INTRODUCTION

Everybody is running in the search of economical achievement having no time for us to even think about peace, love and affection or a sound sleep. Presence of competition is evident in all spheres of life, which commences with the birth of life and ends with the end of life. Such is the irony of today’s life. When the wants and needs are not gratified we land up into the domain of unrest having no coordination between the cognitive, affective and conative aspects of life. Lack of true wisdom takes us into the state of frustration, conflict and anxiety. As “Buddha” has rightly said “better destroy your on evil thoughts, then do harm to your own person. The mind is Lord. When the mind himself is calmed the servants will themselves be yielding. If your mind is not cleaned of evil passions, what avails it to mutilate yourself?”

We were living a peaceful, contented life without being burdened with worldly affairs. But the only motto of current life is the never ending search for money, power and fame. This new meaning of life has surely increased our economic status, made our life more comfortable, full of luxuries but on the other hand mental peace has taken a back seat. Our daily routine involves activities which are all stress producing and gratifies only the lower level needs and this is the reason we are materialistically affluent, whereas our soul is starving and families are suffering and members of families have no time to spent with each other. This communication gap also results in the tension among different relations and adjustment plagued.

“Technological progress is like an axe in the hands of pathological criminals”.

Science and technology have opened new vistas of life; people are living in the domain of materialistic gratification. The result is that they are very much indulging in the urge of sex and lust. They are running after wealth and power. They have lost their control on those aspects which are cause of conflict, distress, tension and anxiety. This is the reason that whole setting of the society is being disorganized by the evil forces, which are leading human beings towards dust and pollution in which gloom and darkness are increasing on and on. People are unable to achieve their goals because their disorganized efforts are leading them in vain. Their lives have become so fast that they are unable to take even a wink of sound sleep. Their emotional competencies are decreasing rapidly and their adjustment is also affected. The domain of anxiety is also increasing. The result is that the society of today is facing many types of serious problems such as problems of love, affection, cooperation, accommodation, integration etc. Children of
today who is the future of the nation are also moving on adverse path of life where they are forced to live in worried, disgusted and polluted environment. In the present study researcher has tried to bring awareness in the society so that people of each and every cast, religion, area and age may lead peaceful and satisfied life.

As we know sex plays and important roles on these aspects; such as anxiety and emotional competencies, boys and girls are living in the same situation have different views on different aspects of life. Our culture in the society has given them different platform for their emotional motivation and desirable or undesirable goals. Besides this, there are also emotional differences which affect their different roles. Mode of population is another important independent variable which has its unique influence on their different roles. People living in urban areas have different types of modern facilities where people living in rural areas have different types of facilities. So that this variable also plays an important role in the domain of emotional competencies.

**IMPORTANCE OF STUDY**
The present research deals with “A comparative study of anxiety and emotional competencies of college going students in relation to mode of population”.

After having acquired ample of knowledge, technological advancement, and despite of all the grand achievements of science and religion of reaching the moon and mars, supersonic planes and supercomputers, it has failed mankind. We are leading towards doom and gloom.

With all the great advancement in science and technology our society is still in ignorance and this ignorance is a bane for every individual because we have forgotten the merits of peace, harmony and integration. Problems of stress, anxiety, frustration, maladjustment have certainly influenced our mental coordination and integration of personality. Emphasis on materialistic achievement and avoidance of morals, values and character is the new style or philosophy of life. In such scenario keeping the mental balance, controlling emotional disturbances as well as conflicting situations has become a Herculean task.

Therefore, present research is an attempt to explore the variables causing anxiety and affecting emotional competency. Researcher will also rediscover the avenues to maintain calm and cool reactions towards our surrounding environment.

If gratification of the needs and wants are delayed or thwarted by external or internal environment there are possibilities to develop various psychophysical problems in the
personality. It is evident through various researches in different streams of arts and humanities, that conflicting conditions results into emotional incompetence and anxieties in men.

In the present study mode of population and both the sexes will play the role of independent variables. As both the sexes have different upbringing, different social brought up, different likes and dislikes, different objectives for their lives also have different physical features. Even both the mode of population has different infrastructures, facilities, requirements, and lifestyle. Hence, both these independent variables i.e. sex and mode of population exerts their unique influence on our research variables i.e. anxiety and emotional competencies.

Therefore, in a nutshell, unique importance of the present research is expected in terms of present scenario.

The related aspects of present problem are given as under:

“Anybody can become angry - that is easy; but to be angry with the right person, and to the right degree, and at the right time and for the right purpose, and in the right way that is not within everybody’s power and it is not easy”. - Aristotle. It needs emotional competency or maturity.

The Latin word “emovere” means to be “stirred up”. Anger, fear, surprise, joys, grief, love, affection, hope, anticipation, acceptance, disappointment, jealousy and disgust are classified as emotion. The emotion is a strong feeling, it is a conscious stirred up state of the organism. Emotion is a disturbed glandular and muscular activity. It increases energy mobilization. Emotion is defined as a subjective response that is usually accompanied by physiological change and is associated with a change in behaviour.

In emotional competencies following aspects have taken into consideration –

**Emotional Strain:**
Some persons are highly aware of their own emotions and their thoughts about them, but they do not remain in control of their emotions. In this aspect it has been narrated, how can an individual control his emotional strain and behave according to normal conditions.

**Emotional Depression:**
We are already aware of the fact that we often try to manage our emotions - to regulate their nature, intensity & expression (e.g. Zillman 1996). In this aspect it is stated when one fails to
achieve his goal then he loses his heart and also remains in destructive activities which are stressful and distressful.

**Social Distance:**
It indicates how individuals fail to establish in cordial relation with his surroundings and also remains in aloofness.

**Personality Disorder:**
In this aspect many destructive feelings and activities have been seen in individual where he fails to bring integration in his personality.

**Lack of Ascendancy:**
In this aspect it is indicated that governed and guided by this aspect he remains away from the society, rarely takes part in society and rarely takes part in social activities. Generally he remains in loneliness.

According to Goleman (1995), such differences are other differences in emotional competency or as same researcher would phase it, differences are in interpersonal intelligence (Hatch, 1990).

**ANXIETY**
In the present social setup every individual wishes to achieve more and more in short span of time. Thus, pushing us towards various kinds of conflicts like- avoidance -avoidance conflict, approach-approach conflict and approach-avoidance conflict. These conflicts are the main anxiety producing factors.

In Freudian theory - unpleasant feelings of tensions or worry, experienced by individual in reaction to unacceptable wishes or impulses is called anxiety.

Anxiety is an increased arousal accompanied by generalized feelings of fear and apprehension. As per above description anxiety originates from rejections and frustration which reflects in our personality in various forms like fear, stress and apprehension. But up till certain extent it works as a source of inspiration. However in any circumstance if it takes a major shape then it turns into a cause of concern.