Poster Presentation   **Research**

The Relationship between Levels of Anxiety and Social Adaptation in Female Students

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Abstract

Most people have experienced anxiety in their lives. Anxiety is necessary to continue the life but intense anxiety can be reduced person's efficiency and avoided rational thinking and decision making. The goal of this study was to determine the relationship between levels of anxiety and social adaptation in female students of Science and Research Branch, Islamic Azad University, Tehran, Iran. 120 female students with 20-30 years old were randomly selected at all levels of university degrees. Cattell anxiety test and Rotter's Locus of control questionnaire (internal-external) were employed in this research. Results showed that relationship were significantly increased between mild anxiety and average social adaptation and also between severe anxiety and weak social adaptation ($P<0.01$). Finding showed that the mild to intense levels of anxiety had relationship with the social adaptation, so that anxiety can be influenced on social adaptation.

Keywords: Anxiety, Social Adaptation, Female.

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