



ANXIETY AMONG WOMEN FROM COIMBATORE CITY

Social Science

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ABSTRACT

Anxiety is a feeling of worry, nervousness or unease about something with an uncertain. It is one of the most common psychological problem in the current world due to technology change, life style changes, job and many other environmental changes. It is much more common problem for women than it is for men. While this may be due in part to cultural and societal traditions and expectations, it is also due to the chemicals that make up our bodies and the myriad of physical changes that occur in women's bodies and not in men's. Anxiety is totally different for working and non-working women because their responsibilities were vary from each other. Keeping this in mind, present study has focused to evaluate the level of anxiety among working and non-working from Coimbatore through convenience and random sampling method. A total of 77 women were selected for the present study. The standardized tool of comprehensive anxiety test by Bharadwaj, Dr. H. Sharma and Dr. M. Bhargava was used to assess the anxiety levels. The results revealed that working women expressing higher anxiety compared to non-working women. The working women also expressed that they are feeling heterogeneous mixture of anxiety symptoms which is affecting their daily life. This study also suggests that to find out the risk factors of high anxiety among working women and could be done in further studies.

KEYWORDS

anxiety, working women, non-working women, anxiety symptoms

INTRODUCTION

In the present study married are regarded as the woman who recently have a husband between the age of 20 to 60 years and unmarried women are regarded as any women who is not married from the age 20 to 60 years Anxiety is one of the common psychological problem in the current world due to technology change, life style, job and many other environmental changes, Cultural. It is much more common problem for women than it is for men. While this may be due in part to cultural and societal traditions adjustment with modern developing world, extra responsibilities, and expectations. It is totally different from women to women. It is important to look into this area as it may bring an alter effect in their psychological as well as their physical state.

Anxiety is the least understood and most extensively studied of all emotions. It is an effective, stressful, palpable but transitory emotional state, happens to be highly unpleasant condition that signals a danger to the ego and is characterized by nervousness, painful uneasiness of mind with feelings of tension, apprehension. Indian studies showed that middle-aged women reported more psychological distress, more medical problems and lower morale than men (Mathur, 2009). Anxiety and depressive disorders are among the most common psychiatric disorders in the community. However most patients with this disorder go unrecognized (Obadeji et al., 2015).

(Arlington 2013), Anxiety disorders are a group of mental disorders characterized by significant feelings of anxiety and fear. Anxiety is a worry about future events and fear is a reaction to current events. These feelings may cause physical symptoms, such as a fast heart rate and shakiness. There are a number of anxiety disorders: including generalized anxiety disorder, specific phobia, social anxiety disorder, separation anxiety disorder, agoraphobia, panic disorder, and selective mutism. The disorder differs by what results in the symptoms. People often have more than one anxiety disorder. (Arlington 2013). The term "Anxiety", a translation from Freud's (1936) "angst", describes the effect of combined negative affect (emotion), and physiological arousal. This basically refers to anxiety as an "evolved defense system that has served through eons of time to protect organisms from survival threats" (Ohman, 2000p. 227).

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioural components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, fear, or worry.

Anxiety is considered to be a normal reaction to stress. Anxiety can be accompanied by physical effects such as heart palpitations, fatigue,

nausea, chest pain, shortness of breath, stomach aches, or headaches. Anxiety does not only consist of physical symptoms. There are many emotional symptoms involved as well. Some of them include:

"Feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) or danger, and, feeling like your mind's gone blank." Prolonged anxiety can lead to hypersensitivity and chronic worrying, which influences many areas of function (Kennerley, 1995)

Objectives

- To assess the level of anxiety among women on age
- To identify the level of anxiety among working and non-working women

Hypotheses

- There is no significant difference observed in the level of anxiety based on age
- There is no significant difference observed in the level of anxiety among working and non-working women

Methods

Coimbatore was the area selected for conduct of the study. The reason for selecting this place as an area of study were easily approachable and accessible. The researcher has developed rapport among women before conduct of the study. A total of 77 married and unmarried women were selected by random sampling method. A standardized questionnaire on Comprehensive anxiety scale developed by Bharadwaj, Sharma and Bhargava was used to assess their anxiety level.

Before explaining the instructions to fill the questionnaire, respondents consent were taken to participate in this study. Many were unwilling to participate due to their time constraints, those who are willing to undertake this study was taken as a final sample After collecting the information the data were tabulated and suitable statistical procedures were applied.

RESULTS AND DISCUSSIONS

The findings of the present study on "Anxiety among women from Coimbatore city" are presented under the following heads.

Table-1: Anxiety among women based on age

SL No.	Age	Anxiety level			
		High		Low	
		N	%	N	%
1	20-40 years (43)	18	41.86	25	58.14
2	41-60 years (34)	18	52.94	16	47.06

Table 1 Describes anxiety among women based on age

Half of the working women (50%) are having high level of anxiety and the rest half (50%) of them are having low level of anxiety. In case of non-working women, majority of them (58.2%) are experiencing low level of anxiety and 41.8 % of non-working women are having high level of anxiety.

Table-2: Mean, SD and t-value of anxiety among women based on age

Sl. No.	Age	Mean	SD	t- value
1	20-40 (43)	39.364	14.2275	.086NS
2	41- 60 (34)	39.061	16.7983	

Table 2 explains Mean, SD and t-value of anxiety among women based on age

The mean value and SD of young aged women (20-40) were 39.364 and 14.2275. Whereas the mean value of middle aged women (41-60) is 39.061 and the SD value of 16.7983. The obtained t-value for the above result is .086 which is not significant. From the above result, it can be concluded that there is no significant difference observed among young and middle aged women.

Supportive study:

Danese A. (2007) conducted a study "Work stress precipitates depression and Beer Singh, (1997) conducted the study "Anxiety among Working and Non-working Women" and the revealed that Working women are found to suffer more anxiety in comparison to non- working women. 40 years old women are suffering from more anxiety in comparison to 25 years old working women. Hence, hypothesis 1 could be accepted

Table 3: Anxiety among women based on occupation

Sl. No.	Occupation status	Anxiety level			
		High		Low	
		N	%	N	%
1	Working (22)	11	50.0	11	50.0
2	Non-working (55)	23	41.8	32	58.2

Table 3 gives anxiety among women based on occupation

Half percentage of the working women (50%) are having high level of anxiety and the rest half (50%) of them are having low level of anxiety. In case of non-working women, majority of them (58.2%) are experiencing low level of anxiety and 41.8 % of non-working women are having high level of anxiety.

Table 4: Mean, SD and t-value of anxiety among women based on occupation

Occupation status	Mean	SD	t- value
Working(22)	37.227	16.0918	-.727NS
Non-working(55)	40.036	15.0148	

NS- Not significant

Table4 represents Mean, SD and t- value of anxiety among women based on occupation.

The Mean of and SD value of working women were 37.227 and 16.0918. Whereas the mean value of non-working women is 40.036 and the SD value of 15.0148. The obtained t-value for the above result was -.727, it can be concluded that there is no significant difference observed among working and non-working women.

Supportive study:

Beer Singh, (1997) conducted the study "Anxiety among Working and Non-working Women" and the revealed that Working women are found to suffer more anxiety in comparison to non- working women. 40 years old women are suffering from more anxiety in comparison to 25 years old working women. Thus, hypothesis-2 could be accepted

CONCLUSION

Anxiety is highly common in women than men due to their cultural

differences, societal traditions, adjustment with modern developing world, extra responsibilities and expectations. It is important to look into this area as it may bring an alter effect in their psychological as well as their physical state. From the present research it is found that, there was no significant difference found in the anxiety level among women with respect to age and working status. But women are suffering from anxiety due to daily activities, responsibilities and other chores. It is important to know that symptoms of anxiety among all women irrespective of their occupational status to protect them from further psychological problems and improve their mental health.

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