A Study of Anxiety and Psycho-physical Stress Among Working and Non-working Women

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ABSTRACT
The main purpose of this research was to study of anxiety and psycho physical stress among working and non-working women. The total sample consisted 80 women (working and non-working) were taken. The research tool for anxiety was measured by A.K.P. Sinha and L.N.K. Sinha. While the tool for psycho physical stress was measured by Shanu Maheshavari (2002). Here, ’t’ test was applied to check the significance of anxiety and psycho physical stress in women. To check relation between anxiety and psycho physical stress was used.
Results revealed significant difference in anxiety and psycho physical stress with respect to both working and non-working women. The correlation between anxiety and psycho physical stress reveals 0.65% positive correlation.

INTRODUCTION
We live in a particularly anxious age. Take for instance the case of USA, the premier developed country, it is reported that ‘anxiety disorders’ account for about half of all the conditions that people seek psychiatrists help each year (Manderscheid and Sonnenschein, 1994). Similarly, the current economic trends of comparatively less advanced country, that is India, also shows an increasing anxious exodus of population migrating from rural areas to urban areas in search of better opportunities.
Anxiety is a subjective state of internal discomfort. Dread and Foreboding, which manifests itself in cognitive, behavioral, and physiological symptoms. It is a normal emotion with adaptive value, in that it acts as a warning system to alert a person to impending danger. Anxiety often occurs without conscious or apparent stimulus, which distinguishes it from fear (Gurian and Miner, 1991). Cognitive symptoms of anxiety include worrying, impaired attention, poor concentration, and memory problems. Physiological symptoms such as hyperventilation, sweating, diarrhea, trembling, and
restlessness also occur. Anxiety may be focused on a specific object, situation or activity (a phobia) or may be unfocused and expressed as a more general dread. The five major types are: panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, generalized anxiety disorder and phobias (Anxiety Disorders of America, 2005).

Because of this better opportunities for anxiety there has been increasing diversifications in employment opportunities with new career openings in bio-technology, fashion technology, information technology, etc., still they do not cater to the ever increasing out flow of graduates and post graduates adding to the job market every year. Unemployment is implicated as one of the variables causative of mental disorders (Baron, 2001). Competition today is pervasive at all levels whether in getting admission to schools, colleges, university, job openings or promotions. Therefore, it is not an exaggeration to state that the above-mentioned factors are the apparent cause for the high incidence of anxiety and consequent cases of suicides reported sporadically amongst the well-educated and qualified job aspirants. Two extremely different cultures namely the US and India are experiencing symptoms of anxiety amongst their population, it clearly illustrates that anxiety today traverses the cultural and geographical boundary and is a malicious creation of modern life.

Freud (1936) conceptualised anxiety as a signal indicating the presence of a danger situation. The perceived presence of a danger, whether from external sources or one’s own repressed thoughts and feelings, evokes this unpleasant emotional state which then serves to warn the individual that some form of adjustment is necessary. Although the subjective experience of anxiety is not necessarily accompanied by particular behaviours, behavioural indicators are often present, such as speech dysfluencies, avoidance of the focal object or event, immobilization or observable tremor (Kowalski, 2000).

Anxiety disorders account for about half of all the conditions that people see psychiatrists each year in US (Manderscheid and Sonnenschein, 1994). They are known to occur at any age and can be associated with substantial functional impairment. Without treatment they tend to be chronic. Anxiety is believed to be the part of the clinical picture of many different conditions and may result from or be associated with various medical conditions (Beidel, 2000).

This implies that anxiety is capable of being implicated as a causative factor and/or resultant factor in most of the disorders classified under DSM-IV.

These illustrations bring to focus the need and importance of studies aimed at understanding the complete panorama of the mechanism of anxiety. It also further emphasizes that ‘anxiety’, if not effectively understood and controlled, could ramify into multiple disorders affecting both mental and physical health.

Interventions which are very well-known and are commonly used in controlling anxiety states include progressive relaxation, systematic-desensitization, Jacobson relaxation technique and meditation. Here it is proposed to delve into the prospects of meditation as a more prominent and effective technique for effecting anxiolytic action due to its strong socio-religious association with humanity, cutting across all cultures since time immemorial.

In the late 1960s, Levin et. al. developed an experimental animal model showing that early stress experiences may have effects over hormonal stress responses. In adulthood, however, significant
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results have been found in investigations with humans regarding the relation between exposure to an environment rich in stressors throughout the first years of life and psycho physiological vulnerability in later years.

The experience of parental separation results in a decline in individual and family well-being in children, the literature is consistent in pointing out that most children have decreased developmental outcome in the two years following marital dissolution. Such adaptation problems however, tend to be ephemeral and may not have significant impact in the child’s future developmental pathway. A conflicted parental relationship is, in itself, a risk factor enough to generate a high level of stress. However, most investigations in the area suggest more risk factors for a negative adjustment in the marital dissolution process, such as alterations, in the family socioeconomic level less frequent contact with the parent who does not have parental rights and interparental conflict. All these factors, usually transfer to divorce, and may have an impact over stress response later on over the physical and psychological health of the children implicated in this reorganization of the family system.

According to the biopsychosocial model of Troxel and Matthews, alterations in family structure force children to interact with a context of psychosocial stressing factors which can lead to risk for their physical health. Characteristics of parental behavior have been associated to children’s levels of adjustment, however, the impact of parental styles in the adaptive pathways of children of divorced parents has not been the subject of enough empirical investigation although some research has shown that parental practices are particularly critical and could mediate the effects of family instability over children.

Campana et. al. in their innovative study on parental styles and the global adaptation of children to marital dissolution, present relevant conclusions on the topic. First, a democratic parental style shared by both parents has a huge impact over the chances of well-adjustment of children to divorce, a pattern which is marked by lower prevalence of depression higher self-esteem levels and fewer reports of oppositional behavior. Second, mothers with democratic parental style accept and encourage shared custody with their ex-spouses. Finally, the worst adjustment results in children whose parents do not share a democratic parental style are due to the mixed educational message from parents. Which increases the rate of internalizing disorders.

The literature is globally consistent in showing that parental depression, a common event during and following the divorce process, is a risk factor in internalizing (such as anxiety an depression) and externalizing (such as opposition) disorders in children and adolescents. The existence of parental depression increases the probability of decrease in material and emotional care of children. Mothers with depressive symptoms are more likely to display negative emotions negligent behavior, hostile behavior, less educational consistency, less positive parental behavior less care for children’s health, less emotional availability and engage in higher risk parenting behavior. As a result, children of depressed or anxious divorced parents present a higher probability of developing depression and anxiety, more oppositional behaviors lower self-esteem, less social behavior, worse academic performance, higher attention deficits and more challenging interpersonal relationships.

Depressive pictures in the mother also have indirect effects on children’s maladjustment. Depressive symptoms in parents have even predicted the role inversion situation within families, which children
providing emotional care and support for the depressed parent. Investigation has show that this situation does not promote adaptive development for the children who are involved in this family interaction pattern. Therefore, the reorganization of the family after marital dissolution may drive parents to assing the role of emotional provider, which was previously assigned to the ex-spouse, to children, thus intensifying adaptation problems anxiety disorders, psychophysiological reactivity and oppositional behaviors in children.

Objectives of the Study

The main objectives of study were as under:
1. To measure the anxiety between working and non-working women.
2. To measure the psycho physical stress between working and non-working women.
3. To measure the co-relation between anxiety and psycho physical stress.

Hypothesis of the Study

To related objectives of this study null-hypothesis were as under:
1. There is no significant difference in anxiety among working and non-working women.
2. There is no significant difference in psycho physical stress among working and non-working women.
3. There is no significant co-relation between anxiety and psycho physical stress.

METHOD

Tools

For this purpose the following test tools were considred with their reliability, validity and objectivity mentioned in their respective manuals. In present study two questionnaires used in research.

(A) Anxiety Test: Sinha’s comprehensive anxiety test (SCAT) prepared by A.K.P. Sinha and L.N.K. Sinha (Patana) this scale contains 90 statements this is 2 point scale reliability of present scale is checked by 2 method in which 0.85 by test re-test 0.92 by spearman and brown method the validity of this scale was 2.62.

(B) Psycho-Physical Stress Scale: This scale was developed by the Shanu Maheshavari (2002). The scale contains 24 statements in all. This is two point scale. One mark is awarded for every yes response and zero for no response. High scores obtained on the scale are an indicative of high skill for physical stress and high degree of stress. The test-retest reliability of the tool was examined the retest reliability was found to be 0.87 where as split half reliability was 0.74. The validity of this scale was very high.

Sample

According to the purpose of present study 80 working and non-working women has been selected. There were 40 working and 40 non-working women were taken as a sample from different schools, shoping mall, Bank and House-wife in Rajkot city (Gujarat).
Procedure

First permission from the authorities of 2 school college mall and banking was obtained and then a tentative time schedule was developed in consolation with the authorities of the said schools for data collections. Data were collected from the working women following face to face interview method or self employed method was followed. The investigator assured them that their responses would be kept strictly confidential and would utilized for the research purpose only. After these the data were collected individually.

Research Design

The aim of present research was to study the anxiety and psycho physical stress among working and non-working women. For these total 80 women were taken as a sample from different schools, shopping mall, Bank and House-wife of Rajkot city (Gujarat). Out of 80 women 40 were working and 40 were non-working. Here to measure anxiety, the anxiety test was used which was made by A.K.P. Sinha and L.N.K. Sinha and to measure psycho physical stress, the psycho physical stress scale was used which was made by Shanu Maheshavari (2002). To check difference between group t-test and to check correlation Karl Person r-method was used. Here result discussion of anxiety and psycho physical stress as under:

RESULT AND DISCUSSION

The main objective of present study was a study of anxiety and psycho physical stress among working and non-working women. In it statistical ‘t’ method was used and there correlation was measured. Results discussions of present study is as under:

**Table - 1: Showing the Mean, SD and t-value of Anxiety Among Working and Non-working Women.**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Variable</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Working</td>
<td>40</td>
<td>26.65</td>
<td>16.37</td>
<td>2.85**</td>
</tr>
<tr>
<td>2.</td>
<td>Non-working</td>
<td>40</td>
<td>17.25</td>
<td>12.99</td>
<td></td>
</tr>
</tbody>
</table>

* P < 0.05, **P < 0.01

The result obtained on the basic area of anxiety reveals significant difference of working and non-working women.

The working women received higher mean score 26.65 as compared to the non-working women 17.25. There has mean difference was 9.4 and the standard deviation score of working women received 16.37 and the non-working women received 12.99. So we can say that working women have a high anxiety then non-working women. The ‘t’ value of anxiety was 2.85. There was significant difference between working and non-working women. It means first hypothesis was not accepted.

It is clearly revealed from table-1 that there is a significant difference of anxiety on working and non-working women. Evidence of research finding give by Tank (2010) conducts study on total 120 working and non-working women results indicate the same.
Table - 2: Showing the Mean, SD and t-value of Psycho Physical Stress Among Working and Non-working women.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Variable</th>
<th>N</th>
<th>M</th>
<th>S.D.</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Working</td>
<td>40</td>
<td>6.85</td>
<td>3.79</td>
<td>3.03**</td>
</tr>
<tr>
<td>2.</td>
<td>Non-working</td>
<td>40</td>
<td>4.55</td>
<td>2.94</td>
<td></td>
</tr>
</tbody>
</table>

* P < 0.05
**P < 0.01

The result obtained on the basic area of psycho physical stress reveals significant difference of working and non-working women.

The working women received higher mean score 6.85 as compared to the non-working women 4.55. There has difference was 2.3 and standard deviation score of working women received 3.79 and non-working women received 2.94 and the t-value is 3.03. There was significant difference among working and non-working women in psycho physical stress. So we can say that high psycho physical stress in working women rather than non-working women and it means second hypothesis was not accepted.

It is clearly revealed from Table-2 that there is a significant difference of psycho physical stress on working and non-working women. Evidence of research finding given by Somaiya (2011) Conducts study on total 100 working and non-working women results indicate the same.

Table - 3: Showing the Correlation Between Anxiety and Psycho Physical Stress Among Working and Non-working Women.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Variable</th>
<th>N</th>
<th>M</th>
<th>R</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Working</td>
<td>80</td>
<td>22.65</td>
<td>0.65</td>
</tr>
<tr>
<td>2.</td>
<td>Non-working</td>
<td>80</td>
<td>6.85</td>
<td></td>
</tr>
</tbody>
</table>

The result obtained that positive correlation between anxiety and psycho physical stress among working and non-working women.

The 0.65 positive correlation between anxiety and psycho physical stress. It means the anxiety increases the psycho physical stress increases and vice versa. So the third hypothesis was not accepted.

It is clearly revealed from Table-3 that there is a positive correlation between anxiety and psycho physical stress among working and non-working women. Evidences of research findings given by Doshi (2011). Conducted study on 100 working and non-working women results indicate the same.

**CONCLUSION**

There were significant difference in anxiety among working and non-working women. Result indicate the working women have high anxiety to compared non-working women. There were significant difference psycho physical stress among working and non-working women. Result indicate the working women high psycho physical stress to compared non-working women. There were 0.65 correlation are seen between anxiety and psycho physical stress. It means as the anxiety increases the psycho physical stress increases and vice versa.
REFERENCES


