

**“Impact of NCC Training on Anxiety of Girls: A Comparative Investigation”**Naveen<sup>1</sup>, Dr. AAS Azam<sup>2</sup>, Dr. Nadeem Luqman<sup>3</sup>

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**Author's Note**Naveen <https://orcid.org/0009-0006-7967-4332>Dr. AAS Azam <https://orcid.org/0009-0005-6089-2682>Dr. Nadeem Luqman <https://orcid.org/0000-0002-7311-0089>**ABSTRACT**

Anxiety is a pervasive concern that affects individuals across various domains, including military training programs like the NCC. This study investigates the experiences of NCC cadets who grapple with anxiety during their training and highlights the importance of cultivating mental resilience in the face of adversity. Programs for military training such as the NCC are not exempt from the widespread concern that underlies anxiety. Descriptive survey method employed to conduct this study. The hypothesis posits that no noteworthy effect of anxiety found in NCC cadets and non NCC students. The study was conducted with a sample of 100 girl students from which 50 final-year NCC girl cadets randomly selected from 20 units under the Ambala and Rohtak NCC group headquarters in Haryana and 50 Non NCC girl students from the same colleges. Data were collected using the Anxiety Scale. Statistical analysis was performed using *t*-test to check the different effects. The results indicate there is a significant effect of anxiety in non NCC girl students whereas NCC girl cadets are less influenced by Anxiety. Furthermore, in contrast to non NCC students, it may be considered that NCC training is essential for helping students overcome their anxiety in the foreseeable.

**KEYWORDS-** Anxiety, NCC Cadets, Non NCC students, Adolescents**“Impact of NCC Training on Anxiety of Girls: A Comparative Investigation”****1. Introduction**

The National Cadet Corps, or NCC, is a youth organisation that is actively used in several nations, such as Nigeria, Singapore, and India. Its goals are to give young people a platform for leadership development, character development, and cultivating a sense of national duty.

The excessive and ongoing worry, anxiety and unease that characterise anxiety disorders can have a range of detrimental effects on a person's ability to function in everyday life and their general quality of life. National Cadet Corps is a popular youth organisation around the world which combines a variety of activities to teach leadership, discipline and character. In order to investigate how NCC membership affects people's anxiety levels, this paper reviews the body of research. Engagement in physical activity has been associated with reduced anxiety symptoms. The NCC provides opportunities for structured and regular physical exercise, which may contribute to the alleviation of anxiety. Studies have shown that regular exercise can lead to decreased anxiety levels and improved mood (Smith, 2019).

Working in a close-knit group or unit, providing social support and the growth of strong peer interactions are common aspects of NCC participation. According to research, social support can reduce anxiety by providing access to both practical and emotional resources (Holt-Lunstad, 2018). Reduced anxiousness may be a result of the unity and camaraderie that the NCC fosters.

The NCC provides a range of training courses and activities that enhance skills, such as exercises in decision-making and leadership. These kinds of interactions can boost one's notion of self and self-efficacy, two things that would help one overcome anxiety. Higher self-efficacy individuals may feel more confident in their ability to handle stressful situations, which lessens anxiety symptoms (Bandura, 1997).

Even if the research that has been done so far points to a possible link between NCC involvement and lower anxiety levels, it is crucial to acknowledge the limitations of these studies. Self-report measures are frequently used in research to assess anxiety, which raises the possibility of bias. To increase the validity of the results, future studies should include additional objective metrics such physiological markers or assessments given by experts.

**2. Literature Review**

A study by Sharma T., & Puri P., (2022) on 100 NCC cadets found that personality traits and stress levels are positively correlated. This suggests that the cadets' stress levels rise in accordance with personality traits like neuroticism and introversion.

Another study by Dhokrat G. K. (2020) on 1,500 students including athletes, NCC members and NSS participants by stratified random sampling suggest while evaluating NCC participants to athletes, the former had much better mental health. On the other hand, there was no substantial difference in the mental health of NCC and NSS participants. The findings of Devi & Suresh (2017) shows that NCC cadets generally have somewhat higher levels of achievement motivation than do non-NCC cadets. This may be explained by the fact that the NCC cadets have greater chances to succeed in a variety of activities and get personalised attention, criticism and awards. Nonetheless, there were no appreciable variations in the two groups' levels of self-esteem. Furthermore, neither group's self-esteem nor accomplishment drive showed any significant relationships, according to this study. Singh & Shejwal (2017) finds a number of noteworthy insights in their research. First, female NCC cadets scored better on conscientiousness, extraversion, tactile imagery, agreeableness and openness to experience, whereas male cadets scored higher on neuroticism and negative emotions. Second, it was discovered that extraversion was linked to good emotions, but neuroticism was more closely linked to negative emotions and affect. Finally, among NCC cadets, the study found that mental image dimensions and conscientiousness were significant predictors of affect and pleasant feelings. These results have ramifications for comprehending and improving the NCC cadet's training experience and motivation as well as for guiding the military services selection procedure for qualified applicants.

**Research Gap**

These studies offer a rich backdrop as we compare the experiences of NCC training on college-going students, but the influence of incorporating aided training along with regular studies is yet to be explored on anxiety of college going girls. This study may provide an in-depth understanding of the intricate dynamics underlying NCC training and its effects on anxiety of girl students.

**Significance of the Study**

The significance of this study lies in its potential to enhance understanding of the NCC training on college going girl students and find the scope of implications for their well-being, academic performance, military training, safety, support services, policy development and broader applicability to other contexts.

**Objective-**

- To assess the difference in anxiety level of NCC cadets and non NCC girl students.

**Hypothesis-**

**H<sub>01</sub>** There exists no noteworthy difference of anxiety level in NCC and Non NCC Girl students.

**3. Methodology**

- **Sample & Sampling techniques-** 50 NCC Girls cadets and 50 final year Girl students have been taken through purposive sampling technique.
- **Research Design-** Comparative research design has been used in this study. The difference in anxiety levels between NCC cadets and non NCC girl students will be examined.
- **Tools used-** Anxiety Scale developed by Dr. Kranti K Srivastava (2021) used to collect the data for anxiety.
- **Procedure-** A meeting with the principal of several colleges was scheduled separately and telephonic consent was taken officially. The purpose of the study and the reasoning behind the sample selection were communicated to the principals. The investigator went to the selected colleges. Instructors were asked to assist the investigator for data collection. Respondents were well informed about the goal of this research and confidentiality about their responses. The respondents were instructed that all of the questions had no right or wrong answers. A broad instruction was given in the first portion, then instructions were given for each section individually. Doubts were explained by the researcher. The responders took over 30 minutes on average to finish answering the questions.
- **Data Analysis-** After Collection of data, data were coded and entered into SPSS software for statistical analysis and *t*-test has been employed.

**4. Results**

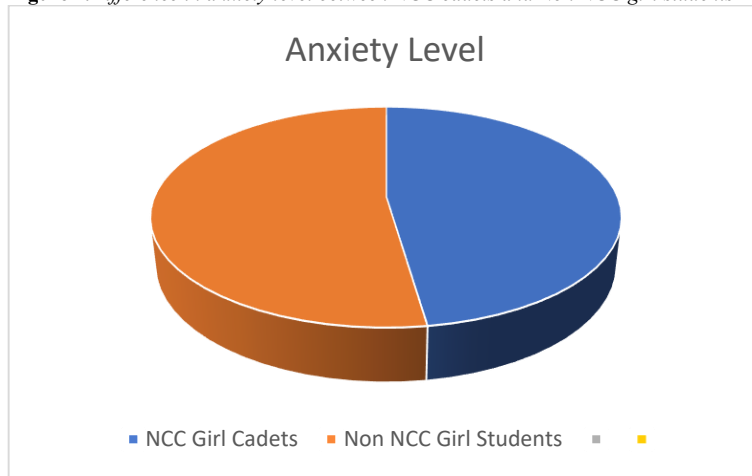
To determine the difference of anxiety between NCC and non-NCC girl students of third year, descriptive statistics were used along with *t*-test.

**Table 1**

Descriptive statistics of anxiety level among NCC cadets and Non NCC girl students

| Variables        | N   | Mean  | Standard Deviation | p- value |             |
|------------------|-----|-------|--------------------|----------|-------------|
| NCC Students     | 100 | 13.42 | 4.504              | .000     | Significant |
| Non-NCC Students |     | 14.72 | 4.755              |          |             |

**Figure 1.** Difference in anxiety level between NCC cadets and Non NCC girl students



An independent samples *t*-test was conducted to compare the anxiety level of NCC girl cadets and Non NCC girl students. There were significant differences ( $t(98) = 0.000, p < .05$ ) in the anxiety scores with mean score for Non-NCC ( $M = 14.72, SD = 4.75$ ) was higher than the NCC students ( $M = 13.42, SD = 4.50$ ).

**5. Conclusion & Discussion**

As per results it can be assessed that there is a significant difference exist in level of anxiety among NCC girl cadets and non NCC girl students ( $p < 0.05$ ) hence the null hypothesis is rejected. A study by Kavita et. al.(2022) supports the findings of this research which reflects that incorporating mandatory physical activities like NCC training, Sports, Yoga, Meditation, etc. are useful in raising the consciousness level and reducing stress among students.

**Suggestions and Educational Implications—**

It is quite challenging to manage anxiety among girl students in Indian context, but physical activity, social support and skill-building aspects of the NCC are potential mechanisms that contribute to anxiety reduction. Self-belief, adhering to a training regimen and establishing ethical boundaries can play a vital role in controlling its effect.

However, more rigorous research, including longitudinal studies and randomized controlled trials are needed to establish a causal relationship and further explore the specific factors within the NCC that facilitate anxiety reduction.

**Limitations**

Cross-sectional design and self-report bias may restrict generalizability.

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**Declaration**

1. We have no conflicts of interest to disclose.
2. Correspondence concerning this article should be addressed to Naveen, AIBAS, Amity University, Haryana. Corresponding Author mail ID- [naveenjakhari987@gmail.com](mailto:naveenjakhari987@gmail.com)
3. This study was approved by the Ethics Committee of Amity University, Haryana on January 07, 2026. All participants provided written informed consent prior to enrolment in the study. This research was conducted ethically in accordance with the Declaration of Helsinki.
4. I hereby give consent for publication.
5. The authors received no financial support for the research, authorship and publication of this article.
6. **Author Contribution Declaration**

Naveen carried out the experiment and wrote the manuscript. Dr. AAS Azam and Dr. Nadeem Luqman helped in analysis of data along with supervising this project and conceived the original idea.

7. **Clinical Trial no.-** Not Applicable