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**RESULTS:**

**4.1 Graph 01** based on DASS (depression,Anxiety,Stress Scale-21) questionnaire of the individuals aged between 18-24 years having mild,moderate,Normal, severe ,extremely anxiety.

Three self-report scales known as the DASS are used to assess the negative emotional states of stress, anxiety, and depression. The DASS was developed to advance the process of describing, comprehending, and measuring the pervasive and clinically relevant emotional states typically described as depression, anxiety, and stress, not only as another set of scales to assess traditionally recognized emotional states. Thus, the DASS should satisfy the needs of both researchers and doctors who are also scientists.The Anxiety scale measures situational anxiety, skeletal muscle effects, autonomic arousal, and subjective experiences of anxious affect.

High-scoring individuals' traits in terms of anxiety Scale DASS fearful, nervous, trembling, and shaky; conscious of dry mouth, breathing problems, racing heart, and sweaty palms, concerned about ability and potential loss of control.DASS was given to each participant individually for study purposes.As part of the larger process of clinical assessment, the DASS's main value in a clinical environment is to identify the location of emotional disturbance. The DASS's primary purpose is to evaluate the severity of the main symptoms of stress, anxiety, and depression. It is important to understand that people who are clinically depressed, anxious, or stressed may also exhibit additional symptoms such disturbed sleep, eating, or sexual function that are typically shared by two or all three of these illnesses.

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| **DASS-21** | |
| **Mild** | 27.50% |
| **Moderate** | 20% |
| **Normal** | 51.25% |
| **Severe** | 1.25% |
| **Extremely anxiety** | 0% |

**4.2 Graph 02** based on ANXIETY SELF-RATING SCALE This scale is designed for your personal use.The 10-item anxiety self-rating scale was a self-report tool that covers a range of physical and psychological anxiety symptoms. Responses were scored from 0 (none) to 4 (Most or all of the time) on a 5-point scale. Participants are told to base their responses on the previous week's experiences. Positive and unpleasant events are also included in the list.

Following results are obtained

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| **ANXIETY SELF-RATING SCALE** | |
| **Moderate Anxiety** | 12.50% |
| **High Anxiety** | 10% |
| **Mild Anxiety** | 25% |
| **Extreme anxiety** | 40% |
| **minimal Anxiety** | 42.50% |

**4.3 Graph 03** based on The Liebowitz Social Anxiety Scale (LSAS), a 24-item self-rating questionnaire, is designed to evaluate the impact social anxiety has on your life in a variety of circumstances.This scale is used in our research projects to assess participants' levels of social anxiety, in clinical settings to evaluate a patient's symptoms, or by individuals who are unsure whether the symptoms they are exhibiting could be symptoms of an anxiety disorder.The LSAS evaluates your avoidance of social encounters as well as your social anxiety in certain situations.

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| **LIEBOWITZ SOCIAL ANXIETY SCALE** | |
| **probable SAD** | **40%** |
| **unlikely SAD** | **47.50%** |
| **Normal SAD** | **12.50%** |
| **very probable** | **0%** |
| **highly probable** | **0%** |

**4.4 Graph 04** based on Patient Health Questionnaire (PHQ-9) The PHQ-9 is a versatile tool used for anxiety screening, diagnosis, monitoring, and severity measurement. The PHQ-9 is concise and practical in clinical settings. The patient fills out the PHQ-9 in a matter of minutes.  Repeat administrations of the PHQ-9 can show if a patient's anxiety is getting better or getting worse in response to treatment.

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| **PHQ-9** | |
| **Moderately severe** | **15%** |
| **none Minimal** | **22.50%** |
| **mild Anxiety** | **27.50%** |
| **Moderate Anxiety** | **35%** |
| **severe** | **0%** |

**4.5 Graph 05** base on Generalized anxiety disorder (GAD-7) as a screening tool for generalized anxiety disorder (GAD) in primary care settings, the 7-item Generalized Anxiety Disorders Scale was created. More and more researchers studying anxiety disorders and general anxiety are using the GAD-7 as a measure. Good psychometric features, such as sensitivity and specificity, have been shown for the GAD-7. The GAD-7 exhibits strong reliability between tests. The GAD-7 is a helpful instrument with high criteria validity for spotting potential GAD cases.

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| **GAD-7** | |
| **Severe Anxiety** | **6.25%** |
| **Moderately severe Anxiety** | **17.50%** |
| **Mild Anxiety** | **30%** |
| **Moderate anxiety** | **46.25%** |