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has implications for their physical wellbeing.For instance, the study observes that the life expectancy of people with mental health disorders is 8 years less than the general population - the authors think smoking could be a reason for this.

VI CONCLUSION

Smoking affects people's personality in negative ways. It is a shared-experience amongst all smokers that they reminisce about the times they had not known about smoking, their younger years, how different they were, how they felt no sort of pull or addiction to this dangerous, commercialized and legalized drug. First emotion was the rush, then the guilt, then the pain, and then denial and all this goes on in the haze of a vicious circle that swirls and distorts one's self completely. According to various researches conducted above result have been verified as well. It has also been observed that quitting smoking also helps improving overall mental health and thus personality of an individual.

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Measurement of Anxiety of college going students of age18-20 years.

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ABSTRACT

In this study,the researcher secks to mearure Anxiety level of college going students of age group 18 to 20 years. The sample comprised of 60 students 30 girls, 30 boys of Digvijay Mahavidyalaya Rajnandgaon of BA 1st , 2nd, 3rd year respectively. Study is done using anxiety scale prepared by Dr. Mithilal Gupta from Gorakpur (U.P.) Statistical Analysis shows that Anxiey level of girls was more than of boys studying in same standard.

Introduction-

Education is the one of the important element in the life of a human beings with education an individual make himself, economical, psychological , spitually developed human beings is able to transform his living and behavior. A thing with the Education helps in the complete development of a child. It helps the child to adjust himself with his environment child science birth to learning. The first institution for a child education is his home where he is born and learn from his parents and elder brother, sister where he is introduced with different sounds, language colour culture and art. So that the child may

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have complete mental development to adjust to the society

In the education field, to assess a student's capability, the best method is to evaluate by examination. With the help of examination various information can be assembled like a child achievements, the quality of education . Endeavour, in the classroom, the child capacity of grasping any subject matter evalating of the test paper by marking system is one ot the method to assess a Childs quality his limitation and this intelligence by which he is able to attempt the questionnaire.

To day students are accepting examinations as a challenge. As achieving good marks is the guarantee of excellent education. To attain good marks students are in competition due to which they are in anxiety and tension. In higher classes the students are in higher level of anxiety. Today every student is under anxiety of examination.

Anxiety means fear and confusion Anxiety is derived from latin word 'Anxieties'' which means experience of varying blends of uncertain . By agitation and threat. Freud (894) Used anxiety word for the first time. According to him 'Anxiety' occurs due to suppression of somatic sexual tensions is libido as a result anxiety occurs, According to psychologists anxiety is the root cause of many diseases.

The apprehension cropped up by treat to same value the individuals hold essential to his existence as a personality Anxiety means fear or feeling uncertainly. Experience of varying blends of uncertainty agitation & threat H.S.Sulian (1953) Anxiety is that stage of tension which develops by the personal experience of a person . Spiel Berger (1960)

Anxiety is that stage which is developed to escape from a fearful situation. When a person is not confident to tackle a situation then he undergoes with anxiety Hence the hindrance is experience and the capacity of competing as work is slowed down. The thinking

is not correct but the reality is that the reason for the actual cause of anxiety should be find out Speil Berger classified Anxiety in two 2 parts.

(1) Trait anxiety such type of anxiety is trail quality personality factors RB catell(1962) had defined trait anxiety by 2nd order personality factors persons suffering from trait anxiety find even a simple problem as a big one . It is unifor anxiety & cannot be changed mean it is permanent state anxiety it is temporary anxiety and lower level in normal life . But due to the presence of dangerous stimulus .

Hypothesis-

Hypothesis is an assumption or proposition whose testability is to be tested on the basis of the compatibility of its implication with empirical evidence with previous knowledge.

H1- Girls studying in BA 1st year is having more anxiety than the boys of same standard.

H2- Girls studying in BA 2nd year is having more anxiety than boys of same standard.

H3- Girls studying in BA 3rd year is having more anxiety than boys of same standard.

Sampling-

1.Simple random sampling was used for the selection of 60 samples from a selected Digvijay Mahavidyalaya Rajnandgaon.

2. Lottery method of simple random sampling was used to collect 30 samples of girls (10 BA 1st , 10 BA 2nd , 10 BA 3rd year) and 30 sample of Boys 10 BA 1st ,10 BA 2nd , 10BA 3rd year.

Table -01

Showing Sample

S.NO.	Gender	BA 1st	BA 2nd	BA 3rd	Total
1.	Girls	10	10	10	30
2.	Boys	10	10	10	30
Total	20	20	20		60

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Tools- Tool used for the study is problem anxiety scale prepared by Dr.Mithi lal Gupta from Gorakhpur (UP) is used There are 50 item in the Scale. The sample has to answer to all the 50 questions. Among the 50 item the answer to each question is yes/no the scoring of each item will be yes carries 1 mark and no carries 0 mark with the help of the questionnaire the anxiety of sample is assessed.

Instruction – Instruction was given that the sample has to read each items given, the tool carefully and give answer putting tick mark on yes/no the ideas of giving the questionnaire is to assess their level of anxiety which they get in their academic session and the anxiety they experience during examination The answer should be given correctly. Don't waste time thinking about.

Statistical analysis –

Statistic is the body of mathematical techniques or process for gathering descrying organizing and interpreting numerical data.

Table-02

Girls studying in BA 1st year is having more anxiety than Boys of same standard

S.NO.	Gender	Mean Score	SD	t	df
1.	Boys	29.9	14.75	3.5	58

It is evidence that the mean score Boys is 29.9 &girls is 34.6 the SD of Boys is 14.75 *girls is 37.7 the t value is 3.51 which is more than the df value of 58 at .01 leel. As there is difference in anxiety level among boys and girls of BA 1st year Hence the hypothesis is accepted.

H2- Girls Studing is BA 2nd year is having more anxiety than Boys of same standard.

Table-03

S.NO.	Gender	Mean Score	SD	t	df
1.	Boys	31.73	33.59	5.35	58
2.	Girls	39.36	25.29		

It is evidence that the mean score Boys is 31.73 and girls is 39.36 the SD of boys & girls is 33.59 & 25.29 the t value is 5.35 which more than the df value of 53 at .01 level. Is there is difference in anxiety level among Boys and Girls hence the hypothesis is accepted.

H3- Girls studying in BA 3rd year is having more anxiety than boys of same standard.

Table-04

S.NO.	Gender	Mean Score	SD	t	df
1.	Boys	32	5.13	7.73	58
2.	Girls	39.46	21.91		

It is evident that the mean some boys s 32 &girls is 39.46 the SD of boys & girls is 5.13 &21.91 the t value is 7.73 which is more than the df value of 58 at .01 level is there is difference in anxiety boys & girls . Hence the hypothesis is accepted.

Interpretation of Result- With the help of problem anxiety scale the level of anxiety of girls and boys are assessed on the basis of the scores and statistical analysis it is evident that girls have more anxiety than boys on the problem anxiety scale .Moreover as boys have strong mental capacity they have less anxiety.

Conclusion - The following conclusion can be made from the present study that boys are more confident then girls, as girls shows more anxiety towards their performance and result It may be due to their psychological and gender difference girls are more emotional and sensitive compare to boys. Girls are getting less opportunity then boys and they have to give their time for the home affairs, this may also be a cause of their anxiety to words the results affairs this may also because for their anxiety towards the results in the examination Girls get less time for preparation than boys. Hence it may come for their anxiety towards the results.

Suggestion-

1 Parents should give same home environment to girls and boys in the home which will reduce the anxiety among girls &boys.

2 In the educatical institution opportunities should be given to girls express t

their ideas so that they will by more confident.

3 Yoga training or relaxation exercise should be taught to the students in the educational institution.

4 Girls & Boys should be trained in some extracurricular activities as per their

liking.

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ELECTRONIC INFORMATION RESOURCES USE PATTERN BY THE USERS OF SVMC LIBRARY, TIRUPATI – A STUDY

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Abstract

This paper is an attempt to know about the electronic information resources use pattern by the users of SVMC Library. Questionnaire method is followed to conduct the data. The purpose of the study is to determine the history of Sri Venkateswara Medical College Library, purpose of visit to the library, frequently used electronic resources and search engines, access points of electronic resources, search strategies, awareness on NTRMEDNET consortium, purpose of use of electronic journals/databases and key constraints that prevent effective use of e-resources have been discussed. The authors suggested that more computer terminals should be installed in the library with increased bandwidth; awareness on e-resources through orientation training programmes should be organised by the SVMC Library at regular intervals.

Introduction