A STUDY OF THE RELATIONSHIP OF ANXIETY
TO SOCIAL AND PERSONAL ADJUSTMENT

APPROVED:

[Signatures]

Major Professor

Minor Professor

Dean of the School of Education

Dean of the Graduate School
A STUDY OF THE RELATIONSHIP OF ANXIETY
TO SOCIAL AND PERSONAL ADJUSTMENT

THESIS

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By

Shelby J. Hudson, B. A.
Denton, Texas
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CHAPTER I

INTRODUCTION

Every individual experiences anxiety in some form or another. There is objective anxiety which all may experience when contemplating the nature of today's world: growing social unrest, the ever present threat of sudden and complete annihilation of the world's population, and the growing complexity and competitiveness of modern society. These are real dangers with which each individual must learn to live, but which do not always have an adverse effect on the functioning of the individual.

Another type of anxiety, described as subjective anxiety (5, 12), often has deleterious effects on the adjustments and functioning of the individual. The results of this type of anxiety may be observed in various forms of irrational, inappropriate behavior which are adopted by the person as he attempts to deal with this unknown assailant. It is this type of anxiety that Freud called "... the central problem of neuroses" (5, p. 113).

Theoretical Background

According to May, "Anxiety is the apprehension cued off by a threat to some value which the individual holds essential to his existence as a personality" (12, p. 191). The events
which arouse anxiety will vary according to the values the individual deems necessary to maintain the integrity of his personality. Coleman (2) and May (12) generally agree with Lecky's statement that, "The individual's values are organized into a single system, the preservation of whose integrity is essential. The nucleus of the system, around which the rest of the system revolves, is the individual's valuation of himself" (11, p. 82). According to Coleman a threat to any value that the individual deems necessary is viewed by the individual as a threat to the self, "... the core of the individual's frame-of-reference" (2, p. 82). The individual must maintain this organized system of values at any cost, for these organized values "... represent the individual's modus operandi for meeting life's problems and, in a general sense, provide about the only security he has in coping with the world" (1, p. 65).

May notes that anxiety is a "... diffuse apprehension" with the psychological characteristics of feelings of "... uncertainty and helplessness in the face of danger" (12, p. 190). He goes on to point out that "... anxiety can be understood only when we ask what is threatened in the experience which produces anxiety" (12, p. 191). These statements emphasize that anxiety, as conceptualized in contemporary psychological theory, is a profound, pervasive psychological phenomenon which invades the very essence of the individual's existence.
Anxiety can and does disrupt the individual's complete adjustment to the environment in which he exists. Anxiety, in extreme cases, renders the individual incapable of dealing with everyday problems and life situations. The goals of the individual laboring under the burden of anxiety are, (1) to escape from a feeling of not being able to control his life situation, and (2) to escape the painful effects of anxiety. Shaffer and Shoben (17) are in general agreement with Horney's statement that the individual laboring under the effects of anxiety "... has the feeling of a powerful, inescapable danger against which he himself is entirely helpless" (9, p. 60). This feeling of a lack of control over one's own existence leads to further anxiety, and a situation arises in which anxiety cues off more anxiety until the individual is willing to do or try anything in order to relieve his condition. This same condition has often been recognized (1, 9, 12, 17) in the aggressive, compulsive behavior and the physical discomforts of individuals laboring under the effects of anxiety.

What are the implications of anxiety, when viewed from the context of the individual's personal and social adjustment, as a whole? This question is partially answered by Horney:

Anxiety has definite implications for the person's attitude toward himself and others. It means emotional isolation, all the harder to bear as it concurs with a feeling of intrinsic weakness of the self. It means a weakening of the very foundation of self-confidence (9, p. 96).
In a discussion of the four ways that an individual usually meets anxiety, she further states that

... any one of these four devices, pursued exclusively or predominately, can be effective in bringing the reassurance wanted, even though such a one-sided pursuit is usually paid for with an impoverishment of the personality as a whole (9, p. 99).

The individual seeks affection, is incapable of giving affection, and is distrustful of any affection that is offered. He seeks power, but this alienates him from others. Rather than trying to resolve the danger situations, the individual finds himself withdrawing and thereby evading them. All have the same result, the loss of the ability to communicate with others and impoverishment of the personality.

Anxiety has other diverse influences on the social relationships of the individual (9, 17). He may attack, withdraw, or submit, any of which pursued exclusively, hamper the social interactions of the individual. Relationships with other individuals are marked with suspicion and mistrust; when he seeks companionship with others, these relations are destroyed by his own actions (9, 17). It is evident that the behavior of the individual under the stress of anxiety is contrary to what he really would like it to be and not conducive to his own best interests or wishes.

Another result of anxiety is a loss of spontaneity and flexibility, two characteristics which are necessary for satisfying interpersonal relationships (9). Without spontaneity and flexibility, the individual contributes little to
social relationships and does not possess the perceptiveness to judge the feelings of other individuals. Under such conditions as these, it is conceivable that personal relationships of an individual plagued by anxiety are anything but rewarding for him or those with whom he associates.

Feelings of inadequacy and personal worthlessness, which individuals high in anxiety possess, result in a fear of being rejected by persons with whom they seek affiliation. According to Horney, "The fear of rejection, if strongly developed, may lead a person to avoid exposing himself to any possibility of denial" (9, p. 136). Fear of rejection may take the form of two defenses: (1) timidity in social contacts, and (2) withdrawal, which is an avoidance by the individual of social situations. Both of these mechanisms prevent the individual from engaging in social interactions which otherwise might lead to satisfaction of his desires and wishes.

Individuals resort to various defenses to protect themselves from the painful effects of anxiety; but these defenses themselves lead to impoverishment of the personality as a whole and result in disturbed personal adjustments, and social relationships which are only, at most, superficial and never meaningful or rewarding for the individual. Kierkegaard aptly summarizes the everpresent, painful, and menacing effects of anxiety from which there seems to be no effective means of escape.
And no Grand Inquisitor has in readiness such terrible tortures as has anxiety, and no spy knows how to attack more artfully the man he suspects, choosing the instant when he is weakest, nor knows how to lay traps where he will be caught and ensnared, as anxiety knows how, and no sharp witted judge knows how to interrogate, to examine the accused, as anxiety does, which never lets him escape, neither by diversion nor by noise, neither at work nor at play, neither by day nor by night (10, p. 193).

Anxiety manifests itself in various forms of irrational behavior, physical symptoms, and inadequate adjustments to everyday situations. The individual, laboring under anxiety's effects loses the capacity for spontaneity and flexibility, which results in a general impoverishment of the personality as a whole. The individual experiences a feeling of helplessness from which there seems to be no escape, no haven of protection from this unknown inquisitor which plagues him in his every activity, which steals the joys and pleasures of living, and which comes as the thief in the night to steal the meaning of life. This is the anxiety which is of primary concern to the clinical psychologist and others interested in mental health.

Related Studies

Although many individuals in psychology and related fields have developed theories of anxiety and have applied the implications of these theories to discussions of the effect of anxiety upon the individual's personal and social adjustment patterns, there has been very little related research in this area. In recent years, anxiety has been studied
primarily as a drive state, the primary interest of these studies having been the effects of anxiety upon the performance level of the individual and the content therein having ranged from complex verbal problems to simple motor tasks. There are, however, a few comprehensive studies reported which have investigated the relationships that exist between anxiety and certain factors of personal and social adjustment.

Splika (18) observed a significant, positive relationship between anxiety and rigidity of his subjects in a problem solving situation and noted that those individuals higher in anxiety possessed considerably less self-image stability.

A study of high and low anxious subjects by Hammes (7) revealed that they differed significantly on the number of problems related to personal adjustment. He found that high anxiety subjects have significantly more problems in the areas of personal-psychological relations; social-psychological relations; and other areas of personal adjustment than do low anxiety subjects.

In a study of high and low anxious children, using the Rorschach technique, Sarason and others (15) found that those children high in anxiety rejected more cards, gave fewer responses, responded significantly less to any aspect of color, gave fewer responses with aggressive content than children low in anxiety. These findings were significant at better than .05 level. These data seem to indicate that for anxious
individuals there is a general narrowing of functioning on all levels of behavior. The lack of responsiveness to color cards by the highly anxious subjects suggests a definite inhibition of emotional reaction on their part. The authors interpreted their findings as indicating that "... one of the effects of anxiety is to exacerbate to an interfering degree the role of internal and effective factors in outwardly directed responsiveness" (15, p. 281).

Schwartz and Kates (15), also using the Rorschach technique, found significant results which indicated that subjects high in anxiety tended to give responses which were suggestive of a high degree of personal impoverishment, with this impoverishment being expressed behaviorally in areas of interpersonal activity.

In a study designed to examine anxiety and its relationship to personality factors, Fox and others (4) found that the drawings of high anxiety children showed significantly more mutilation and rigidity than the drawings of low anxiety children. The authors concluded that these signs were indicative of general constriction of spontaneity and expressiveness in the highly anxious children.

In the area of personal adjustment and interpersonal relations, Trent (17) observed a correlation between sociometric choice status and anxiety of -.29, a figure which is significant at better than the .05 level. Such a finding
implies that high anxiety may hinder the attainment of popularity. The author concluded: "This finding tends to support the rationale that anxiety may tend to distort a child's perception of others and may lead to inappropriate behavior toward others" (19, p. 383).

Sarason and others (14) conducted intense observations, in a classroom situation, of boys who differed in anxiety level. These authors found that the highly anxious boys were less academically adequate, with severely impaired concentration, than a matched group of less anxious boys. The highly anxious boys displayed greater insecurity in relationships with the teacher, and their behavior consisted largely of acts which would tend to enable them to avoid the teacher's attention. "In three cases the description seemed to suggest that the child feared the possibility of censure by the teacher" (15, p. 294).

Evans, in a study of social introverts, such an introvert being defined as "... one who withdraws from social contacts and responsibilities and displays little interest in people" (3, p. 164), found that those individuals of this category were characterized by anxiety states and severe over-reactive tendencies.

Holder (8) conducted a study of value-conformity in normal and non-normal subjects according to their MMPI profiles. He found that the non-normal subjects were found to be significantly less conforming according to scores on the Inventory of
Value Integration. The author concluded from his data that there is a definite relationship between conformity and personal adjustment. Those individuals who were non-conforming in their values were also significantly more anxious than those individuals who were conforming in their values. From these results it seems that personal adjustment, anxiety, and non-conforming form a relationship.

Gynther (6) studied the communicative efficiency of individuals under stress and anxiety and found some interesting relationships. Subjects high in anxiety were markedly unable to communicate in a face-to-face communicating situation. The communicative efficiency scores of highly anxious subjects having been found to be significantly lower than that of subjects low in anxiety. The author concluded that anxiety interferes with the effectiveness of a person's communication, which to a great extent determines other people's impressions and evaluations of him.

McCandless, Castaneda, and Palermo (13), investigating the relationship between anxiety and social status, found that the correlation between anxiety and social acceptance was -.32, which was significant at better than the .01 level. The authors surmised that these results were suggestive of a definite relationship between an individual's social effectiveness and the degree of anxiety which he possesses.
Statement of Problem

The problem with which the present study is concerned is: To what extent will college students differing in anxiety level, as determined by their scores on the IPAT Anxiety Scale, differ in personal and social adjustment and certain factors of personal and social adjustment, as measured by the California Test of Personality.

The California Test of Personality (hereafter referred to as the CTP) is an adjustment inventory measuring personal and social adjustment. The Personal and Social Adjustment scales of the CTP each consist of six sub-scales, with the scores of these six sub-scales in each area of adjustment being summed to determine the total Personal and Social Adjustment scores.

The IPAT Anxiety Scale (hereafter referred to as the IPAT A-Scale) is a measure of covert and overt anxiety, with these scores summing to determine the total anxiety score. The subjects of this study will be divided into high and low-scoring groups according to their scores on this anxiety scale, with the highly anxious subjects being those subjects whose scores fall in the upper quartile of the distribution of scores and the less anxious subjects being those subjects whose scores fall in the lower quartile of that distribution.

Hypotheses

With regard to the purpose of investigating the problem above, the two primary hypotheses of the present study are:
(1) Subjects scoring high in anxiety, as measured by the IPAT A-Scale, will tend to differ significantly on their mean level of personal adjustment, as measured by the CTP, from subjects scoring low in anxiety.

(2) Subjects scoring high in anxiety, as measured by the IPAT A-Scale, will tend to differ significantly on their mean level of social adjustment, as measured by the CTP, from subjects scoring low in anxiety.

The Personal Adjustment score of the CTP is derived from the following six sub-scale scores:

1. Self-Reliance
2. Sense of Personal Worth
3. Sense of Personal Freedom
4. Feeling of Belonging
5. Freedom from Withdrawing Tendencies
6. Freedom from Nervous Symptoms

The Social Adjustment score of the CTP is derived from the following six sub-scale scores:

1. Social Standards
2. Social Skills
3. Freedom from Anti-Social Tendencies
4. Family Relations
5. School Relations
6. Community Relations

To further determine what specific areas of personal and social adjustment are related to anxiety, the following secondary hypotheses are to be tested:

(3) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Self-Reliance sub-scale than persons scoring high in anxiety.
(4) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Sense of Personal Worth sub-scale than persons scoring high in anxiety.

(5) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Sense of Personal Freedom sub-scale than persons scoring high in anxiety.

(6) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Feeling of Belonging sub-scale than persons scoring high in anxiety.

(7) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Freedom from Withdrawing Tendencies sub-scale than persons scoring high in anxiety.

(8) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Freedom from Nervous Symptoms sub-scale than persons scoring high in anxiety.

(9) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Social Standards sub-scale than persons scoring high in anxiety.
(10) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Social Skills sub-scale than persons scoring high in anxiety.

(11) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Freedom from Anti-Social Tendencies sub-scale than persons scoring high in anxiety.

(12) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Family Relations sub-scale than persons scoring high in anxiety.

(13) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the School Relations sub-scale than persons scoring high in anxiety.

(14) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Community Relations sub-scale than persons scoring high in anxiety.
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4. Fox, Cynthia and others, "Human Figure Drawings of High and Low Anxious Children," Child Development, XXIX (September, 1959), 359-360.


CHAPTER II

PROCEDURE

Subjects

Ninety-two subjects were selected from students enrolled in freshman psychology classes in the School of Education at North Texas State University. The complete sample consisted of forty-seven females and forty-five males, with ten females and twelve males falling in the high anxiety group and eight females and fourteen males falling in the low anxiety group. The remaining forty-six subjects, consisting of twenty-nine females and nineteen males, were eliminated from the remainder of the study after differentiation of the high and low anxiety subjects, on the bases of their anxiety scores on the IPAT Anxiety Scale.

Materials

The IPAT Anxiety Scale was designed by Raymond B. Cattell and is based on extensive research (1, 2, 3, 4, 5, 6, 8). In a review of this questionnaire Kelley states,

This 40-item inventory is a highly promising brief assessment instrument. It is a product of the author's very intensive program of research aimed at mapping the "personality sphere" and hence deserves more serious consideration than the typical newly offered inventory (11, p. 70).
The **IPAT Anxiety Scale** is probably the most effective brief questionnaire designed to date for the study of anxiety, and Kelley contends that, "This is a highly promising brief scale for assessing a pervasive personality variable" (11, p. 71).

The **IPAT Anxiety Scale** is an effective instrument for supplementing clinical diagnosis and giving an objective measure for research purposes. The questionnaire consists of forty items which were selected from a sample of over 5,000, on the bases of factor analytical results. Two types of validity reported are: (1) construct validity, and (2) external validity (7). The construct validity is estimated at $\approx .85$ to $\approx .90$ which was derived from three methods of estimating construct validity (7). The main external validating criteria are: clinical judgments of anxiety, with correlations of $\approx .30$ to $\approx .40$ obtained, and diagnostic classifications of patients, with the **IPAT Anxiety Scale** differentiating among normals, general neurotics, and anxiety neurotics, and other clinical groups at better than chance levels (7).

The **California Test of Personality** form AA is an adjustment inventory consisting of two primary scales, Personal and Social Adjustment. Each primary scale consists of six sub-scales containing fifteen questions each. A score is obtained on each sub-scale, and the six sub-scale scores in each area of Personal and Social Adjustment are summed to determine the Personal and Social Adjustment scores. In addition, the
Personal and Social Adjustment scores may be summed to obtain a total adjustment index. The California Test of Personality was designed "... to identify and reveal the status of certain highly important factors of personality and social adjustment usually designated as intangibles" (14, p. 2). The sub-scales of the questionnaire are not specific traits but "... primarily groupings of more or less specific tendencies to feel, think, and act" (14, p. 3).

In order to facilitate a clearer understanding of the components of the primary scales of Personal and Social Adjustment, the following is a brief description of each:

Personal Adjustment:

1. Self-Reliance: An individual is said to be self-reliant when he can do things independently of others, depend upon his own resources in various situations, and direct his own activities.

2. Sense of Personal Worth: Persons who possess a sense of personal worth are those individuals who feel that they are well regarded by others and believe that they possess average or better ability. They also feel capable and reasonably attractive.

3. Sense of Personal Freedom: Persons high in this characteristic are those who feel that they have the freedom to determine their conduct and in setting the general policies that shall govern their lives. These individuals feel that they have the power to direct and control their life situations.

4. Feeling of Belonging: Individuals feel that they belong when they enjoy the love of family, the respect and well-wishes of good friends, and have cordial relationships with people in general. These persons get along well with teachers or employers and usually feel proud of their school or places of business.

5. Withdrawing Tendencies: Individuals who withdraw are those persons who substitute the joys of a fantasy
world for actual success in real life. Such a person is characteristically sensitive, lonely, and given to self-concern.

6. Nervous Symptoms: The individuals who are classified as having nervous symptoms are those who suffer from one or more of a variety of physical symptoms, such as loss of appetite, frequent eye strain, inability to sleep or a tendency to be chronically tired. These physical symptoms may be expressions of emotional conflicts.

Social Adjustment:

7. Social Standards: Individuals high in this characteristic are those who recognize and have internalized the standards of the society in which they live. They understand the rights of others and appreciate the necessity of subordinating certain desires to the needs of the group.

8. Social Skills: Social skills are said to be present when individuals inconvenience themselves to be of assistance to others, and when they are diplomatic in their dealings with both friends and strangers.

9. Anti-Social Tendencies: Individuals high in this characteristic are those who are inconsiderate of the rights and property of others, and put their satisfactions above the rights of other individuals.

10. Family Relations: Individuals who exhibit desirable family relationships are the ones who feel that they are loved and well-treated at home, and who have a sense of security and self-respect in connection with various members of their families.

11. School Relations: Individuals who are satisfactorily adjusted in their school are those who feel that their teachers like them, who enjoy being with other students, and who find their school work adapted to their level and interest and maturity. Good school relations involve the feeling on the part of the individual that he counts for something in the life of the institution.

12. Community Relations: Good community relations involve feelings of community pride and happy relationships with neighbors. Individuals high in this area of adjustment feel secure of their place in the community and take an active part in planning and assisting in carrying out community projects (14).

The items of the California Test of Personality are those that were retained from an extensive screening, at different
levels, of over 1,000 criteria of specific adjustment patterns of response to specific situations. The best items selected at each level of screening were selected for each of the twelve sub-scales of the questionnaire, with fifteen items placed in each component of the questionnaire. The questionnaire was then administered to a standardization population of 3,133 adults for the establishment of norms and the computation of indices of reliability. Reliability coefficients reported for the total scores on the California Test of Personality, based on the split-half method, range from .918 to .933, while the reliabilities of the principal components of the test are .886 to .904 for Personal Adjustment and .867 to .908 for Social Adjustment (12). The validity of the California Test of Personality has been determined through the analysis of numerous research studies (9, 10, 13, 14) in which the California Test of Personality has been the principal instrument for gathering data. Investigators at Syracuse University found that the California Test of Personality correlated more closely with clinical findings than any other personality test (13). Some ninety other research studies using this instrument add to the verification of its validity.

Method

All tests were administered to the subjects by the investigator. The tests were administered during regular classroom periods and the subjects were not informed as to the true nature of the study.
The instructions given before administration of the test were as follows:

A study is being conducted to validate an instrument of personality evaluation, the IPAT Self Analysis Form, comparing the scores on this instrument against the scores on the California Test of Personality. The California Test of Personality is an instrument used extensively in psychological and counseling clinics in this country and has been in use since the early 1940's.

Please read each question in the two instruments carefully and answer them as they apply to yourself. Thank you for your cooperation and assistance in conducting this study.

An alternate sequence was used to administer the test to each class. The California Test of Personality was administered first to the first and third classes and the IPAT Anxiety Scale was administered secondly. In the second and fourth classes the IPAT Anxiety Scale was administered first and the California Test of Personality was administered secondly. This procedure was used to balance any inherent effect that one test being administered first may have had on the scores of the test administered in the second order position.

Statistical Treatment

The subjects used in this study were divided into high and low anxiety groups according to their scores on the IPAT Anxiety Scale. The high anxiety group were those subjects whose scores on the IPAT Anxiety Scale fell in the upper quartile of a frequency distribution of the scores of the test and the low anxiety group were those subjects whose
scores fell in the lower quartile of that distribution. There were twenty-two subjects in both the high and low anxiety groups, with the high anxiety subjects being those subjects whose scores were 36 and above on the IPAT Anxiety Scale and the low anxiety subjects being those subjects whose scores were 17 and below on the IPAT Anxiety Scale.

The primary hypotheses were tested by computing the mean Personal and Social Adjustment scores for each group and applying a $t$-test to determine if there was a statistically significant difference between the group means. The secondary hypotheses were tested by computing the mean score for each group on each of the sub-scales of Personal and Social Adjustment, and a $t$-test was applied to test for a statistically significant difference between the means of the high and low anxiety groups on each of the sub-scales of Personal and Social Adjustment.

The level of significance required for the rejection of all fourteen null-hypotheses was set at the .05 level.
CHAPTER BIBLIOGRAPHY


CHAPTER III

RESULTS

Presentation of the Data

Fourteen hypotheses were presented in Chapter I. A t test was applied to determine if a statistically significant difference existed between the means of the high and low anxiety group scores on the Personal and Social Adjustment scales of the California Test of Personality and each of the sub-scales contained in these primary scales. The following tables present the results of the statistical treatment of the data gathered for the present study.

The first hypothesis was:

Subjects scoring high in anxiety, as measured by the IPAT A-Scale, will tend to differ significantly on their mean level of personal adjustment, as measured by the CTP, from subjects scoring low in anxiety.

Table I presents the data relevant for the testing of the first hypothesis and the results of the statistical treatment of this data. It presents the significance of the difference between the mean scores of the high and low anxiety groups on the Personal Adjustment scale of the CTP.
TABLE I
LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE MEAN PERSONAL ADJUSTMENT SCORES OF THE HIGH AND LOW ANXIETY GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
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<tbody>
<tr>
<td>High Anxiety</td>
<td>53.2772</td>
<td>11.4730</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>78.4090</td>
<td>5.2454</td>
<td>9.1474</td>
<td>.001</td>
</tr>
</tbody>
</table>

It is immediately apparent that the difference between the mean scores of the high and low anxiety groups on the Personal Adjustment scale is significant. The null-hypothesis which states that there should be no difference between the mean scores of the high and low anxiety groups on the Personal Adjustment scale is therefore rejected at better than the .001 level of significance.

The second hypothesis, as presented in Chapter I, was:

Subjects scoring high in anxiety, as measured by the IPAT A-Scale, will tend to differ significantly on their mean level of social adjustment, as measured by the CTP, from subjects scoring low in anxiety.

Table II presents the significant difference between the mean Social Adjustment scores of the high and low anxiety groups.
TABLE II

LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE
MEAN SOCIAL ADJUSTMENT SCORES OF THE
HIGH AND LOW ANXIETY GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
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<td>High Anxiety</td>
<td>53.9545</td>
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<tr>
<td>Low Anxiety</td>
<td>76.0000</td>
<td>7.5196</td>
<td>9.8698</td>
<td>.001</td>
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</tbody>
</table>

The results, as presented in Table II, indicate that the difference between the mean scores of the high and low anxiety groups on the Social Adjustment scale of the CTP is significant. The null-hypothesis which states that no difference should exist between the mean level of social adjustment of the high and low anxiety groups is therefore rejected at better than the .001 level of significance.

The statement of the third hypothesis was:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Self-Reliance sub-scale than persons scoring high in anxiety.

The results of the statistical treatment of the data gathered for the testing of this hypothesis are presented in Table III.
TABLE III

LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE
MEAN SELF-RELIANCE SUB-SCALE SCORES OF
THE HIGH AND LOW ANXIETY GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>9.5000</td>
<td>2.5539</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>12.4545</td>
<td>1.5293</td>
<td>4.5482</td>
<td>.001</td>
</tr>
</tbody>
</table>

From an analysis of the data presented in Table III, it is evident that the mean difference between the high and low anxiety groups on the self-reliance sub-scale of the CTP is significant at better than the .001 level of significance. The null-hypothesis which states that no difference should exist between the mean scores of the high and low anxiety groups on the self-reliance sub-scale is therefore rejected.

The fourth hypothesis stated that:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Sense of Personal Worth sub-scale than persons scoring high in anxiety.

Table IV presents the data relevant for testing this hypothesis and the level of significant difference between the mean scores of the high and low anxiety groups on the Sense of Personal Worth sub-scale of the CTP.
TABLE IV

LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE MEAN SENSE OF PERSONAL WORTH SUB-SCALE SCORES OF THE HIGH AND LOW ANXIETY GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>8.5000</td>
<td>3.5515</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>12.8181</td>
<td>1.4965</td>
<td>5.1345</td>
<td>.001</td>
</tr>
</tbody>
</table>

The data as presented in Table IV indicate that the mean difference which exists between the high and low anxiety group scores on the Sense of Personal Worth sub-scale could not be obtained by chance alone. The null-hypothesis which states that no difference should exist between the mean scores of the high and low anxiety groups on this sub-scale is therefore rejected at better than the .001 level of significance.

The fifth hypothesis, as presented in Chapter I, stated:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Sense of Personal Freedom sub-scale than persons scoring high in anxiety.

Table V shows significant difference between the means of the high and low anxiety group scores on the Sense of Personal Freedom sub-scale of the CTP.
TABLE V

LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE MEAN SENSE OF PERSONAL FREEDOM SUB-SCALE SCORES OF THE HIGH AND LOW ANXIETY GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>11.0000</td>
<td>2.5226</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>13.0909</td>
<td>1.9047</td>
<td>3.0312</td>
<td>.001</td>
</tr>
</tbody>
</table>

The data presented in Table V reveal that the mean difference between the scores of the high and low anxiety groups on the Sense of Personal Freedom sub-scale of the CTP is significant. The null-hypothesis which states that no difference should occur between the mean scores of the high and low anxiety groups on this sub-scale is therefore rejected at better than the .01 level of significance.

The sixth hypothesis, as presented in Chapter I, reads as follows:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Feeling of Belonging sub-scale than persons high in anxiety.

Table VI shows the mean level of significant difference obtained from the statistical treatment of the data relevant to the testing of the sixth hypothesis.
**TABLE VI**

**LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE MEAN FEELING OF BELONGING SUB-SCALE SCORES OF THE HIGH AND LOW ANXIETY GROUPS**

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>10.3181</td>
<td>3.3355</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>14.0000</td>
<td>1.2060</td>
<td>4.7568</td>
<td>.001</td>
</tr>
</tbody>
</table>

An inspection of Table VI reveals that the mean difference between the high and low anxiety group scores on the Feeling of Belonging sub-scale is significant at better than the .001 level. The null-hypothesis which states that there should be no difference between the mean scores of these two groups on this sub-scale is therefore rejected.

In Chapter I, the statement of the seventh hypothesis reads as follows:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Freedom from Withdrawing Tendencies sub-scale than persons scoring high in anxiety.

Table VII presents the data relevant for the statistical treatment of the seventh hypothesis and the mean level of significant difference obtained between the high and low anxiety group scores.
<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>7.4545</td>
<td>2.6064</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>13.4545</td>
<td>1.5876</td>
<td>9.0093</td>
<td>.001</td>
</tr>
</tbody>
</table>

From an analysis of the data presented in Table VII, it is evident that the mean difference between the high and low anxiety group scores on the Freedom from Withdrawing Tendencies sub-scale could not have occurred by chance alone. Therefore, the difference between the mean scores of the high and low anxiety groups on this sub-scale is rejected at better than the .001 level of significance.

The eighth hypothesis was:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Freedom from Nervous Symptoms sub-scale than persons scoring high in anxiety.

Table VIII is a presentation of the significant difference obtained between the mean scores of the high and low anxiety groups on the Freedom from Nervous Symptoms sub-scale of the CTP.
TABLE VIII
LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE MEAN FREEDOM FROM NERVOUS SYMPTOMS SUB-SCALE SCORES OF THE HIGH AND LOW ANXIETY GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>6.6363</td>
<td>2.4035</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>12.6363</td>
<td>1.4937</td>
<td>9.7160</td>
<td>.001</td>
</tr>
</tbody>
</table>

An inspection of this table reveals that the mean difference obtained between the high and low anxiety group scores on the Freedom from Nervous Symptoms sub-scale is significant at better than the .001 level. The null-hypothesis which states that there should be no difference between the means of these two groups on this sub-scale is therefore rejected.

The statement of the ninth hypothesis reads as follows:

Persons scoring high in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Social Standards sub-scale than persons scoring high in anxiety.

A presentation of the data relevant for testing this hypothesis is presented in Table IX. Table IX also contains the significant difference obtained between the high and low anxiety group scores on the Social Standards sub-scale of the CTP.
From an inspection of Table IX, it is evident that the mean difference obtained between the high and low anxiety group scores is significant at better than the .02 level. Therefore, the null-hypothesis which states that there should be no mean difference between the high and low anxiety group scores on this sub-scale is rejected.

The tenth hypothesis, as presented in Chapter I, was:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Social Skills sub-scale than persons scoring high in anxiety.

Table X contains the data relevant for the testing of the tenth hypothesis and the results of the statistical treatment of these data. It presents the significant difference obtained between the mean scores of the high and low anxiety groups.
TABLE X

LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE MEAN SOCIAL SKILLS SUB-SCALE SCORES OF THE HIGH AND LOW ANXIETY GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>7.7272</td>
<td>2.2799</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>12.7272</td>
<td>1.5130</td>
<td>8.3735</td>
<td>.001</td>
</tr>
</tbody>
</table>

An analysis of Table X indicates that the mean difference which exists between the mean scores of the high and low anxiety groups on the Social Skills sub-scale of the CTP could hardly have occurred by chance alone. Therefore, the null-hypothesis which states that there should be no difference between the mean scores of the high and low anxiety groups on the Social Skills sub-scale is rejected at better than the .001 level of significance.

The eleventh hypothesis was stated as follows:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Freedom from Anti-Social Tendencies sub-scale than persons scoring high in anxiety.

The following table is a presentation of the level of significant difference obtained between the mean scores of the high and low anxiety groups on the Freedom from Anti-Social Tendencies of the CTP.
TABLE XI

LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE MEAN FREEDOM FROM ANTI-SOCIAL TENDENCIES SUB-SCALE SCORES OF THE HIGH AND LOW ANXIETY GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>10.0000</td>
<td>2.2360</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>13.3636</td>
<td>1.8474</td>
<td>5.3141</td>
<td>.001</td>
</tr>
</tbody>
</table>

Table XI reveals the fact that the mean difference between the high and low anxiety group scores is significant at better than the .001 level. The null-hypothesis which states that no difference should exist between the mean scores of the high and low anxiety groups on the Freedom from Anti-Social Tendencies sub-scale is therefore rejected.

The statement of the twelfth hypothesis, as presented in Chapter I, was as follows:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Family Relations sub-scale than persons scoring high in anxiety.

Table XII presents the significant difference obtained between the mean scores of the high and low anxiety groups on the Family Relations sub-scale of the CTP.
<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>9.0000</td>
<td>2.7163</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>13.6363</td>
<td>1.8227</td>
<td>6.4995</td>
<td>.001</td>
</tr>
</tbody>
</table>

The results as presented in Table XII indicate that the difference between the mean scores of the high and low anxiety groups on the Family Relations sub-scale is significant at better than the .001 level. The null-hypothesis which states that no difference should occur between the mean scores of the high and low anxiety groups on this sub-scale is therefore rejected.

The thirteenth hypothesis, as stated in Chapter I, reads as follows:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the School Relations sub-scale than persons high in anxiety.

Table XIII shows the representative mean scores of the high and low anxiety groups and their respective standard deviations. The level of significant difference between the means of the high and low anxiety groups is also presented in this table.
TABLE XIII

LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE MEAN
SCHOOL RELATIONS SUB-SCALE SCORES OF THE
HIGH AND LOW ANXIETY GROUPS

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>7.9090</td>
<td>2.6783</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>11.9090</td>
<td>2.4478</td>
<td>5.0518</td>
<td>.001</td>
</tr>
</tbody>
</table>

It is obvious that the significance obtained between the mean scores of the high and low anxiety groups on the School Relations sub-scale could not be due to chance alone. The null-hypothesis which states that no difference should exist between the mean scores of the high and low anxiety groups on the School Relations sub-scale is therefore rejected at better than the .001 level of significance.

The statement of the fourteenth hypothesis, as presented in Chapter I, was as follows:

Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Community Relations sub-scale than persons scoring high in anxiety.

Table XIV presents the means and standard deviations of the high and low anxiety groups, and the significant difference obtained between the means of the high and low anxiety groups on the Community Relations sub-scale of the GTP.
### TABLE XIV

**LEVEL OF SIGNIFICANT DIFFERENCE BETWEEN THE MEAN COMMUNITY RELATIONS SUB-SCALE SCORES OF THE HIGH AND LOW ANXIETY GROUPS**

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>t</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Anxiety</td>
<td>8.8181</td>
<td>2.3671</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Anxiety</td>
<td>12.3636</td>
<td>1.9896</td>
<td>5.2542</td>
<td>.001</td>
</tr>
</tbody>
</table>

An analysis of Table XIV points up the fact that the mean difference obtained between the high and low anxiety group scores on this sub-scale is significant. The null-hypothesis which states that there should be no difference between the mean scores of the high and low anxiety groups on this sub-scale is therefore rejected at better than the .001 level of significance.

**Discussion**

The two primary hypotheses of this study were confirmed at better than the .001 level of significance. Ten of the twelve secondary hypotheses were confirmed at the .001 level of significance, with the fifth and ninth hypotheses being the only exceptions. However, the fifth and ninth hypotheses were confirmed at better than the .02 and .01 levels of significance respectively. These findings indicate that high
levels of anxiety, as measured by the IPAT Anxiety Scale, are not conducive to satisfactory personal and social adjustments, as measured by the California Test of Personality. The results also indicate that the significant differences obtained between the mean personal and social adjustment scores of the high and low anxiety groups are distributed throughout the factors which are contained in these two scales.

The greatest difference observed between the high and low anxiety groups on the various sub-scales of the CTP was on the Freedom from Nervous Symptoms sub-scale. This relationship is consistent with what would be expected, for anxiety almost always finds expression in various physical discomforts, such as loss of sleep, vague pains, headaches, a general feeling of tiredness, and loss of appetite.

The second greatest difference observed between the two groups was on the Freedom from Withdrawing Tendencies sub-scale. This finding indicates that those individuals high in anxiety find more pleasure in a fantasy world than in real life. The retreat into a fantasy world is obviously an attempt to escape the painful experiences of anxiety which arise in dealing with the problems of reality. These individuals are substituting the joys of a phantasy life for actual success in real life.

The third greatest difference observed between the two groups was in the area of social skills. This indicates an
inability to relate and deal with other individuals in social situations. This relationship is consistent with what would be expected in view of the withdrawing tendencies expressed by these individuals. Social situations may be viewed by these persons as a threat, and they do not possess the resources to handle themselves in these situations due to the additional threat which is imposed. The best defense against the additional anxiety which arises in social situations is a general avoidance of social situations all together.

One finding which is somewhat paradoxical in nature is the relationship observed between the Self-Reliance sub-scale and the Social Adjustment scale. The difference observed between the high and low anxiety groups indicates that the high anxiety individuals do not trust their own judgments in the various situations which confront them. The paradox exists in the fact that these highly anxious individuals are not self-reliant and are dependent on others for help in various situations that arise, but, according to their overall social adjustment scores, they do not relate well to others; and yet they must depend upon them. A situation arises in which these persons are dependent upon others for help in solving their problems and meeting life's situations; and yet are threatened by other persons. These feelings of dependence and avoidance, which occur together, must be a major source of conflict for these highly anxious individuals.
and, in turn, must lead to varying amounts of hostility. These feelings of dependence and avoidance, and the conflict and hostility which arises out of these situations, may explain the anti-social attitudes which are expressed in the various sub-scales of the social adjustment scale of the CTP.

The various sub-scales of the California Test of Personality were described in Chapter II as tendencies to feel, think, and act. It would appear, according to the results of this study, that anxiety is expressed in all three of these areas of an individual's functioning. These findings are consistent with those of other studies investigating the relationship of anxiety to various factors of personal and social adjustment.
CHAPTER IV

SUMMARY AND CONCLUSIONS

Summary

The purpose of this study was to determine the extent to which high and low anxiety subjects differed in social and personal adjustment and certain factors contained therein. The Cattell IPAT Anxiety Scale was used to measure the anxiety levels of the subjects used in this study, while the California Test of Personality was used as a measure of their personal and social adjustment.

Ninety-two subjects were selected from freshman psychology classes in the School of Education at North Texas State University. All subjects were administered the IPAT Anxiety Scale, and the high and low anxiety subjects were the subjects whose scores fell in the upper and lower quartiles of a frequency distribution of these scores. The high and low anxiety groups consisted of twenty-two subjects each, with ten females and twelve males in the high anxiety group and eight females and fourteen males in the low anxiety group.

The statistical analysis consisted of applying a t test to determine if a statistically significant difference existed between the means of the high and low anxiety group scores on the Personal and Social Adjustment scales of the California
Test of Personality and each of the sub-scales contained in these primary scales. The level of significance for the rejection of the null-hypotheses was set at the .05 level.

The null-forms of the following hypotheses were tested and discussed in Chapter III.

(1) Subjects scoring high in anxiety, as measured by the IPAT A-Scale, will tend to differ significantly on their mean level of personal adjustment, as measured by the GTP, from subjects scoring low in anxiety.

(2) Subjects scoring high in anxiety, as measured by the IPAT A-Scale, will tend to differ significantly on their mean level of social adjustment, as measured by the GTP, from subjects scoring low in anxiety.

(3) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Self-Reliance sub-scale than persons scoring high in anxiety.

(4) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Sense of Personal Worth sub-scale than persons scoring high in anxiety.

(5) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Sense of Personal Freedom sub-scale than persons scoring high in anxiety.
(6) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Feeling of Belonging sub-scale than persons scoring high in anxiety.

(7) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Freedom from Withdrawing Tendencies sub-scale than persons scoring high in anxiety.

(8) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Freedom from Nervous Symptoms sub-scale than persons scoring high in anxiety.

(9) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Social Standards sub-scale than persons scoring high in anxiety.

(10) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Social Skills sub-scale than persons scoring high in anxiety.

(11) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Freedom from Anti-Social Tendencies sub-scale than persons scoring high in anxiety.
(12) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Family Relations sub-scale than persons scoring high in anxiety.

(13) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the School Relations sub-scale than persons scoring high in anxiety.

(14) Persons scoring low in anxiety, as measured by the IPAT A-Scale, will tend to have a significantly higher mean score on the Community Relations sub-scale than persons scoring high in anxiety.

Conclusions

The findings of this study agree in general with the contemporary conceptualizations of anxiety as a profound, pervasive psychological phenomenon which has deleterious effects upon the functioning and adjustments of the individual.

Of the fourteen hypotheses investigated in this study, twelve of them were confirmed at better than the .001 level of significance. The remaining two hypotheses, the fifth and ninth, were confirmed at better than the .02 and .01 levels of significance respectively. These findings imply that a relationship exists between anxiety and personal and social adjustment, with this relationship being expressed in a general poverty of adjustment by individuals high in anxiety.
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