



# **EFFECT OF PRIMARY COLORS ON STATE ANXIETY**

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**By**

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## ABSTRACT

The present study was carried out to examine the effect of primary colors on state anxiety of an individual who experienced colored environment in experimental conditions. The purpose of the study was to test whether different colors affect a person's emotional state or not. It is hypothesized that red primary color would be more anxiety provoking as compare to other primary colors and there would be a significant difference between anxiety state of males and females. Sample for the study consists of eighty Bahria University students; among which half were males and half were females, their age range were between 18 to 25 years. 80 participants were randomly assigned to three experimental groups (Red, green and blue) and one control group (White), 20 participants in each group to test their level of anxiety. For experimental groups State-trait anxiety inventory by Spielberger, Gorsuch and Lushene (1970) was administered on white color paper in pre-test condition and on red, green and blue color with same color bulbs in post test condition. Results were analyzed by using Statistical Package for Social Sciences (SPSS), which reveals that green color is more anxiety provoking as compared to other colors and there is not a significant difference between anxiety state of males and females.