

## **AN EXAMINATION OF COLLEGE STUDENTS' STATE ANXIETY TO TRAIT ANXIETY, PROBLEM SOLVING STATUS AND SPIRITUALITY**

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### **ABSTRACT**

A total of 677 college students responded to the State-Trait Anxiety Inventory and Spirituality scale and Problem-Solving Inventory. This study investigates problem solving status, spirituality and levels of state anxiety among 677 college students. The findings of this quantitative study demonstrate that college students are rarely free of state anxiety. The results of the study showed that state anxiety is positive correlated with problems solving status, trait and spirituality. Moreover, by using multiple regression analyses, the predictor variables were able to account for 48% of the variance of State Anxiety. State anxiety could be predicted by four main predictors, "Trait anxiety", "Purpose and meaning in life", and "Problem Solving Confidence and Approach-Avoidance Style two subscales of the PSI". The study's limitations, implications for future research, and suggestions for diversifying career education are discussed.

**Keywords:** State anxiety, trait anxiety, problem solving, spirituality.