



A Study on Neurotic Tendencies Among Working Women

KEYWORDS

Neurosis, Anxiety, Panic Disorders, Phobic Disorders, Obsessive Compulsive Disorders, Somatic Disorders

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ABSTRACT *Women are considered as the supporting pillar of a family, which is the most basic unit of a society. From time immemorial women are confined in their homes and they did not have a role to play in the bread winning process of the family. The present scenario has undergone a dramatic change, as women are homemakers as well as breadwinners. This dual role makes them vulnerable to certain mild psychological issues due to lack of adjustments. The universe of the study includes respondents working as teachers and women in clerical jobs who belong to the Trissur district in Kerala. The researchers used Lottery method in random sampling and 60 samples were selected. The tool for data collection was Questionnaire. The major finding is that majority of the working women exhibited mild psychological issues like Anxiety, OCD and Phobia.*

INTRODUCTION :

The history of mankind reveals that women is or has been the foundation stone of a family. As the result of the efforts of the social reformers and the legislations passed they were brought out of the confines from their homes and were provided education as well as opportunities, which paved way for them to join ranks of men in the different walks of life. The urbanization and modernization opened entry of women in all social classes into professional occupations, but these openings did not change the burden of household responsibilities on them accordingly, leaving them with double burden. As workingwomen, they are liable to face a crisis in adjustment due to the double responsibilities and results in various adjustments. All such pressures reflect as certain Neurotic tendencies in women.

NEUROSIS :

Neurosis is a mental disorder characterized by anxiety, avoidance behavior and distress that lead to a self-defeating behavior blocking their personal growth.

CLASSIFICATION :

1) Anxiety Disorders: Anxiety is an internal phenomenon characterized by a state of apprehension arising out of anticipation of danger.

Symptoms of anxiety:

- Motoric restlessness, Muscle twitches etc.
- Palpitations, sweating, hyperventilation etc.
- Poor concentration, hyper arousal, negative automatic thoughts etc.
- Inability to relax, derealisation, insomnia, exaggerated startle response etc.

2) Panic Disorder: It is characterized by sudden onset of discrete episodes of acute anxiety. Exposure to phobic stimuli can be a precipitating factor.

3) Phobic Disorders: Phobia is an irrational fear of specific objects, situation or activity.

4) Obsessive Compulsive Disorder: This is associated with factors like manipulative, exhibitionistic, emotional, dramatic behavior with absence of objective signs or organic illness.

- Conversion symptoms: These mimic effects of physical

illness so that the patient complaints of paralysis, aphonia, anesthesia etc.

- Dissociation symptoms: The patients behave as if the brain is not functioning properly, complaints of loss of memory, fits, faints etc.

5) Somatoform Disorders: This disorder is characterized by repeated presentation with physical symptoms which do not have any adequate physical basis and a persistent request for investigation and treatment despite repeated assurances by the treating doctors.

6) Neurasthenia: According to ICD-10, this disorder is characterized by persisting complaints of increased fatigue after minimal efforts, weakness or exhaustion after minimal effort with feelings of muscular aches, dizziness, tension headaches, sleep disturbances etc.

SIGNS AND SYMPTOMS :

According to C.George.Boeree, Professor at Shippensburg University, effects of Neurosis can involve:

- Anxiety, sadness, anger, irritability, mental confusions etc.
- Phobic avoidance, vigilance, impulsive and compulsive acts, lethargy etc.
- Disturbing thoughts, repetition of thoughts and obsession, negativity etc.
- Dependency, aggressiveness, perfectionism, schizoid isolation, socio-culturally in appropriate behaviors etc.

INCIDENCE:

Approximately 5 to 10% of the population exhibits psychoneurotic symptoms at any given time. It is estimated by numerous physicians that of the patients who consult general medical practitioners, 25 to 50% suffer from psychoneurosis rather than definite physical ailments.

A workingwomen has to combine her major occupations and roles-wife, mother and employee. She has to play a double role in order to create a healthy atmosphere. The problems arise when she fails to balance the roles appropriately. The researchers met many workingwomen who opines that they are tired of the dual role they play.

REVIEW OF LITERATURE :

- 1) Redford et al (1997) conducted a study to examine psycho-

logical correlation of in a sample of workingwomen. The background of this study identifies potential mediators of job strain effects on health by determining whether psychosocial factors known to predict an increased risk of cardiovascular diseases are higher among women who report high levels of job strain. It showed that the high job demands and low decision latitudes were correlated with a pattern of psychosocial factors consisting of increased level of negative emotions like anxiety, anger, depression and hostility.

- 2) Maria et al (2007) studied that stress precipitates depression and anxiety in young working women and men. Major depressive disorders and generalized anxiety disorder were ascertained using the diagnostic interview scheduled and diagnosed according to DSM-IV criteria. Participants exposed to high psychological job demands like excessive workload; extreme time pressure had a two-fold risk of Major depressive disorders or generalized anxiety disorder compared to those with low job demands.

RESEARCH METHODOLOGY :

Objectives of the study:

- To study the work-life balance of working women.
- To study about various neurotic symptoms affecting workingwomen.
- To study about the prevalence of neurotic tendencies of working women.

Research Design:

The researchers have adopted Descriptive Research design to investigate and study.

Sampling Design:

The researchers use lottery method in random sampling for the study.

Tools of data collection:

The tool of data collection was Questionnaire.

Major Findings of the Study:

- Majority of the respondents (85%) are married.
- Majority of the respondents (70%) have 4-5 members in their family.
- Majority of the respondents (65%) are not satisfied with their dual roles in their office and home.
- More than half of the respondents (52.2%) are in the age group 36-44 having moderate level of anxiety.
- Half of the respondents (50 %) are in the age group 45-55percent have high level of anxiety.

- Majority of the unmarried respondents (75%) feels high level of somatic disorders.
- Majority of the married respondents (72.5%) have high level of somatic disorders.
- Majority of the respondents (81%) who have two children has high levels of somatic disorders.
- Majority of the respondents (75%) who have one child has high level of somatic disorders.
- More than half of the respondents (55.6%) who have three and above children has high level of somatic disorders
- More than half of the married respondents (56.9%) have a moderate level of OCD.
- Majority of the respondents (82.1%) who has an experience of 5yrs and below feels a high level of somatic problems.
- Majority of the respondents (75%) who has an experience of 6yrs -10yrs feels a high level of somatic problems.
- More than half of the respondent (55%) who has an experience above 10yrs feels a high level of somatic problems.
- Majority of the respondents (82.4%) who cannot balance their family and work feels a high level of somatic problems.

SUGGESTIONS :

- The family has to provide its support to have a work-life balance.
- The daily routine should be systematically planned by the workingwomen.
- The management can plan new measures to lessen workload and improve work atmosphere.
- Recreational activities are to be planned by the organization to reduce their anxiety.
- Seminars and sessions can be arranged to them on topics like stress management, coping strategies, balancing the dual role, family interactions etc.

CONCLUSION:

The study on the neurotic tendencies among working women reveals that workingwomen are subjected to psychological and practical problems resulting from the dual demands of home and work. It is very obvious that the success in managing the dual role effectively depends upon the attitude of family members and society. From the study it can be seen that the workingwomen are facing mild form of psychological problems due to their multiple role. The researchers were able to understand the neurotic tendencies among working women in the present scenario which includes many form of mild psychological problems like anxiety, phobia, OCD, so-

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