

Political Federations are One of the Main Causes of Increasing Level of Anxiety among the University Students

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Abstract

This study was carried out to analyze the major factors that make the students anxious, and derive them to the state of worry regarding their studies. This paper reveals that the influence of political federations is the main cause of anxiety amongst university students. Results shows that out of 772 respondents only 9% males and 2% females are affiliated with these alliances, suggests least interest of the students in politics. This lack of interest is due to the fact that political activist calls for strikes to hijack the university administration and tries to gain maximum benefits, as politicians tries to highlight disputes amongst the students and causes disturbance on the university campus. These political gatherings and strikes waste the precious time of students causes a delay in the exam schedule, as evident from the odd ratio of 1.86. Due to these factors students extremely dislike political activities because they think that political scenario destroy the capabilities of the students and almost 88% students are in favor of banning these federations. Despite of their dislike if the politicians interrupt in university campus, students start worrying about their academic activities and they feels anxiety regarding their studies. So political activities on University campus is one of the prime factors of anxiety amongst university students.

Key words: Students, politicians, federation, anxiety, political parties, university.

Introduction

Pakistan came into being in the process of decolonization, when the Muslims of subcontinent realize that they need their independent rule where they can spend their lives according to the preaching of Islam and decide their own prospect. This movement was named as the Movement of Pakistan and was backed by supporters of the TWO NATION THEORY. As a result of this movement Muslims of all India were gathered on a platform and the only representative confederation of Muslims takes place, named as All India Muslim League. This league was formed on 30 December, 1906 under the supervision of Nawab Wiqar-ul-Mulk. When Pakistan was created their rulers have the choice to choose any system of governance, but they opted for the democratic system. The shocking events that Pakistan faced in its early age were the death of Muhammad Ali Jinnah in 1948 and assassination of Liaquat Ali Khan in 1951, have influence its succeeding years. Although democracy was selected by the leaders but due to these two shocking events made the democratic system weak, and League began to disintegrate and All India Muslim League, for the first time, was divided in December 1947 into two factions, the Pakistan Muslim League (PML) and the Indian Union Muslim League (Cesar, 1970). Unfortunately military dictatorship took over the control after the failure of democracy which creates a tense environment among the people, and cause Muslim league to further disintegration. To sought out the problem and bring democracy back on track in 1967, Zulfikar Ali Bhutto formed a new political party by the name Pakistan People's Party (PPP) (report, 2007).

Now a days PML (Nawaz) and PPP (Pakistan People's Party Parliamentarians) are the major parties of Pakistan they still have to make a coalition with other minor parties to form governments. These minor parties are Muttahida Qaumi Movement, Awami National Party, Muttahida Majlis-e-Amal Pakistan, Jamiat Ulama-e-Islam, etc (wiki). As Pakistan was created under two nation theory and it was needed to transfer this ideology to young generation so a strong education system was required. After the independence of Pakistan several attempts were made regarding the education system to support this ideology and convey it to the new generation, the basic idea was provided by the front line leaders of that time (Seminar, 30th June till 3rd July, 2003). But later on Individuals relating to the Universities such as students, faculty members, and administrative personals were often affiliated with different political parties depending upon their viewpoint.

These affiliation with political parties, divide the individuals into several clusters and the politicians exert external power on administration to influence the decisions of Universities (Baldrige, 1977). This idea was further explained by Cohen et al. (1974) he mentioned that the politicians made educational policies according to their own interest and they bent their educational system according to the political policies. This idea appears to provide the foundation for political pressure on the dealings of higher education and announcements. Due to the affiliation of personals with the political parties' different student's federations formed in the educational institutes. But according to several authors political influence at the educational institutes is an opposing idea. They believe that this influence depends on country and time (Kogan, 1984; Karol & Ginsburg, 1980; Rudolph & Rudolph, 1972; Massialas, 1969). In most of developing countries the politicians take benefits from these disputes and they organize the students and staff members to attain their political goals. Politicians try to capture the idea of educationist because they want to power over the minds, talents, and progressive opinion over the people (MacKinnon, 1965). As Pakistan stands amongst the developing countries same is the situation in Pakistan where pressure groups were required in educational institutions to streamline the activities and to have some control over the institutions. It was because of these reasons that leaders of different parties launched their respective student's federations. This political influence in educational institutes affects the academic activities which has a direct effect on the future of the students who suffer all the time due to these involvements.

In Pakistan the history of student's federations can be traced back to the early timings of the creation of Pakistan. Muslim Students Federation was formed in 1947. This movement was launch by the students of Engineering College, Karachi for the purpose of providing better education. Later on in 1948 a small union was formed with the name Democratic Students Federation in Lahore. Islami Jamiat Talaba starts functioning in 1948 and the basic purpose was to spread the teachings of Islam and to summon gathering in mosque. The Pukhtun Students Federation started in early 1970's by the leaders of Awami National Party to enlighten the culture of Pukhtun society among the students. The Peoples Students Federation was very much successful against Zia's administration in 1985-86. Some other student's federations are given in the table 3. As mentioned earlier that university faculty members are associated with the political federations due to which the main objectives of education were not retained in Pakistan. But still some optimistic people are in favor of the political involvement in the university administration. They have the view that political control can grow the administration of these institutions and can help in achieving their objectives (Livingstone, 1974). But these activities affiliations and activities waste the time of the students and cause anxiety among them. Anxiety is a mental and emotional status classified by cognitive and behavioral mechanism. These components organize together and create a very unlikable and horrible situation for individuals. Pakistan's education system faces very harsh conditions regarding the quantity, quality and the relevance to the needs of the country.

According to the Federal Bureau of Statistics 2005, 20 million children of the age that they should be enrolled in the school are working for the livelihood and are not enrolled in the schools, while 50% of the remaining are drop out by class 5th. The students that are enrolled in education institutes have to memorize the stuff and materials provided in the textbooks, rather than thinking and reasoning, in order to pass the examination (Bernadette, 2007). This rote memorization of the stuff causes students to worry about examination to be taken at the end of the year creating a stat of anxiety amongst the students. Most of the time students are anxious about the schedule of examination and lack of time for this memorization. For the reason they hate all such activities which waste their time and does not take part in co curriculum activities, and avoid such gatherings in order to save time for their study.

1. Research objectives

Much work is not done to find out the factors that causes anxiety and fear amongst the students regarding their study and the career in future so this study is carried out to check the effects of various factors on the students particularly the effects of political scenario on the campus will be analyze.

So the main objectives of this study are

- To identify the major factor that causes anxiety amongst the university students
- To analyze the effects of this factor on exam schedule
- To analyze the effects on the study duration of students

2. Methods and Analysis

2.1 Participants

Although education is the essential human right, yet the policy maker of Pakistan never put it on the main concern and allocate very small portion of the national GDP to be spent on higher education. The progress of education in Pakistan is terribly poor and stands at 163 position amongst 180 countries. Education plays an important role in the progress of a nation but unfortunately the present government of Pakistan allocates only 2.5% of national GDP for education, creating so many hurdles for high education. These politicians influence the educational institutes in Pakistan and use them in their own interest. This study is carried out to analyze the effects of political influence and pressure on the students. Participants of the study consists of 772 students of Peshawar University. Figure 1 show that amongst these 772 students 290 are taken from Arts and Humanities, 200 from Information and Management Sciences, and 282 from Physical and Numerical Sciences. The purpose of the study is to examine the effect of political federations on the performance of the students and the problems they face in terms of accommodations at the campus.

2.2 Sampling Scheme

The three stage sampling scheme were used where the faculty were selected at first stage, the departments were selected at second stage and then students were randomly selected at third stage. Qualitative variables are considered as counts and the chi-square statistic is used to measure the association among them, moreover graphical descriptive procedures are used to describe these variables.

3. Results

The major aim of this study is to identify the basic factors that are responsible for creating the anxiety among the students, and to examine the effect of that factor on exam schedule. On analyzing the responses of students, Figure 2 suggests that 9% of the males and 2% of the female are affiliated with the student's federations which show that students particularly female students are least interested in such type of activities. This is due to the fact that students considered political activities as waste of time as suggested by Table 1 that affiliation with the political federation is considerably associated with the waste of time ($\chi^2=88.8$, p value<0.05, odds ratio=0.085). Odds ratio is a clear indication of the fact that student's politics is a waste of time is 11.8 times stronger among those who are not associated with political federations. From figure 3 it is evident that 390 males and 292 females are in favor of banning the political federation on the campus. To identify the effects of politics in the campus on the mental and physical performance of the students several questions were asked and analyzed from respondents of the study. Also politics is significantly associated with the exam schedule ($\chi^2=6.892$, p value<0.05, odds ratio=0.536) the students that are not associated with political federation are 1.86 times more convinced that the politics effects the exam schedule. This is due to the fact that the politicians try to take advantage from the disagreement among the student's federations. They highlight the dispute among these federations and call strikes at different time and waste the academic time of the students causing a delay in the exam schedule.

Also this can be seen from the question "whether politics on the campus causes any disturbance", this is significantly associated with the affiliation of students with political federations ($\chi^2=14.233$, p value<0.05, odds ratio=0.322). The students who consider that politics cause disturbance on the campus is 3.10 times more than the students who think that it does not cause any disturbance. Also political federations have negative effects on the students is significantly associated with affiliation with these federations ($\chi^2=14.233$, p value<0.05, odds ratio=0.322). Political scenario in the educational institutes destroys the capabilities of the students and left many negative impacts on their career and character. As mentioned earlier that the political activities waste the time of the students as a result they can not cover the whole course contents and they start searching the easier way, so the students initiate to take interest in cheating during exam or rote memorization. Also due to strikes and violence on the campus from politicians and political federations the students feel scared and mentally disturb them. All of the above factors are responsible for the discomfort of the students regarding their study. All these factors which cause anxiety amongst the students are connected to some extent with the political scenario on the campus and the affiliation of educators with the political federations which use them for their own interest and waste the precious time of the students.

4. Discussion

Results of the study demonstrate that factors such as waste of time, effects on the exam schedule, disturbance on the campus environment, and student's behavior is significantly connected with the political environment and politician's interference on the campus. The politicians use these federations for their own benevolence and try to gain power through the minds of students and other educationist.

These political parties call for strikes and protest just to achieve their own goals and fulfill their interest and waste the precious time of the students. Due to these protests and strikes most of the times it became necessary for university administration to delay exams or to revise exams schedules. Many times during these strikes / protests different federations starts fighting with each other just to gain maximum advantage of the situation, creating an uncertain and violent environment in the university. This aggressive behavior and violence disturb the environment of the campus and make some negative impact on the student's personal and professional career. Because other students feel disturbance due to these activities and can not study effectively in these circumstances so they just starts cramming and tries to rote memorize the course contents to get good grades or pass the exams. Similarly many students use unfair means like cheating due to shortage of time as most of his time was washed out just because of the political gathering and activities.

Different cognitive and behavioral components combines together and form a very unlike situation for the individual resulting a drastic decrease in the efficiency of the individual called the generalized anxiety disorder. These are some of the factors that cause anxiety amongst the university students and derive them to mental discomfort. As all of these factors are significantly associated with the political affiliation of the students with different political parties hence the major factor that is responsible for anxiety among students is the politics on the university campus. In order to reduce tensions and anxiety of the students, the following suggestions may be followed.

5. Suggestions

By analyzing the results of the study the following suggestions are made

- a) The student's federations should be independent of the political federations and they should not be supported by the politicians or political alliances.
- b) Political activities/gatherings should be completely banned in the student's social areas like hostels, canteens, play grounds, libraries, etc.
- c) The students affiliated with these federations should be given more chances to interact with each other in order to finish disputes amongst them.
- d) The authority should keep complete check and control over federations to avoid strikes and to save the precious time of the students.

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Table 1: Chi-Square for testing the association of different factors with the affiliation of political federation

Factors	Chi-Square	P-Value
Politics, Waste of time. (yes/no)	88.8	0.001
Effect exam schedule (yes/no)	6.892	0.0087
Politics cause disturbance (yes/no)	14.233	0.000
Negative effects on students (yes/no)	2.790	0.095

Table 2: Odds ratio of different factors with the affiliation of political federation

Factors	Odds Ratio
Politics, Waste of time. (yes/no)	0.085
Effect exam schedule (yes/no)	0.536
Politics cause disturbance (yes/no)	0.322
Negative effects on students (yes/no)	1.062

Table 3: list of the student's federations and their supporter political party with the objectives of their politics

Name	Political Party	Description
Peoples student federation	Pakistan peoples party	knowledge/struggle/revolution
Mustafavi students movement	pat/mqi	islamist
Baloch students federation	baloch national movement	nationalist
Democratic students federation	communist party of pakistan	Marxist
Islami Jamiat-e-Talaba	Jamaat-e-Islami	Islamist
Liberal students federation	independent	secular
Insaf students federation	Pakistan Tehreek-e-Insaf	progressive
Muslim students federation	pml (n)	conservative
National students federation	[people's democratic front pakistan]	Maoist
Punjabi students association	independent	nationalist
United students front	independent	progressive
Pukhtoon students federation	awami national party	nationalist
Punjabi pukhtoon students fedration	punjabi pukhtoon ittehad	progressive

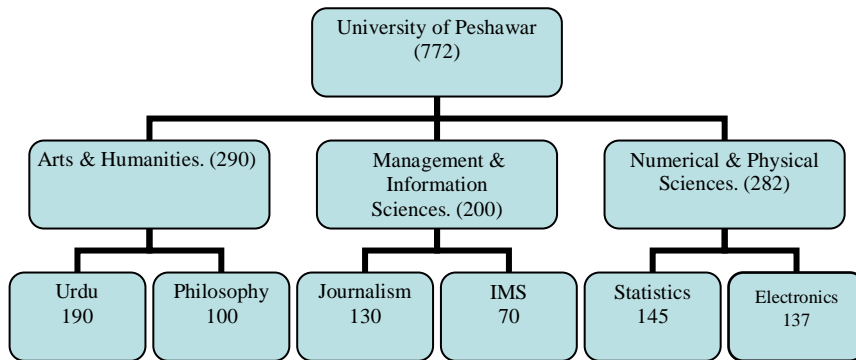


Figure 1: Tree diagramme showing the distribution of students in different faculties

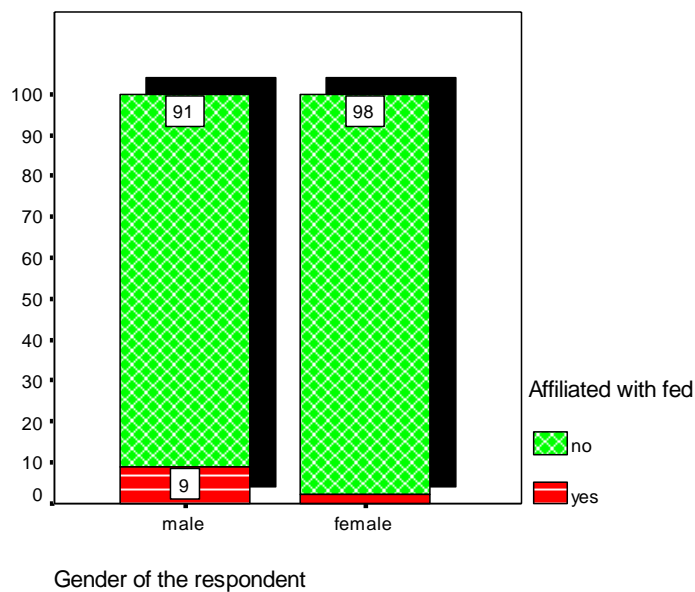


Figure 2: Gender wise Percentage of students affiliated with political federation

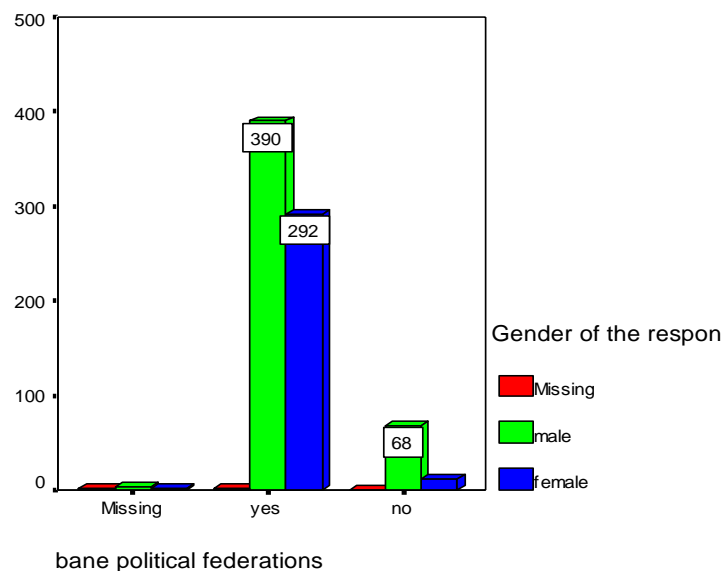


Figure 3: Gender wise distribution of students who are in favour of bane on student's federations.