



## Level of Anxiety between Working and Non Working Women

### KEYWORDS

anxiety, working and non-working women

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**ABSTRACT** *Objective:* To find out difference between working and non-working women on anxiety scale.

*Method:* The study comprised of 100 working and 100 non-working women randomly selected from Meerut City. To measure anxiety between both groups, Sinha Comprehensive Anxiety Test (SCAT) was used which consists of 90 items.

*Results:* To compare between two groups on anxiety scale the obtained data were statistically analyzed by 't' test. Results revealed that both groups were significantly differing on the level of anxiety. Results have shown a higher level of anxiety in working women as compared to their counterpart. Factors like dual responsibility in home and profession for working women play a major role in experiencing more anxiety as compared to house-wives (non-working women)

In this competitive world scenario, there is an increased need and desire to enhance the level of comfort and luxuries in all spheres of life. It is generally assumed that to achieve this goal it is imperative for both important members of a family i.e. husband and wife should be working. That could be one of the reasons for the past four decades to have witnessed a significant rise in women's employment. Now a days, most of women are working, they are escalating their lives to include a career; they must also maintain their traditional roles at home. This combination of housework and career work is the reason why working women today are more anxious and tense.

The present research study is aimed to investigate the "difference between working and non-working women on anxiety scale". Hence the researchers discuss the related topic that is anxiety below.

Anxiety is peculiarly a human phenomenon and is considered to be a unique contribution of the 20th century to the mankind. So much so, the twentieth century is called "the age of anxiety". Fear or anxiety has evolved over countless generations as an adaptive mechanism for coping with danger and the two have been used synonymously, however distinction between fear and anxiety is that the former is episodic and the later in chronic.

Anxiety is an exceedingly complex concept with a variety of overtones and nuances of meaning from ordinary usage, as well as from psychology, psychiatry and psychoanalysis. The word anxiety means to designate a strongly personal, phenomenally experienced feeling of distress and anguish.

The term anxiety has been derived from a Latin word 'angere' that means 'to strangle'. Anxiety has become conspicuous in present times largely because it is an era of changing in rather individualistic values, alienation, competition and achievement.

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components (Ohman, 2000). The root meaning of the word anxiety is "to vex or trouble", in either the absence or presence of psychological stress, anxiety can create

feelings of fear, worry, uneasiness and dread. Anxiety is considered to be a normal reaction to a stressor. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder. The intensity and reasoning behind anxiety determines whether it is considered a normal or abnormal reaction. The meaning of anxiety is that it eliminates complacency. The purpose of anxiety is that it facilitates change.

Anxiety varies in quantity and quality from one person to another and within the same person from one time to another. Shaffer and shoben write "anxieties vary greatly in intensity from a mere qualm in a transient situational conflict to a permeating distress that may effect of a person's social adjustment" (Shaffer, 1958). In relation to working and non-working women (Khanna 1992) conducted a study on 406 working and non-working women in India ( Jalandhar, Shimla, Punjab) in relation to their anxiety and depression. Results revealed that among working women's positive life changes are related to depression, whereas among nonworking women's positive life changes are related to anxiety, and negative life changes to depression. After reviewing some studies following objective has been made.

### Objective of the study:

To find out whether, the level of anxiety differs in working women and non-working women.

### Hypothesis of the study:

Working and non-working women differ significantly with each other on anxiety scale.

### Methodology:

#### Tool used:

#### Sinha Comprehensive Anxiety Test (SCAT):

The test constructed by A.K.P. Sinha and L.N.K. Sinha, was administered on each respondent for determining comprehensive Anxiety. It consists of 90 items, and can be scored accurately by hand and no scoring key or stencil is provided. For any response indicated as 'Yes', the test should be awarded the score of one, and zero for 'No'. The sum of the entire positive or yes responses would be the total anxiety score of the individual.

**Sample:**

The sample comprised of 100 working and 100 non-working women randomly selected from the population in Meerut city of Uttar Pradesh.

**Data Analysis:**

After scoring, the data obtained from both the groups of working and non-working women, was analyzed by mean and SD. The data was further subjected to independent sample of 't' test analysis keeping in view to find out the significant difference between both the groups that is working and non-working women.

**Results and Discussion:**

As shown in table 01 working and non-working women differ significantly with each other on anxiety scale. It means that both groups of women have different level of anxiety. The mean score of working women was 29.78 while the mean score of non-working women was 20.54. And standard deviation score of the working women's and non-working women's are 6.4 and 5.7 respectively. The 't' score obtain for the mean difference is 25.11 which is highly significant at .01 level. The higher mean score of working women showed that they are more anxious hence they experience more anxiety. It may be because of many plausible reasons, one of them is that working woman's multiple responsibilities make her all time alert to create balance between family and job, and meanwhile this increases her level of anxiety. Working women bear dual role responsibility at work place and other in the family, if they lack proper coordination they may find difficulty in delivering their dual role with full efficiency, this may induce stress, tension, depression and irritation among women which ultimately make working women more anxious and worried. Sunita Bhadoria (2013) found in her study that both working and non-working women experienced different level of anxiety and depression. Hashmi Ahmed Hina (2007) conducted a study to determine the marital adjustment, stress and depression among working and non working married women's. Sample of the study consisted of 150 working and non working married women's. Results indicated highly significant relationship between marital adjustment, depression and stress. The findings of the results also show that working married women's have to face more problems in their married life as compared to non working married women's.

**Table-1: Showing significance difference for anxiety between both groups (working and non-working women)**

Sample	Means	SDs	't' test value	Level of significant
Working women	29.78	6.4	25.11	Significant**
Non-working women	20.54	5.7		

\*\* Significant at 0.01 and 0.05

**Summary:**

The present study was an attempt to know the level of anxiety of working and non working women's.

**Conclusion:**

In conclusion, it was found that working women's have significantly higher level of anxiety than non- working women in their lives.

**References:**

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