

## EFFECTIVENESS OF RISK -TAKING: A STEP TOWARDS REDUCING ANXIETY IN STUDENTS

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**Introduction and aim:** The present research aimed at determining the effectiveness of risk-taking on reducing anxiety level in students in Payam-e- noor University in the city of Babol.

**Method:** This research had a semi-experimental and comparative design with pre-test and post-test tool. The sample size of the research was divided into groups, namely control and experimental ones, each including 15 students out of 30 individuals. Anxiety Inventory was used as an instrument for the present research. Statistical t-test for independent variables and SPSS spreadsheet were applied to analyze data.

**Findings:** Results of this research demonstrated that the way of risk-taking training could increase risk-taking behaviorally and cognitively. In addition, risk-taking training through group-counseling could lead to the reduction of anxiety in university students. Accordingly, the more the degree of risk-taking increased, the less the anxiety level would be.

**Discussion:** The use of expressive style training can elevate the risk-taking in anxious students. Moreover, when students learn how to answer courageously, this surely can decrease the stress and tension they have been experiencing in a certain situation in the past.