

ANXIETY AMONG WORKING AND NON-WORKING WOMEN IN RELATION TO THEIR AGE

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Abstract

Anxiety can be normal in stressful situations such as public speaking or taking a test. Anxiety is only an indicator of underlying disease when feelings become excessive, all-consuming, and interfere with daily living. Women in the modern world have to play a double role as house-maker and job employees. In the present context, a 2x2 factorial design consisting of two independent variables has been employed in the present study. The first independent variable i.e working condition is taken up by using working women and non-working women. The second independent variable i.e. age has been used by selecting 30 years and 50 years of age of women. The dependent variable is anxiety level or anxiety. The two-way analysis of variance has been used to find out the significant effect of two independent variables on anxiety. The result of this study apparently shows that the age factor has not been found a significantly influential factor, while working condition as a variable has been found as a significantly influential factor. The results are interpreted in the light of previous studies related to anxiety in the present context.

Keyword: - Anxiety, Working women, Non-working women, Age

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Introduction

“Women are as vital to a nation’s progress as its minerals, its rivers, and its agriculture. Harnessed and properly controlled, but treated with respect, they present a great and powerful force which can be used for the benefit and progress of the nation.”

Anxiety is the psyche and body’s response to traumatic, dangerous, or unknown situations. It is the logic of uneasiness, distress, or dread you feel before a significant occurrence. An assured level of anxiety helps us stay alert and attentive, best for those suffering from an anxiety disorder; it feels far from normal- it could be entirely incapacitating. **American Psychological Association**, “Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like blood pressure”.

Anxiety symptoms affect more than mainly in women particularly in working women day by day. An increasing number of women were faced with the chore of juggling the roles of mother-wife-employee. Anxiety is a disagreeable state of interior disorder and anxiety, frequently accompanied by anxious behaviour. It is the subjectively unpleasant feelings of fear over something unlikely to happen, for instance, the feeling of impending death. Anxiety is a feeling of impracticable fear, be anxious and nervousness. Generally generalized and imprecise. It manifests by the physical 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, behaviour, thoughts, and emotions symptoms of anxiety can be mild to severe.

At the present time, most women are working, they are increasing their lives to include a profession; they must also continue their conventional roles at home. This combination of housework and career work is the reason why working mothers today are much anxious and tense. On the other hand, **Neeraj Panwar (2011)** found that the working women feel low anxiety comparison to non-working or homemakers.

The present research work will be to find out the effect of working conditions on anxiety. In this regard, several studies were conducted by many psychologists. Some of the psychologists have found that working women have high anxiety comparison to the non-working women (**Bajaj and Sachdeva, 2004**). The same result is also found by another researcher (**Amrithraj, 2011**).

However, some studies indicate that non-working women are more anxious than the working women. On the other hand, **Iqubal, Nadeem, Fatima (2004)**

Conducted a study on working and non-working women in relation to anxiety. They found that non-working women are more anxious than working women. The same result is also found by another researcher (**Beck et.al 1961, Bhadoria 2013, Coleman &Antonucci 1976, Kaur et.al 2012**)

In other words, some psychologists did not find any significant difference in the anxiety of working women and non working women (**Jain, 2009**) He found that there was no significant difference found in the mean scores of the anxiety of working and non working women.

Chhansiya and Jogsan's (2015) study conducted that there was a significant difference between working and non working women in the ego strength. Furthermore, there was a significant variation between working and non-working women on anxiety.

Objectives

1. To find out the effect of age on anxiety is the first objective.
2. To find out the effect of working and non-working women on anxiety is the second objective.
3. Interaction between age and working conditions on anxiety is the third and last objective in the study.

Hypotheses

1. There will not be a significant difference in the anxiety of 30 years and 50 years of age of women.
2. There will not be a significant difference in the anxiety of working and non-working women.
3. There will not be significant interaction between age and working conditions.

Sample

A total of 100 women (50 working women and 50 non-working women) have been selected in the sample on the basis of the Random sampling technique.

Design

A 2x2 factorial design was used in the present study. The data were analyzed to see the significant effect of IV on the score of anxiety. The main variable that is "Age and Working condition" were designated as AxB respectively. The two-level of age i.e A1 (30 years) and A2 (50 years). The two-level of working condition i.e. B1 (working women) and B2 (non-working women). The dependent variable is anxiety in the present study.

Measuring tool

The following scale was used to measure the score of anxiety.

1. Comparison Anxiety Test (CA-Test) constructed and standardized by dr. Harish Sharma (Agra) , Dr. Rajeevlochan Bhardwaj (Aligarh), and Dr. Mahesh Bhargava (Agra) is employed to obtain the anxiety scores or anxiety.

Data Collection

First of all, the request was made to the principles for granting permission to collect data from the women of their college. The ‘ Rapport’ was established with the women. The anxiety scale was applied to a selected sample of working and non-working women from different working areas like school and residential area verbal consent was taken from the participant and they were given a brief description about the purpose of data collection and were assured that the data collected from them will only be used for research purpose and will be kept confidential. Data were checked and scoring was done with the help of the scoring key.

Analysis of Data

A two-way analysis of variance has been employed to find out the significance of the main effect and interaction effect.

Result and Discussion

As per the research plan, the investigator has selected two independent variables i.e. Age and the Working condition of women. The Dependent Variable is Anxiety. Data have been collected to find out the effect of these two independent variables on anxiety. A two-way analysis of variance has also been employed for statistical treatment. The result of this study are summarized in summary of analysis of variance in table no.1

Table no. 1
Summary of two-way analysis of variance for anxiety.

| Source of variation | SS | Df | MS | ‘ F’ |
|-----------------------|----------|----|---------|---------|
| A (Age) | 204.49 | 1 | 204.49 | 1.33 |
| B(Working condition) | 3058.09 | 1 | 3058.09 | 19.89** |
| AxB | 470.89 | 1 | 470.89 | 3.06 |
| Within treatment | 14753.44 | 96 | 153.68 | |
| Total | | 99 | | |

** denotes the significance at .01 level of confidence.

Table no.2
Mean Table for working condition

| B | N | Scores | Mean |
|------------------------|----|--------|-------|
| B1 (working women) | 50 | 847 | 16.81 |
| B2 (non working women) | 50 | 1400 | 28 |

Summary of ANOVA (table no.1) indicates that the value of F-ratio (1.33) for the first independent variable i.e Age is not a significant factor in the present study. It means this factor i.e Age is not significantly effective to affect the anxiety of the subject used in the present study. However, there are some studies that show the effect of age on anxiety (**Bajaj and Sachdeva, 2004**)

On the other hand, the second independent variable working condition is significant at a .01 level of confidence. In other words, it may be noted that the working condition of women is an influential factor to produce anxiety. Based on mean values, it is notable that non working women are found to have more anxiety (28) in comparison to working women (16.81) table no.2. The finding of this study is also supported by results obtained by another investigator (**Iqubal, Nadeem, Fatima. 2004, Bhadoria.2013 , Kaur et. al. 2012**)

As far as the interaction effect is concerned, AxB interaction (Age x working condition) has not been found as significant in the present context.

Conclusion-

The result can be summarized in the following manner-

1. Age as independent variable is not significant.
2. Working condition as a factor is significant.
3. Interaction between age and working conditions is not found to be significant in the present context.

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