

Relationship between anxiety and achievement motivation among male and female students

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Abstract: There is widening divisions between human adaptation and advancement industry, which eventually leads to anxiety. Anxiety is refers to a reaction against a threatening situation. Anxiety has a major role in psychological trauma. Achievement motivation is an inner motivation in person for successful completion of a task, to achieve a goal, or achieve a certain degree of competence in a work. In general, the purpose of anxiety is an unpleasant sensation. Anxiety can cause symptoms which include worry, hot flashes of heat, in some cases, irregular breathing, feel a headache, sudden fear, palpitation, sleep disorders, etc. Most students actually suffer from test anxiety. Test anxiety is a form of preoccupation that is characterized by consciousness itself incredulity and inferiority. Diagnosis and treatment of anxiety in children and adolescents is very important, because their personalities take shape during this period. Anxiety and fear have closely associated with each other. Motivation is probably one of the most common and widespread of psychological concepts. Application of motivation theories is combined with other disciplines such as learning, personality, and behavior and job satisfaction of employees.

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1. Introduction

Anxiety is not the phenomenon that is only relevant to the present; rather human has faced with the phenomenon of anxiety the long and the days of ancient of since long, and from ancient times, also human is faced with the problem till now. Accordingly, the twentieth century has called anxiety. Because every human society is more advanced in terms of technology, human is far greater than his nature and he feels more alone and triggered. The rapid advance of technology does not adapt to the conditions and opportunities to human. As a result, there is widening divisions between human adaptation and advancement industry, which eventually leads to anxiety. If humans are faced with different and sensitive situations, especially when faced with threats or pressure, he is in a state of anxiety and stress. Anxiety has a major role in psychological trauma. Such feelings of tension and normal reactions to situations that occur are able to resolve it. But there are people who cannot easily pass it along; as a result they often suffer from stress and anxiety. Scientific and systematic form of psychological life is going just about a century but its growth in recent years has been a wonderful surprise. There is a field like any other science, along with the proliferation of increasingly specialized disciplines, today in America there are about 20. Large segments of the population especially make up youth of our country. Anxiety is just one of many mental health problems. Necessarily improve motivation evident enhancements such as high grades the examination authorities or social acceptance, despite the high

wage, incentive to develop a plan and work is in progress and perfection attitude toward success. Achievement motivation may embrace a wide range of activities and their occupations and different locations can bring (Parsa, 2000). Achievement motivation is an inner motivation in person for successful completion of a task, to achieve a goal, or achieve a certain degree of competence in a work. Anxiety is not related to a particular class, there are at all individuals with different levels. Anxiety is a vague unpleasant emotional state that is characterized by varying degrees of fear and concern, In other words, anxiety is a painful mental disorders prediction about the future of a threatened or illness (Bagheri, 1992). In general, the purpose of anxiety is an unpleasant sensation and is expressed with reforms such as worry, anxiety, fear, and fear. A person who is suffering from anxiety has a vague sense of worry and nervousness and a disturbed sleep and fatigue. Such a person is constantly worried about potential problems. He thought that this will lead to poor concentration. As a result of his decision to be a problem; we all know students despite the talent and motivation to learn constant review and practice materials, suddenly a marvelous way to fail in your exam. The etiology of this issue fear of test anxiety in terms of psychology; training as a common phenomenon, closely related to the performance and achievement of children and adolescents. Test anxiety certain kind of anxiety to evaluate the mental abilities of individual students. Test anxiety is a common character of most young. Most students actually suffer from test anxiety. In general, even for

students with moderate mental ability, considerable anxiety as to interfere with their academic progress. Research has shown that students are anxious to do their homework before, and why the test does and assignments are committing mistakes, despite their propensity to do homework and it is not wrong, likely errors are more. Such a person is constantly humming with the thoughts I am a man of low IQ. I was never able to progress in education, all persons are considered impaired. Sarason defines the test anxiety as the test anxiety is a form of preoccupation that is characterized by consciousness itself incredulity and inferiority. Such activities reveal cognitive behavior and psychological reactions can affect a person's and these behaviors and emotional reactions are influenced by the individual businesses (Bagheri, 1992).

1.1. Characteristics of distressed people

Anxiety refers to a reaction against a threatening situation, ie a situation in which an external or internal stimulus does not inhibit the ability. Anxiety can cause symptoms which include worry, hot flashes of heat, in some cases, irregular breathing, feel a headache, sudden fear, palpitation, sleep disorders, etc. in chronic anxiety these symptoms be seen: Judder, dizziness, weakness and anesthesia, anesthesia and comatose associated with physiological changes such as sweat, and muscle strain. A person may be anxious or concerned about your discomfort within the fold. One of the symptoms of hyperthyroidism or hypothyroidism is characterized by an uneasy (Bagheri, 1992). An emotional state of anxiety - the thrill of its features, creating a state of restlessness and anxiety that does not fit with the events of the time and space requirements; if anxiety is a reaction to the circumstances of time and place, not only the disease, but may be constructive, such as fear or anxiety to try to achieve airport, etc. There are basically two types of anxiety: First, the kind that occurs naturally as a reaction to stress or threat is experienced when a person, for example, his health or safety threat to clearly identify, when you feel the earthquake and the tremors, dry mouth and a tingling sensation in his stomach. Most people have these emotions to cope with risk or have experienced the pressure. Another type of anxiety, anxiety "endogenous" is. Suddenly and without warning and without cause anxiety hits and sometimes it seems that part of the body is out of his control. Endogenous expression meaning is created through, it means distress caused by factors external environment where there is not a person, but the person comes from. Such a strong sense of self-confidence and even in small matters cannot be confident of the power and effectiveness. He feels a

strong focus on issues does not even own thoughts and actions. Here we mention some of the symptoms of anxiety:

- 1 - Shake and being unsteady legs
- 2 - Respiratory problems
- 3 - Heartbeat
- 4 - Pain or pressure in the chest
- 5 - A choking sensation
- 6 - Sexual Dysfunction
- 7 - Feeling hot
- 8 - Nausea
- 9 - Diarrhea
- 10 - Headache and pains that go with it
- 11 - Obsession and feel compelled.

1.2. Anxiety in children and adolescents

Diagnosis and treatment of anxiety in children and adolescents is very important, because their personalities take shape during this period. Many of the children are anxious when they are in new condition and incidence multiple reactions (Stuttering, hanging onto the parents, being shy, nail biting ...). It is the duty of parents in this situation, with the patience to deal with him, and the confidence he needed to deal with their condition. Encourage parents to communicate with children and other family members outside the home environment are very effective. Many parents feel that their child has a problem day (like the first day of school) are unaware. One of the most common causes of abdominal pain and nausea are common in school-age children, the fear and anxiety of school. Concerned parents (newly arrived children to school, his academic status, etc.) can be transferred to the child and his anxiety increased. Prevalence of anxiety disorders in children can be social anxiety, school phobia, anxiety and separation anxiety named. Adolescents in this stage of his life and reaching out to their peers tend to have friendship with them. Parents should bring their child's natural needs (taking into account age) to understand and respect are his friends. It is very important to maintain the credibility and character of a teenager in front of peers. Fear of social communication and emotional ties blame parents choose friends because of the different cultures and traditions and family values, is causing anxiety in adolescents. To avoid secrecy, parents need to recognize the right time and with the wisdom and gentleness to get some undesirable results. In the case of anxiety due to delayed or early puberty, feelings of shame, ignorance or fear of new situations and an inability to conform his conduct to be in this situation. To prevent anxiety, parents and coaches should be appropriately and properly teenager (before the appearance of secondary

symptoms in adulthood) the physical and psychological effects that will change issues. Opposition from people at home and outside is some characteristics of adolescents that may be associated with aggression, verbal or otherwise. Inability to control aggressive behavior can cause anxiety in many teens. To avoid this situation, the proper education of parents, the child's resistance against the hardships of childhood and emotional security can be effective. The non-normative and unnecessary restrictions on freedom and independence stimulate uncontrolled anger and Furies are teenagers. Parents should teach children to anger, reasonable deal without insults and humiliation of others to express their emotions. He also tells others how to deal with him much of his behavior with others (Bagheri, 1992). One of the most common needs of adolescent is independence and freedom. Independence causes anxiety in many teens. Among the problems that occur during adolescence is to achieve independence, is duality. This means that teenagers want to be independent, and they are afraid of Independence. Lack of independence of the state, is one of the main reasons for this. To avoid the risk of anxiety and ambivalence, parents should try to teenage self-confidence and courage, and for him to provide psychological security. Responsibility and opportunity to comment and let the teen decide on their own affairs, without any punishment and humiliation for his faults, makes him take stock of his mistakes, learn and self to be ready for life ways (Saif, 1989).

1.3. Fear and anxiety

Most adolescents and youth have feel anxiety and stress when facing a threatening situation or pressure. Such feelings are associated with abnormal reactions or psychological stress. Anxiety disorders include a group of disorders which main sign of anxiety is once that a person wants to control specific adaptive behavior (Baraheni, 1993). Features include an uneasy feeling of uncertainty, helplessness, and the physiological arousal and irritability. They often have trouble falling asleep. Some teens are more familiar with the concept of fear, the fear of failure and do not do anything to cause the ingenuity and creativity does not grow in them. These people have afraid to fail, and their activity may also be despised by others. Therefore, they are familiar with the concept of humiliation. Fear and anxiety are interconnected and inseparable are two categories. Main cause fear, anxiety, and fear and anxiety causes have many photographs. Occasional unpleasant emotional states of fear and anxiety are normal people who make my way. But the dominant forms of life in patients with anxiety

disorders may show itself. Emotional responses of fear, anxiety, coupled with a concern that is shown in front of things and certain situations, such as fear of heights, snakes, dogs, etc. Although the four components of anxiety and fear, but it should be separate. The cognitive component of anxiety is unclear from decentralized mentally. Instead of waking up to the well-known hazard, the person is suffering from a sense of their concerns. The prevailing thought is that something terrible is going to die of a person who is not anxious to be able to invade and destroy banned because it is not clear, one does not escape from it. Physical and emotional components of anxiety are the fear of similar components, but it is usually more than severe. Most of the youth are faced with threatening situations, they experience fear and anxiety. Rise to fear and anxiety caused by a perverse series of reactions in which the person is associated with stress. Fear and anxiety are two inseparable concepts and vice versa, it is the main cause of anxiety panic, anxiety and fear are linked (Pourafkari, 1994).

1.4. Achievement motivation

Motivation is probably one of the most common and widespread of psychological concepts. Application of motivation theories is combined with other disciplines such as learning, personality, and behavior and job satisfaction of employees. In these situations motivation arise as a useful management and usable resource for shaping to the behaviors. Motivation theoretical framework of rational understanding and predicting human behavior has focused on infrastructure, and aspect of motivation to improve the performance of active intervention, and change and develop appropriate behavioral responses to stress. The term "motivation" is all mental factors (conscious and unconscious), ready to realize some of the people, trends and goals. "Motivation" is an internal factor, which motivate a person's behavior, and to suggest and make it harmonious. Motivation cannot be observed directly, but its presence can be inferred from the behavior of the person. Causes are called incentive motivation. Specific preparation for specific behaviors of human learning is which it called motivation. The most important factor is the emergence of incentive motivation. The motivation for the development of natural and acquired characteristics are very close. One of the most widely accepted theories about motivation, Abraham Maslow's hierarchy of needs theory. The theories that all human needs are divided into five levels of basic needs were the most common needs of all people with the highest needs are included, the requirements listed are the lowest level of the hierarchy are introduced. Self-actualization needs: This category

includes individuals need to achieve their potential talents enable complete development. Essentially, this requirement can be realized as a stimulus for their own personal assessment (Saif, 1989)

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