



Anxiety Between Working and Non-Working Women

Rajani Shree

Research Scholar, Ranchi University, Ranchi , C/O- Prafull Kumar Nayak, Plot No-10, Binapani, Bhwan near Shiv Mandir, Vasundhara Colony , Nandan Vihar, Bhubaneswar- 751024, Odisha

ABSTRACT

Anxiety is a part of modern life, with increasing complexity of life, anxiety is likely to increase. Anxiety is built in the concept of role, which is conceived as the position a person occupies in a system. Women's in modern global world have to play a dual role as housewife and career builder. The purpose of the study was to examine the level of anxiety among working and non-working women. Sample were collected from 60 working and 60 non-working (N=120) women living in Patna city. The women were selected through the stratified random sampling technique. Sinha Anxiety scale was used to measure the level of anxiety. Data was analyzed using percentage, mean, standard deviation and 't' ratio. The result revealed that working women were having higher level of anxiety as compare to non-working women but the 't' value is not significant .

KEYWORDS

Anxiety, Working women, Non-working women.

Introduction:-

Anxiety symptoms affect over mostly in women especially in working women day by day. An increasing number of women are faced with the task of juggling the roles of mother-wife-employee. Anxiety is an unpleasant state of inner turmoil and apprehension, often accompanied by nervous behaviour. It is the subjective unpleasant feelings of dread over something unlikely to happen, such as the feeling of imminent death. Anxiety is feeling of unrealistic fear, worry, and uneasiness, usually generalized and unfocused. It manifests by the physically symptoms such as racing heartbeat, sweating and trembling and psychological symptoms such as restlessness, insomnia and difficulty in concentrating. Anxiety can manifest in one's mood, behavior, thoughts and emotions. Symptoms of anxiety can be mild to severe.

Some time anxiety plays a helpful role also. It is an inborn instinct which helps you deal with everyday difficulties. But, if it goes on for too long, it can harm physical as well as psychological health making it difficult to handle day-to-day living. For example most people have some level of fear, apprehension or anxiety before they take a important exam, before a job interview about finances, their children, their job. It can be the force that gives us "drive" that helps us solve a problem or initiate action. Anxiety also protects us from everyday dangers.

Iqbal, Nadeem , Faitima (2004) found that engagement of non-working women in less number of roles may also be a contributory factors towards high anxiety in non-working women. The study concluded that non-working women suffer more from anxiety as compared to working women.

According to Neeraj Panwar (2011) working women feels low anxiety comparison to non-working women.

Murray (1938) revealed that dual task of handling home and job mixed with a real or perceived threat against women may make them feel rejected, isolated and tense. This feeling of impotency or ineptitude and social and interpersonal deprivation leads to insecurity with certain characteristics such as humiliation, shame, rejection and failure.

Kamu (1992) point out that importance of economic freedom, social status and other similar attributes in as much as the working women feels more secured as compared to their non-working counterparts. Also they have relatively and signif-

icantly low social anxiety than the non-working. The mental health of the working women also appears sounder.

Objective:-

To measure the level of anxiety between working and non-working women.

To compare the level of anxiety between working and non-working women.

Hypotheses:-

Level of anxiety will vary among different categories of working and non-working women.

There will be significant difference on anxiety level between working and non-working women.

Sample:-

The study was conducted on sample of hundred twenty women (N=120) of different areas of Patna city of Bihar state. The sample was further divided into two categories 60 working women and 60 non-working women. The age ranged between 21 to 35 years. The minimum education level was matriculation. Only married and middle income (income rang-2to 3 lakhs per annum) groups were selected for the research. The stratified random sampling technique was applied.

Tools:-

Sinha Anxiety scale was developed by Sinha (1976). There are 100 items with yes/ no alternative response. High score shows high state of anxiety and low score shows low state of anxiety. Reliability coefficient was found to be 0.92 and 0.85 respectively. Validity coefficient was found to be .069.

Procedure:-

The Anxiety scale was applied on selected sample of working and non-working women from different working areas like school, government offices, Bank and residential areas. Verbal consent was taken from the participant and they were given brief description about the purpose of data collection and were assured that the data collection from them will only be used for research purpose and will be kept confidential. Data was checked and scoring was done with the help of scoring key. Mean, SD and the 't' ratio was used for the statistical analysis of data.

Result and Discussion:-

Table-1

Number and Percentage of High, Moderate and Low level of Anxiety among Working and Non- working women.

Groups	Level of Anxiety						
	N	High Score (70-100)	Moderate Score (40-70)	Low Score (1-40)			
	n	(%)	n	(%)	n	(%)	
Working	60	2	3.33%	15	25%	43	71.67%
Non-working	60	0	0	19	31.67%	41	68.33%

Figure 1: Percentage of High, Moderate and Low level of Anxiety among Working and Non-working Women.

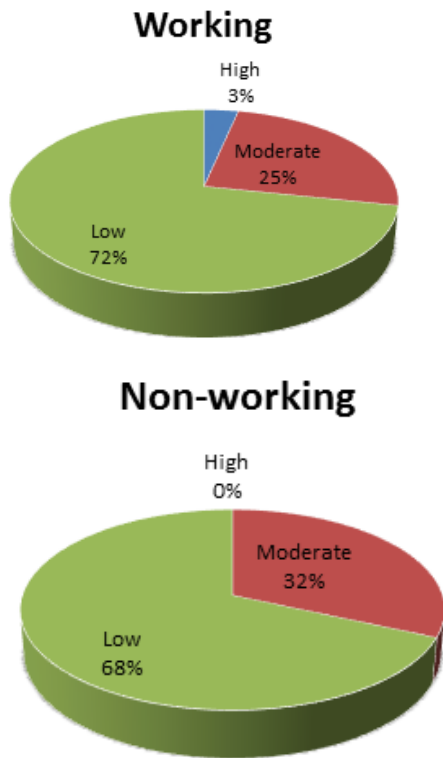


Table -1 & figure-1 showed that majority of working and non-working women exhibited low level of anxiety i.e. 71.67%, 68.33% respectively. Non- working women experienced more moderate level of anxiety as compared to working women (31.67%, 25% respectively) where as high level of anxiety is only present(3.33%) in working women.

Table-2 Comparison between Working and Non-working Women on their Mean Anxiety Scores.

Groups	N	Mean	SD	' t'
Working	60	31.28	18.67	0.73 NS
Non-working	60	33.43	16.37	

NS: - Not significant

Figure-2

Comparison between Working and Non-working Women on their Mean Anxiety Scores.

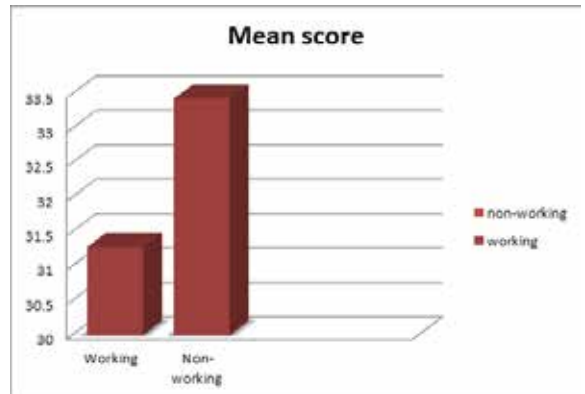


Table-2 & figure-2 showed that working women and non-working women did not differ significantly on the level of anxiety. Mean score of non-working women are higher than working women but their difference was not statistically significant (Mean=33.43, Mean=31.28 respectively & 't'= 0.73). The results are in agreement with the findings of the earlier research Iqubal, Nadeem, Faitima (2004).

Conclusion:-

The findings of the present study indicated that: - .

Most of the working and non-working women experience low level of anxiety.

Non- working women experienced more moderate level of anxiety.

Non-working women has higher anxiety than working women but the't' value is not significant.

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