phobia of the students.

## 9. Population of the study

The researcher selected random sample of students of standard 9 of Gandhinagar city. Thus, students studying in standard 9 of Gandhinagar city was the population of this study.

## 10. Sample of the study

The researcher selected 200 students of standard 9 from different schools of Gandhinagar city were chosen by the researcher as sample. The sample of study was as follows,

**Table 1-Sample of the study**

Type of family/Gender	Boys	Girls	Total
Joint	50	50	<b>100</b>
Nuclear	50	50	<b>100</b>
Total	100	100	<b>200</b>

The researcher selected 750 boys and 750 girls of standard IX. Out of this, 750 students were selected from urban area and 750 students were selected from rural area. Overall, 1500 students were selected as a sample.

## 11. Tools of the study

The researcher had to check effect of phobia on scholastic achievement on students of standard IX. For this researcher constructed and standardized phobia inventory.

## 12. Construction of tool

The researcher constructed 100 items in Phobia Inventory. This inventory was sent to different experts. The inventory was amended according to suggestions and recommendations obtained by them. According to suggestions obtained by experts, 25 items were left from the inventory. Now, inventory having 75 items was given to 25 students for pre primary piloting. The inventory was reformed according to suggestions given by the students. Finally, this inventory was used for primary piloting. After item analysis, 6 items were left and in final tool there was 69 items.

## 13. Data collection

The main objective of present study was to study the phobia in secondary schools' students of standard 9 of Gandhinagar city. The researcher selected 100 students from joint family and 100 students from nuclear family. These students were selected from different schools located in Gandhinagar city. The researcher visited principals of the schools and confirmed the time of data collection. At the time determined with the principals, the researcher visited again the schools and gave Phobia Inventory to the students. Before it, the researcher provided all information about how to give responses to the items of the Phobia Inventory. The researcher provided 1 hour and 30 minutes to complete this inventory. After completion, all respond sheets were collected by the researcher.

## 14. Statistical method of analysis

The researcher constructed some hypotheses and t-test was performed to analyse the hypotheses.

### 15. Results of t-test

**Ho<sub>1</sub>** There is no significant difference between mean scores obtained in the Phobia Inventory by the students of joint family and nuclear family

**Table 2-Mean, SD, SED and t-value of students of joint and nuclear family**

Family	N	Mean	SD	SED	t Value
Joint	100	157.89	10.29	1.61	3.67
Nuclear	100	163.78	12.32		

df	0.05	0.01
198	1.97	2.60

From above table, it is seen that the mean scores of students of joint family and nuclear family are 157.89 and 163.78 respectively. The standard deviations are 10.29 and 12.32 respectively, standard error of deviation is 1.61 and calculated t-value is 3.67.

For df=198, table t-values are 1.97 at 0.05 level and 2.60 at 0.01 level. Calculated t-value is higher than table t-values at both the levels. Therefore, there is a significant difference between mean scores of students of joint family and nuclear family.

Moreover, mean score of students of nuclear family is more than that of joint family. Therefore, it said that students belong to nuclear family have more phobia than that of students belong to joint family.

**Ho<sub>2</sub>** There is no significant difference between mean scores obtained in the Phobia Inventory by the boys and girls of joint family

**Table 3-Mean, SD, SED and t-value of boys and girls of joint family**

Joint Family	N	Mean	SD	SED	t Value
Boys	50	152.21	9.47	2.12	6.19
Girls	50	165.33	11.45		
df	0.05	0.01			
98	1.98	2.63			

From above table, it is seen that the mean scores of boys and girls of joint family are 152.21 and 165.33 respectively. The standard deviations are 9.47 and 11.45 respectively, standard error of deviation is 2.12 and calculated t-value is 6.19.

For df=98, table t-values are 1.98 at 0.05 level and 2.63 at 0.01 level. Calculated t-value is higher than table t-values at both the levels. Therefore, there is a significant difference between mean scores of boys and girls of joint family.

Moreover, mean score of girls of joint family is more than that of boys of joint family. Therefore, it said that girls belong to joint family have more phobia than that of boys belong to joint family.

**H<sub>03</sub> There is no significant difference between mean scores obtained in the Phobia Inventory by the boys and girls of nuclear family**

**Table 4-Mean, SD, SED and t-value of boys and girls of nuclear family**

Nuclear Family		N	Mean	SD	SED	t Value
Boys		50	159.17	11.16	2.36	0.52
Girls		50	160.39	12.39		
df	0.05	0.01				
98	1.98	2.63				

From above table, it is seen that the mean scores of boys and girls of nuclear family are 159.39 and 160.39 respectively. The standard deviations are 11.16 and 12.39 respectively, standard error of deviation is 2.36 and calculated t-value is 0.52.

For df=98, table t-values are 1.98 at 0.05 level and 2.63 at 0.01 level. Calculated t-value is less than table t-values at both the levels. Therefore, there is no significant difference between mean scores of boys and girls of nuclear family.

### 16. Finding of the study

- 1.The students belong to nuclear family have higher phobia than the students of joint family.
- 2.The girls of joint family have higher phobia than the boys of joint family.
- 3.The boys and girls of nuclear family possess equal phobia.

### 17. Conclusion

In present research, the researcher studied the phobia in the students of standard 9 in the context of their family type. The researcher constructed a Phobia Inventory for the secondary schools' students. A sample of 200 students out of which 100 students were belonged to joint family and 100 students were belonged to nuclear family, was selected. After study, it was revealed that the students belonged to nuclear family have higher phobia than the students belong to joint family. The girls of joint family have higher phobia than the boys of joint family. Boys and girls of nuclear family have equal phobia.

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