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Anxiety among Working and Non-working Women of Bundu (Jharkhand)

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Abstract

Anxiety is an emotional condition in which a person feels various types of psychological and physiological changes such as sweating, heart palpitations, blood pressure, restlessness etc. The aim of this study is to know the impact of work status on anxiety level of women. 100 women (50 working and 50 non-working) including equal number of married and unmarried women were selected from Bundu, Jharkhand by purposive sampling method. Personal data questionnaire and Sinha Anxiety scale were administered to get data from them. Data was analyzed through SPSS. It was found that non-working women feel higher level of anxiety than working women. It was also found that the level of stress was higher in married women.

Keywords-Anxiety**,** Working women, Non-working women, Marital status

Introduction- Anxiety is a kind of unpleasant feeling. This is a normal experience, which induced from various types of day to day challenges. A moderate amount of anxiety can improve the activities of the person but its higher level negatively influences the performance of the mind and body. In this generation life is very busy and scheduled with excess work load. Therefore people are being suffering from various types of psychological troubles.

According to APA – Anxiety is an arousing sensation which includes worry, concerned thoughts and bodily changes such as increased blood pressure.

Anxious person may feel restlessness, hyperventilation, rapid heart rate and breathing, sweating, weakness, difficulty in concentration, sleeping problems, stomach related problems, such as gas, constipation, or diarrhea, a strong desire to avoid the things that trigger anxiety level.

The present study has been conducted on working and non-working women. Many studies revealed that non-working women have shown greater symptoms of anxiety in comparison to working women. Working women are economically independent. They don't have to face difficulties related to economy in their family. They are able to take good decision in their life. Their quality of lives is very good. They have appropriate level of life satisfaction. On other hand non- working women have to face various types of problems. They have to spend their lots of time at home and they have lots of family responsibilities also. They work hard to survive their family. Many non-working women do not have right to come out from their homes without permission. They are not appreciated as working family members. Therefore, most of the non-working women feel higher level of anxiety.

Adhikari (2022) conducted a study on 30 working and 30 non-working mothers and Coded that working women have higher level of anxiety regarding their child care in comparison to non-working women.

Kaur, Panwar et al.(2012) showed that working married females feel less anxiety in than non-working married females. Non-working married females have higher level of anxiety and less life satisfaction.

Donovan & Spence (2000) found that over anxiety associated with lower academic achievement.

Panda & Chettri (2015) found higher level of anxiety in working and non-working mothers group and there was no significant difference among them.

Mukhopadhyay and Dewanji (1993) Non-working mothers feel higher anxiety levels than working mothers but there was no significant difference between both groups..

Methodology

Objectives

➢ To measure the level of anxiety among all samples.

➢ To compare the anxiety of working and non- working women.

➢ To compare the level of anxiety among married and unmarried women.

Hypotheses-

➢ The level of anxiety would be different in total number of sample.

➢ Working women would have less anxiety than non-working women.

➢ There would be significant difference between married and unmarried women in terms of anxiety.

Samples-

100 respondents were selected according to be below sample design Sample design

2*2 Factorial design was used in the present study

Group	Married	Unmarried	Total
Working women	25	25	50
Non-working women	25	25	50
Total	50	50	100

Area-

All respondents were selected from Bundu (Jharkhand) .

Sampling method

In this present study all respondents were selected through Purposive sampling.

Criteria- Inclusion

- ❖ Only 25 to 35 age group range of women
- ❖ Only married and unmarried females
- ❖ Only healthy women.
- ❖ Only government school teachers were selected in the group of working women.

Exclusion

- ❖ Below 25 and above 35 years age group range of women
- ❖ Unhealthy women
- ❖ Divorced females

Variables

- ❖ Independent Variable- Work-status and Marital status
- ❖ Dependent Variable-Anxiety

Tools

A) Personal Data Questionnaire (PDQ)

This questionnaire was prepared for obtaining basic information about the respondents; such as name, age, sex, health status, nature of school etc

B) Sinha Anxiety scale:

This scale was constructed by Prof. Durganand Sinha in 1961. It is very useful to for the measurement of anxiety level. It has been 100 items and each items ad each items has two options –Yes or No. Each items which is checked as 'Yes' has been given the score of one. All score have been added to get total score of the respondent. High score shows high level of anxiety and low score shows low anxiety level. This scale has not time boundary. A Person may take about 20 minutes to complete. The split-half and test retest reliability of this scale is 0.86 and 0.75. The Validity of the scale is 0.69.

Procedure

First of all, data was collected from working women, i.e. Government school teachers of Bundu. All respondents were consulted individually. After establishing a workable rapport every respondent were administered PDQ and Sinha anxiety scale. Afterwards, the same process was repeated to get data from non- working women.

Result and Discussion

Table-1

Level of anxiety in total samples

Group	Very high	High	Normal	Low	Very low
Number	10	30	28	27	5
percentage	10%	30%	28%	27%	5%

Figure-1 (Pie- chart); showing level of anxiety in total samples
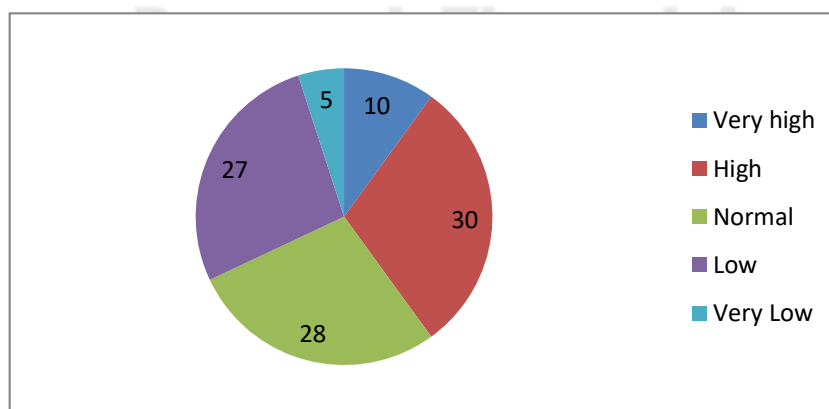
Above table and pie- chart show that 30% respondents have high level of anxiety, 28% have Normal level of anxiety, 27% have low level of anxiety, 10% have very high level of anxiety and only 5% respondents have very low anxiety level. This is clear that level of anxiety is different among respondents. Thus, first hypothesis has been accepted.

According to above result most of the women have high level of anxiety and few women have very low and very high level of anxiety. Every person has different life style and has to face different situations in their lives. Anxiety level depends on various factors, such as socio- economic status, family burden, marital status etc. This is clear that every person is surrounded by different types of circumstances.

Table-2

Comparison of level of anxiety between working and non-working women

Group	N	Mean	SD	t-value	P
Working	50	33.35	13.93	4.8184	0.01
Non-working	50	47.15	14.70		

Figure-2 (Bar diagram); showing mean difference of anxiety between working and non- working women
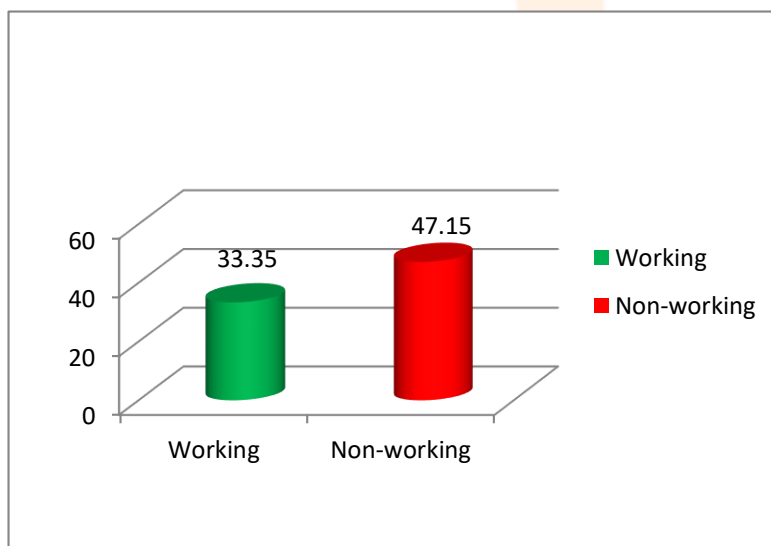
Above table and graph shows that mean score of working women is 33.35.Mean score of non- working tribal women is 47.15. High score indicates higher level of anxiety and low score indicates lower level of anxiety. This is clear that non-working women feel higher level of anxiety than working women. t-value 4.8184 is significant on 0.01 level. This is clear that work status significantly influences the level of anxiety. Non- working women are not so much educated and belonging to middle class. They do not have good status

in their society. Non-working women have many difficulties in their lives. They don't have so much facility. These factors badly influence their psychological health. Kaur, Panwar et al. (2012) showed that non-working females feel higher level of anxiety in than working females

Table-3

Comparison of Married and Unmarried women in terms of anxiety

Group	N	Mean	SD	t- value	P
Married women	65	72.55	15.524	5.4125	0.01
Unmarried women	35	51.85	22.483		

Figure-4 (Bar diagram); showing mean difference of anxiety between married and unmarried women
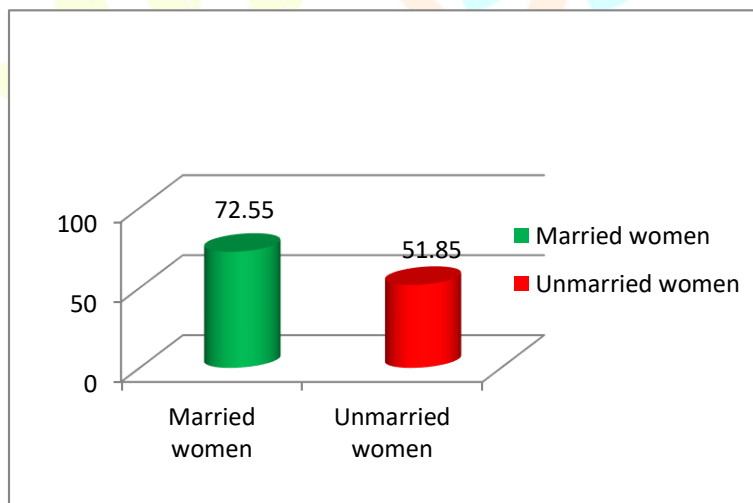
Above table and graph show that mean score of married women is 72.55.Mean score of unmarried women is 51.85. This is clear that married women feel higher level of anxiety than unmarried women. t-value 5.4125 is significant on 0.01 level. This is clear that marital status significantly influences the level of anxiety of women. Thus, third hypothesis has been accepted.

Marriage is a relationship with two adults (male and female) make emotional, legal commitment with each others. Marriage is a special ceremony where two people come together of different personality and different socio-economic backgrounds, who forms a family. Married women have lots of responsibilities and family burden. So, they feel higher level of anxiety.

Conclusion-

This present study reveals that level of anxiety is different among working and non- working tribal women. Non- working women feel higher level of anxiety than working women. Marital status significantly influences the anxiety level of working and non-working women. Unmarried women feel less anxiety.

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