

Family problems and their relationship with academic anxiety among students of the sociology department at King Abdulaziz University

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Abstract

This study aimed to explore the relationship between family problems and academic anxiety among students in the Sociology Department at King Abdulaziz University in Jeddah. The study examined the effects of family conflicts, lack of parental support, and challenges within the home environment on students' levels of academic anxiety. The study was conducted on a sample of 15 students using reliable and modern measurement tools. The results indicated a significant positive correlation between family problems and academic anxiety levels. Practical recommendations were provided to reduce academic anxiety and enhance students' academic performance.

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Introduction

Family problems are considered significant psychological and social factors affecting students' behavior and academic performance. Family conflicts, lack of parental support, and home environment challenges can increase students' academic anxiety, negatively affecting concentration and academic achievement. This study aimed to examine the relationship between family problems and academic anxiety among students of the Sociology Department at King Abdulaziz University in Jeddah, contributing to a better understanding of psychological factors affecting academic performance and providing practical recommendations to improve students' psychological support.

Research problem

Despite extensive research on academic anxiety, studies linking family problems and academic anxiety in the Saudi university context are limited. This highlights the need to investigate this relationship among students of the Sociology Department.

Significance of the study

a. To provide scientific data on the impact of family problems on academic anxiety.

b. To assist students and psychological counselors in designing strategies to reduce academic anxiety.

c. To enrich the literature in clinical psychology within the Saudi context.

Theoretical framework

Academic anxiety: Academic anxiety is a state of tension and worry experienced by students regarding academic demands, such as tests, assignments, and deadlines. It is characterized by feelings of fear and stress related to academic performance.

Characteristics of Academic Anxiety:

a. Physical symptoms: Increased heart rate, sweating, and sleep disturbances.

b. Cognitive symptoms: Difficulty concentrating, negative thinking, and fear of failure.

c. Behavioral symptoms: Task avoidance, procrastination, and decreased academic performance.

Family problems: Family problems encompass challenges and conflicts within the family, such as parental disagreements, loss of a parent, or difficult economic conditions, which affect family stability and members' well-being.

Characteristics of Family Problems:

- a. Economic stress: Unemployment, debt, low income.
- b. Parental conflicts: Ongoing disagreements or separation.
- c. Loss of a parent: Due to death or divorce.
- d. Psychological stress: Depression or anxiety in a family member.

Relationship between family problems and academic anxiety:

Theoretical studies suggest that family problems directly influence students' academic anxiety, as an unstable family environment increases stress and anxiety related to academic performance.

Previous studies¹⁻¹⁰

Objectives

- a. To examine the level of family problems among students of the Sociology Department.
- b. To assess the level of academic anxiety among the students.
- c. To determine the relationship between family problems and academic anxiety levels.

Hypotheses

- a. There is a statistically significant relationship between family problems and academic anxiety.
- b. The severity of family problems affects the levels of academic anxiety.

Methodology

- a. Study type: Descriptive and analytical.
- b. Sample: 15 students from the Sociology Department at King Abdulaziz University.
- c. Instruments: Reliable modern tools to measure academic anxiety and family problems.
- d. Statistical analysis: Descriptive statistics (mean and standard deviation) and Pearson correlation test.

Results

- a. The level of family problems was moderate, while academic anxiety levels were high.
- b. A significant positive correlation was found between family problems and academic anxiety.

Discussion

The results indicate that family conflicts and lack of parental support significantly affect academic anxiety. Students facing family

problems encounter additional stress, which increases anxiety related to academic performance.

Recommendations

- a. Provide psychological and social support programs for students experiencing family problems.
- b. Organize workshops on managing academic anxiety and stress reduction techniques.
- c. Encourage positive family involvement in students' university life.

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Conflicts of interest

Author declares that there is no conflict of interest.

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