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A STUDY OF ANXIETY AMONG THE WORKING AND NON WORKING WOMEN OF CHANDIGARH IN RELATION TO THEIR LOCALE



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Short Profile

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ABSTRACT:

Anxiety is a state of restlessness and agitation, often with general indisposition and a distressing sense of oppression at the epigastria. Anxiety is a vague unpleasant emotion that is experienced in anticipation of some misfortune. Anxiety is a concern or solicitude respecting some thing or event, future or uncertain, which disturbs the mind and keeps it in a state. The aim of Present Study was to study anxiety between working and non working women also to study and compare anxiety

between women belonging to rural and urban area. For the Present Investigation Hamilton Anxiety Rating Scale was used. The study was conducted on 200 women selected on the basis of random sampling. The result indicated that anxiety among working and non-working women were significant at .05 level ($t=2.06$) and the t-value (1.78) shows that there is no significance difference found between anxiety among women belonging to urban and rural areas. The t-value shows that any particular area does not related with the anxiety of women. Both the women belonging to urban as well as rural area are anxious.

KEYWORDS

Anxiety, Working and Non Working Women, Locale.

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INTRODUCTION

Anxiety is an extraordinarily wide-spread trait. It accompanies an individual from earliest childhood to old age, it embitters his life to a marked degree, keeps him away from all human contacts, and destroys his hope of building up a peaceful life, or of making fruitful contributions to the world. Fear can touch every human activity. One can be afraid of the outer world, or afraid of the world within himself. One man avoids society because he is afraid of it. Another may be afraid to be alone. Among the anxious ones we will always find that well-known individual who must think more of himself than of his fellows.

“Anxiety is the dizziness of freedom.”

“Anxiety keeps a person de-stabilized.”

“Anxiety is an eager desire of a man.”

“Anxiety is a relatively permanent state of anxiety occurring in a variety of mental disorder.”

Anxiety is not bad in or itself. It motivates us to get out of harm's way and is an important part of living. But when anxiety becomes disproportionate to the situation and leads to avoidance of fear inducing situation and other undesirable consequences, it should be assessed. Anxiety guides people in two directions; one for correcting and modifying mistakes and if possible for preventing the occurrence of undesirable results; and the other for increasing uneasiness and anxiety of people which results in decreased accuracy, concentration, decisiveness in decision making and emergence of fatigue and occupational disability. The former is very desirable and productive, while the later is undesirable and destructive.

ANXIETY IN WORKING WOMEN

A working woman bears dual role responsibility one in family and other at job, when can not discharge her duties equally efficiently feels tense and continuous tension creates stress and anxiety. She had to be responsible towards her family as well as towards her official works. In order to fulfill all her responsibility sometimes she fails. Psychosocial factors and work-family conflict may generate irritation, frustration, anxiety, depression etc. in these women. A working women may face difficulties in attempting to fulfill the demands of both worlds, at the home and outside, while a housewife may feel tired and irritated with her household chores and financial dependence. All these may cause anxiety for these groups of women.

ANXIETY IN NON-WORKING WOMEN

The main reasons of anxiety in non-working women may be their familial and social status, low control at home, low education and their involvement in limited number of roles. Women in our society have more household responsibilities, face domestic conflicts, abusive relationships, and enjoy less privilege, less rights, less social and economic freedom. They lack the ability to escape their captors due to social and cultural pressures and rarely get an opportunity for dissipating their stress. The fact, however, remains that they face much-pronged problems stemming from socio-cultural values and

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traditions, illiteracy, political instability and the erroneous interpretation of religion. Their housework is typically associated with unpaid, obligatory work. This along with the lack of benefits and positive knowledge may contribute to a decrease in mental well-being and an increase in anxiety, stress and depression. All these stresses may cause low control at home, which usually result in high anxiety in nonworking women.

LOCALE

1. ANXIETY IN WOMEN BELONGING TO RURAL AREA

Rural women have a lot of reasons to be anxious she is just a statue to obey the rules. She had to face financial problems. She can't help her children in studies. Recent research shows that a lot of women in rural women suffer from a lot of diseases. She had to all the households jobs as well as to take cares of cattle, fields, etc. many a women in our rural area never share her sorrows, internal feelings to their husbands. Because there husband treat them as a servant to obey all the rules of family member.

2 ANXIETY IN WOMEN BELONGING TO URBAN AREA

Anxiety is a backbone of urban legends. Urban legends play to four main anxieties: safety, security, boundaries, sexual and commercial. Urban women feel insecure due to rising cases of rape, snatching, cheating etc in few decades. She is also responsible towards her children and always proved to be a caring mother. The increase in price rise also affects the level of anxiety in these women. Urban women want herself to be included in every decision of family. She wants that she should be given equal importance as other family members.

REVIEW OF RELATED LITERATURE

Walker (2004) conducted a study on 23 women (15 urban and 8 rural), which provides and access point for comparison between rural and urban women. As a result rural women reported high anxiety due to less social support, less education, less income, more physical abuse and worse overall health. On the other hand urban women anxiety level was low to some extent as compared to rural women because of their education, high income and power to face difficulties.

Kapoor et. al. (2006) carried out an epidemiological study on anxiety in rural Punjab and Haryana. and found that the married women in unitary families had higher level of anxiety than those in extended / joint families.

Chang (2008) conducted study included 1000 US senior living at home. Result revealed that women with lower anxiety score had a higher death rate. They were 9% more likely to die during the study the women who had higher anxiety score. "anxiety may have a protective effect on women, possibly causing them to seek medical attention more often than men".

Shaukat (2010) A purposive sample of 50 working women and 50 non-working women was taken. Both groups were matched on their age, education, occupation and socioeconomic background. Taylor Manifest Anxiety Scale was administered on all women to assess their anxiety. They were also interviewed to record the demographic information. Results: Anxiety was observed in 57% of sampled

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A STUDY OF ANXIETY AMONG THE WORKING AND NON WORKING WOMEN OF CHANDIGARH

women; 74% of non-working women and 36% of working women had anxiety. A statistically significant association between anxiety in women and education and number of their children was found. No significant association was observed between women' anxiety and their family system.

Amrithraj (2011) A study was conducted among 30 working and 30 non-working women age group ranged from 25-45 from metro city of Delhi. The results indicate that working women were found to be suffering from significantly higher levels of anxiety that the non-working, as the differences between the two groups was also found statistically significant($t=22.5$).

OBJECTIVES OF THE STUDY

- 1.To study anxiety between working and non working women.
- 2.To study and compare anxiety between women from rural and urban areas.

HYPOTHESES OF THE STUDY

- 1.There is a significant difference in anxiety between working and non working women.
- 2.There exists no significant difference in anxiety between the women belonging to rural and urban areas.

TOOL USED

Hamilton Anxiety Rating Scale

DESIGN OF THE STUDY

The present study aimed at studying anxiety among women (working and non –working and women belonging to rural and urban areas). For this purpose descriptive survey method was employed. The technique of t-ratio was employed to find out difference in anxiety between non working and working, rural and urban, women.

SAMPLE

The area of the study was Chandigarh (working and non-working women from rural and urban areas of Chandigarh were selected. The study was conducted on 200 women selected on the basis of random sampling.

ANALYSIS OF DATA AND DISCUSSION OF RESULTS

SECTION:- I

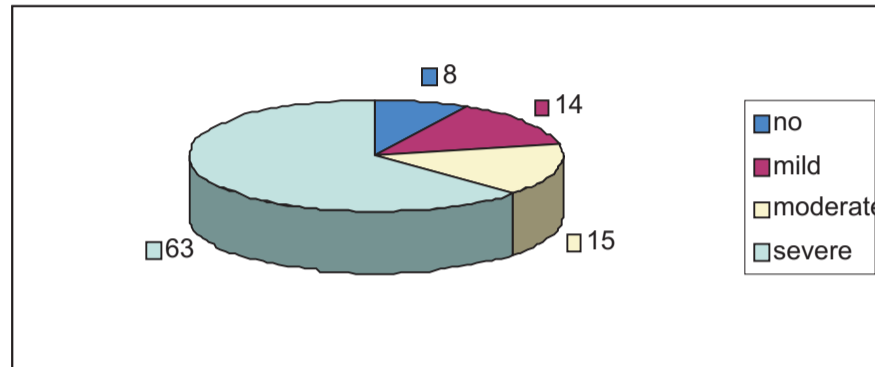
After making the distributions very clear, the subjects were put into the category of no, mild, moderate and severe anxiety. 8% women were having no anxiety, 14% fell in the group of mild level of anxiety, 15% moderate and 63% shower severe level of anxiety for the present sample. The results are

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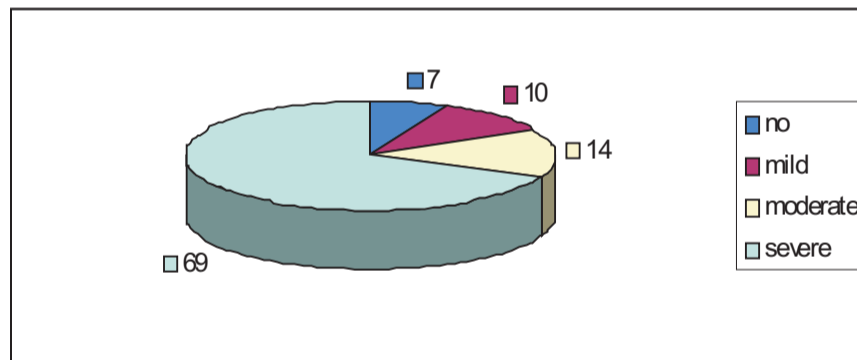
presented in Figure-1.1

FIGURE-1.1
SHOWING PERCENTAGES OF WOMEN AT DIFFERENT LEVELS OF ANXIETY (N=200)



Working women (N=100) were classified on the basis of their scores on HAMA Scale. As a result 7% showed no sign of anxiety, 10% had mild level of anxiety, 14% showed moderate level of anxiety and 69% belonged to severe level of anxiety. The obtained results are presented in Figure -1.2

FIGURE -1.2
SHOWING PERCENTAGES OF WORKING WOMEN AT DIFFERENT LEVELS OF ANXIETY (N=100)



As a result of classification in non-working women (N=100) 59% came in the group of severe anxiety, 15% were having moderate level of anxiety, 17% showed mild level of anxiety and 9% were not having any sign of anxiety. Results are presented in Figure-1.3

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FIGURE 1.3
SHOWING PERCENTAGE OF NON WORKING WOMEN AT DIFFERENT LEVEL OF ANXIETY (N=100)

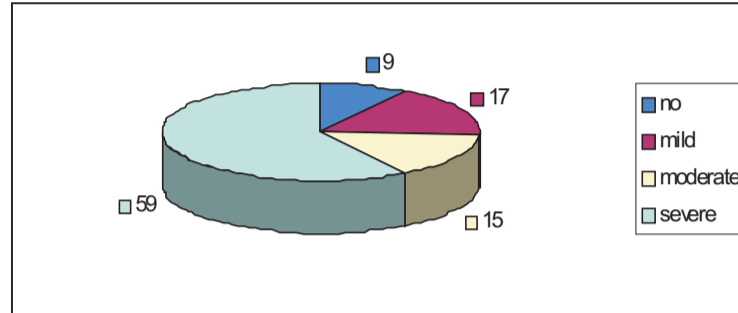
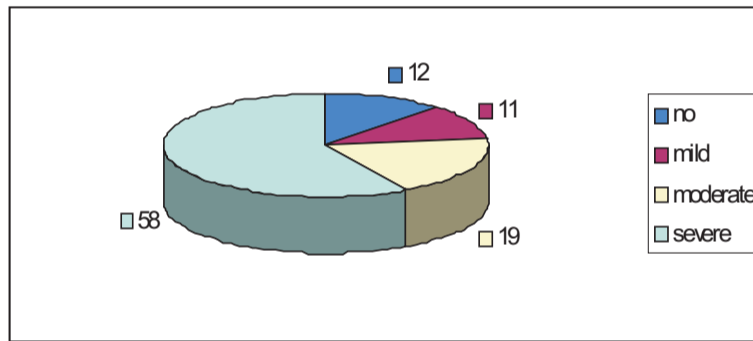


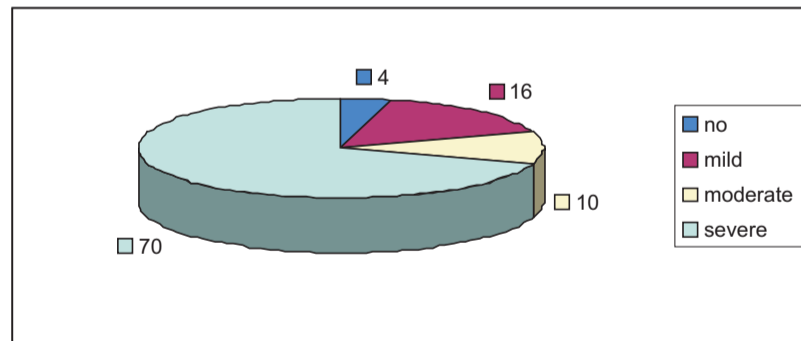
Figure 1.4 shows that out of urban women (N=100) 12% had no anxiety, 11% had mild anxiety, 19% had moderate anxiety and 58% came in the level of severe anxiety.

FIGURE 1.4
SHOWING PERCENTAGES OF URBAN WOMEN AT DIFFERENT LEVEL OF ANXIETY (N=100)



Rural women (N=100) when classified on the basis on their anxiety scores on HAMA Scale showed 4% no anxiety, 16% mild anxiety, 10% showed moderate level and severe was shown by 70% of rural. Figure 1.5 is presented in form of results.

FIGURE 1.5
SHOWING PERCENTAGE OF RURAL WOMEN AT DIFFERENT LEVEL OF ANXIETY (N=100)



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SECTION - II

RESULTS PERTAINING TO DIFFERENCE IN ANXIETY AMONG DIFFERENT GROUPS OF WOMEN

1. COMPARISON OF WORKING AND NON-WORKING WOMEN ON ANXIETY

The first objective of the present study was to study To study anxiety among working and non working women. To achieve this objective the hypothesis framed was-

1. There is a significant difference in anxiety between working and non-working women. For the verification of the hypothesis working women were compared with non-working women on anxiety.

Table- 1.1
COMPARISON OF WORKING AND NON-WORKING WOMEN ON ANXIETY

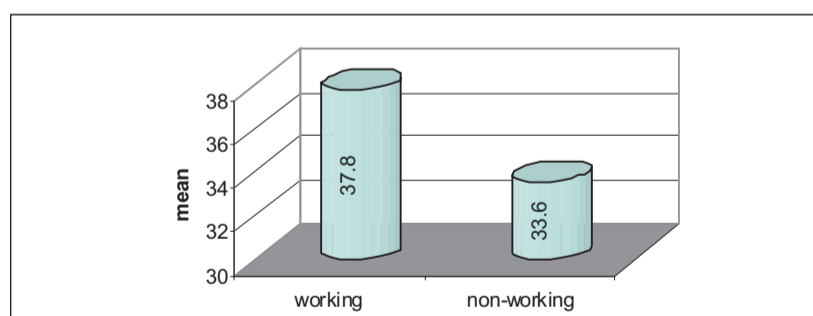
Sr. No.	Group	N	Mean	S.D.	t-value	Level of significance
1	Working	100	37.8	14.3	2.06	P>.05
2	Non-Working	100	33.6	14.6		

As it is clear from the results of table 1.1 that the level of anxiety among working and non-working women were significant at .05 level (t=2.06). it shows that whether the women is working or non-working she faces anxiety. There may be a lot o reasons behind it for example in the case of working women, she is harassed a lot of times. She doesn't feel secure while working with male colleagues and staff. She had to take responsibility of both home as well as office.

In case of non-working women she had also a lot of reasons of being anxious for example; she can't help her husband financially. She never get regards of her work and is many times abused by members.

Thus the hypothesis 1. "there is a significant difference in anxiety between working and non-working women" is accepted. Results are presented in figure 1.6

FIGURE 1.6
COMPARISION OF WORKING AND NON-WORKING WOMEN ON ANXIETY



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COMPARISON OF RURAL AND URBAN WOMEN ON ANXIETY

The second objective of present study was to study and compare the anxiety between rural and urban women. To achieve this objective the hypothesis framed was-

2. There exists no significant difference in anxiety between the women belonging to rural and urban areas. For the verification of this hypothesis, women from urban and rural area were compared on anxiety.

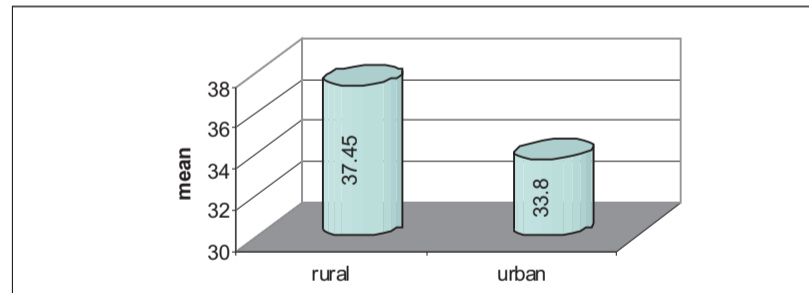
TABLE 1.2
COMPARISON OF WOMEN BELONGING TO RURAL AND URBAN AREA ON ANXIETY

Sr. No.	Group	N	Mean	S.D.	t-value	Level of significance
1.	Rural	100	37.45	14.4	1.78	P<.05
2.	Urban	100	33.8	14.6		

Results of Table 1.2 revealed that there was no significant difference in anxiety between women belonging to rural and urban area at .05 level (t=1.78). The mean score of anxiety of women from rural area was higher (M=37.45) compared to that of urban women (M=33.8)

The t-value shows that there is no significance difference found between anxiety among women belonging to urban and rural areas. the t-value shows that any particular area does not related with the anxiety of women. Both the women belonging to urban as well as rural area are anxious. The results are presented in figure 1.7

FIGURE 1.7
COMPARISON OF RURAL AND URBAN WOMEN ON ANXIETY



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