DIFERENCIAS EN LA RESPUESTA DE ANSIEDAD ENTRE ESTUDIANTES UNIVERSITARIOS DE HUNGRÍA Y ESPAÑA

INTRODUCCIÓN

Trabajo Final de Grado
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Los trastornos de ansiedad han recibido considerable atención en los últimos años debido a su enorme potencial. Se estima que 264 millones de personas en todo el mundo padecen trastornos de ansiedad. La ansiedad es un sentimiento de preocupación, tristeza y cambios físicos como aumento de la presión arterial y del ritmo cardíaco, temblores y sudoración excesiva (Afolayan et al., 2013). Este estudio pretende contribuir a un conocimiento más amplio de los factores que influyen en los niveles de ansiedad entre Hungría y España analizando la ansiedad en estudiantes universitarios de psicología

HIPÓTESIS

El propósito de este estudio descriptivo transversal es examinar las diferencias en los niveles de ansiedad entre estos dos grupos. La comparación entre países es exploratoria, pero esperábamos encontrar diferencias con respecto al género y al SES mediante un análisis cuantitativo de los dos grupos.

VARIABLES

DEPENDIENTES
- Ansiedad Rasgo
- Ansiedad Estado
- Ansiedad Subjetiva

PREDICTORAS
- Nacionalidad
- Género
- Nivel de ingresos y estudios de los padres (indicadores del nivel socioeconómico)

METODOLOGÍA

RESULTADOS

En cuanto a los resultados obtenidos del Anova, no se encontraron diferencias en los niveles de ansiedad entre los dos países. El análisis mostro que el género tenía un impacto significativo en las tres dimensiones de la ansiedad; estado, rasgo y subjetiva.

Las medias para mujeres en AR fue 30.2, AE 31.2 subjetiva 4.72 en España mientras que en Hungría AR 33.8, AE 34.8 Subjetiva 5.19 y para hombres en España AR 21.5, AS 22.6 y Subjetiva 3.58 y para hombres en Hungría AR 23.1, AE 25.3 y Subjetiva 3.21.

En cuanto al estatus socioeconómico no se ha observado relaciones estadísticamente detectables entre ni el nivel de ingresos ni los estudios del padre y de la madre en su relación con ningunas tres variables de ansiedad. Sin embargo, tamaños del efecto entre pequeños y medianos fueron observados, entre la educación de la madre y las variables de la ansiedad AR, R (58)=-0.159, con Ansiedad subjetiva, R (58)= -0.194, AS: R (58)= -0.232, p= 0.074. En el caso de la ansiedad estado el efecto fue marginalmente significativo.

Podemos ver que, en común, ambos países manifiestan causas de ansiedad a variables como; los problemas futuros, el estres, falta de recursos, problemas académicos... Mientras que el principal motivo por los estudiantes españoles fue problemas académicos los húngaros perciben la falta de recursos como motivo principal.
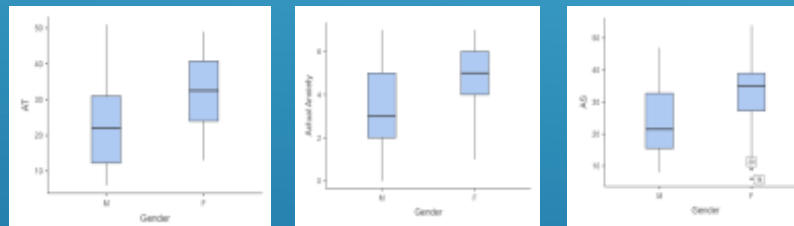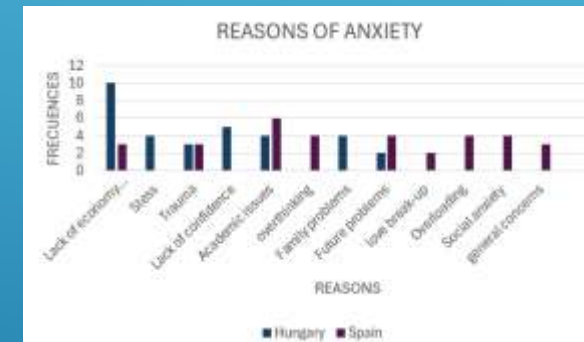

DISCUSIÓN

La presente investigación se centró en comparar los niveles de ansiedad entre distintos países y géneros. Los resultados obtenidos indican que la nacionalidad no desempeñó un papel significativo en la determinación de los niveles de ansiedad de la muestra del estudio. Sin embargo, se encontraron diferencias significativas en función del género, de acuerdo con Lopez et al., (2006) . Estos hallazgos enfatizan que las consideraciones de género en el diseño en intervenciones de salud mental son importantes en ambos países. Aunque Mofatteh (2021) llegó a la conclusión de que factores como el estrés académico, las dificultades económicas y el aislamiento social eran predictores significativos de trastornos de ansiedad entre los estudiantes universitarios con una muestra de 236.014 participantes, en el presente estudio no se encontró ninguna relación significativa entre el nivel socioeconómico y los niveles de ansiedad, únicamente el nivel de educación de la madre con la ansiedad tuvo un efecto entre pequeño-mediano y marginalmente significativo, sin embargo, es importante tener en cuenta que el tamaño de la muestra representativa puede influir en los resultados.

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EXTENDED SUMMARY

Anxiety is a feeling of worry, sadness and physical changes such as increased blood pressure and heart rate, trembling and excessive sweating. (Afolayan et al., 2013)

This study compares anxiety levels across cultures as part of a transcultural exploratory investigation. By examining anxiety across different cultural contexts, this research seeks to contribute to a broader understanding of the factors influencing anxiety levels among young adults pursuing a career in psychology. The purpose of this study was to assess anxiety levels among university psychology students in Hungary and Spain using the State-Trait Anxiety Inventory (STAI) questionnaire in both language versions. An estimated 264 million people worldwide suffer from anxiety disorders. (Ji et al., 2024). Nowadays anxiety is common at all ages. It was noted by Alonso et al., (2003) risk factors such as childhood, family history, childhood experiences, religion, and sexual problems, need to be taken into consideration in addition to various sociodemographic factors such as gender, age, urban/rural location need to be taken into consideration.

The data collection procedure was conducted online, with assistance from a Hungarian psychology student to reach participants in Hungary. The procedure involved contacting psychology students through separate WhatsApp groups in Spain and Hungary, respectively. Upon gaining access to the groups, participants were invited to complete an online questionnaire through a provided link. It is important to note that the Spanish WhatsApp group consisted of 160 participants, while the Hungarian group had 120 participants. Finally, a total of 30 responses were received from Spain and 48 from Hungary, 20 participants' responses were found to be blank, the possibility of the influence of an emotional bias was considered, therefore we will finally consider a sample of 58 participants from both countries.

A quantitative analysis of two groups of psychology students in Spain and Hungary was carried out. They were two types of variables; dependent variables for the study: Trait Anxiety (TA), State Anxiety (SA) and Subjective Anxiety (Subj. Anx) and with predictor variables such as gender, nationality and the construct of socio-economic status (including parents' annual income and fathers and mothers' studies).

The results of the ANOVA showed that main effects of nationality were not found in any of the anxiety measures of the study sample. But a main effect of gender

was found in all the three of them. Females had larger anxiety means in comparison to men. About socioeconomic status, no significant relationship was found between parents' education and the three measures of anxiety, but a small-to-medium effect size was observed between mother's studies and anxiety. On the other hand, no significant relationship was found between year income and anxiety levels.

According to this research and the literature, women were more anxious than men in all three measures. The results of this study highlight the importance of gender factors in the development of mental health services in both countries. Although in this study we didn't find any relation between year income and anxiety we have to take into account the size of the sample and the literature.

Mofatteh (2021) collected data from different studies; the smallest study included in this review was conducted with 19 students and the largest with 153,635 students, for a total of 236,104 students included in the articles included in this narrative review. He commented in his conclusion that factors such as financial problems, social exclusion and academic stress were significant predictors of anxiety disorders among university students in Hungary. In the current study, the relationship between Mothers education and anxiety had small-to-medium effect and a marginal significant effect, it will be of interest to test this and socioeconomic status variable with a large sample.

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