

## Effect of Locale and Family Type on Anxiety among Working and Non Working Women of Chandigarh

Avanish Kumar

### Abstract:

*Anxiety has been considered by the authors for centuries. Although, anxiety was and is always with people and although people have always faced it and felt it inside themselves, they still don't have a good knowledge of its nature. Anxiety is found in both men and women. But the ways both face it are totally different. Women face more anxiety as compared to men. The major aim of present investigation was: to study the anxiety between working and non working women, to study and compare anxiety between women belonging to rural and urban area and also in nuclear and joint family system. 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 ( $t=1.26$ ) of women belonging to joint and nuclear family system shows no significant difference at .05 level.  $t$ -value (1.78) shows that there is no significance difference found between anxiety among women belonging to urban and rural areas. it 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.*

**Key Words:** Anxiety, Family Types, Locale

---

*About Authors:* Assistant Professor (Guest Faculty), University Institute of Fashion Technology and Vocational Development, Panjab University, Chandigarh – 160014

### **Introduction:**

Anxiety is a common human emotional state. Anxiety is a sense of uneasiness that is experienced in individual's relationship to his own and in his/her relationship to his own conscience. In any situation where the person's vanity is under mined, fear arises. The conjunction of this fear with the vanity creates anxiety.

Anxiety = Fear + Vanity

Anxiety informs us of our choices, our self-awareness and personal responsibility. And brings us from a state of un- self conscious immediacy to self-conscious reflection. An individual becomes truly aware of their potential through these experiences of anxiety. Freud referred to anxiety as “a kind of signal, a premonition of impending danger, an indicator that something is not going well in the life of the affected individual. When the ego is forced to

acknowledge its weakness, it breaks out into anxiety. He regarded anxiety as an effective state and described it as a feeling of un-pleasure. More specifically an anxiety state was defined by its three attributes: (1) a specific un-pleasurable quality (2) efferent or discharge phenomenon and (3) perception of these”.

### **Review of Related Literature:**

Bhushan (2003): Investigated 30 working and 30 non-working women. The results of the study suggest that working women feels more secured as compared to their non-working counterparts. Also, they have relatively and significantly low social anxiety than the non-working matched controls. Working women found more capable of coping with ordinary demands and stresses of life. The non-working women, on the other hand, tend to avoid the socially distressful situation more.

**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 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 than 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.
3. To study and compare anxiety between women belonging to nuclear and joint family system

#### **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.
3. There exists no significant difference in anxiety between the women belonging to joint family system and nuclear family system.

#### **Tool Used:**

Hamilton Anxiety Rating Scale

#### **Design of the Study:**

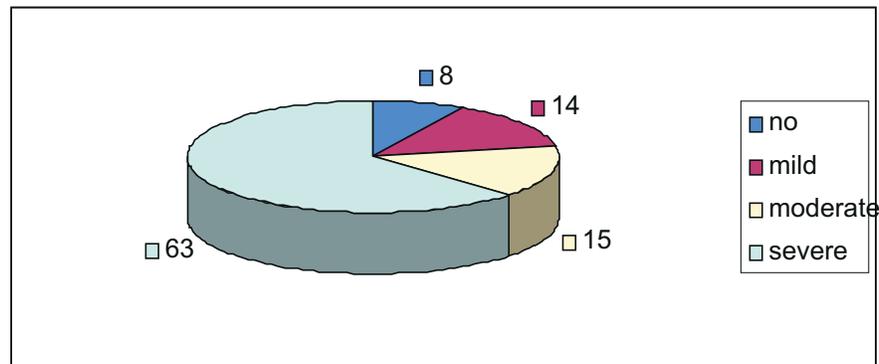
The present study aimed at studying anxiety among women (working and non –working, women belonging to rural and urban areas and women belonging to joint and nuclear family system). For this purpose descriptive survey method was employed.

#### **Sample :**

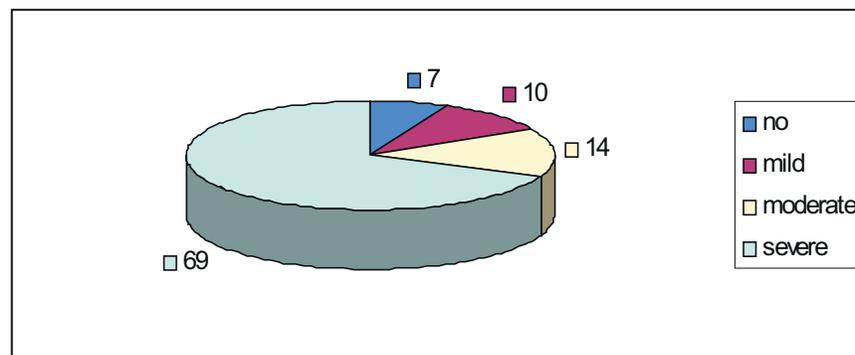
The area of the study was Chandigarh. The study was conducted on 200 women selected on the basis of random sampling.

**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 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

**Figure 1.3 : Showing Percentage of Non Working Women at Different Level of Anxiety (N=100)**

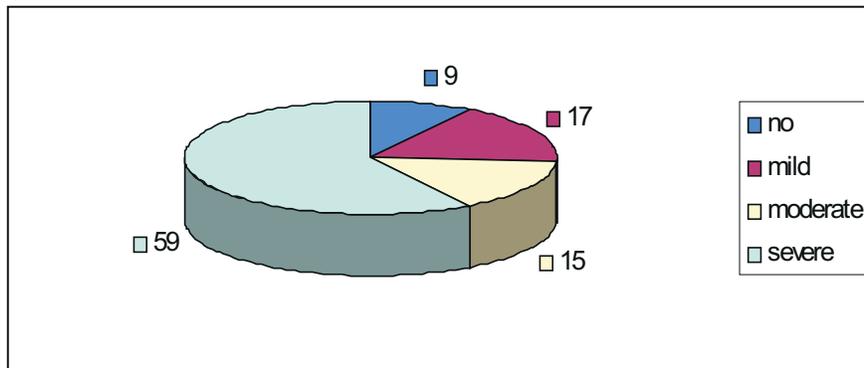
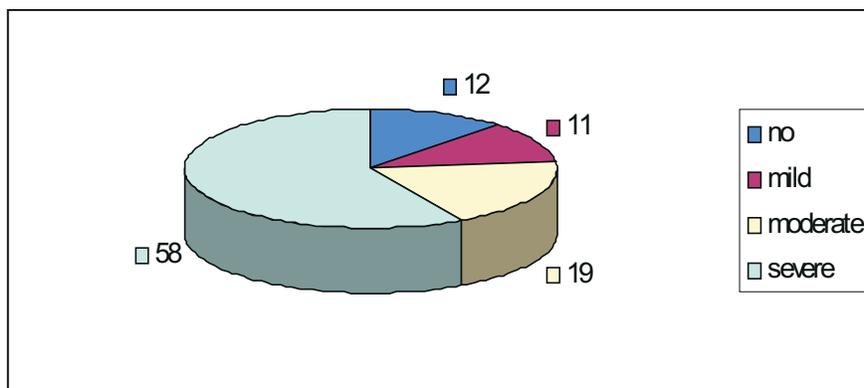


Figure 1.4 shows that out of urban women (N=100) 12% had no anxiety, 11% had mild anxiety, 19% had moderate anxiety and 58% came in the level of severe anxiety.

**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)**

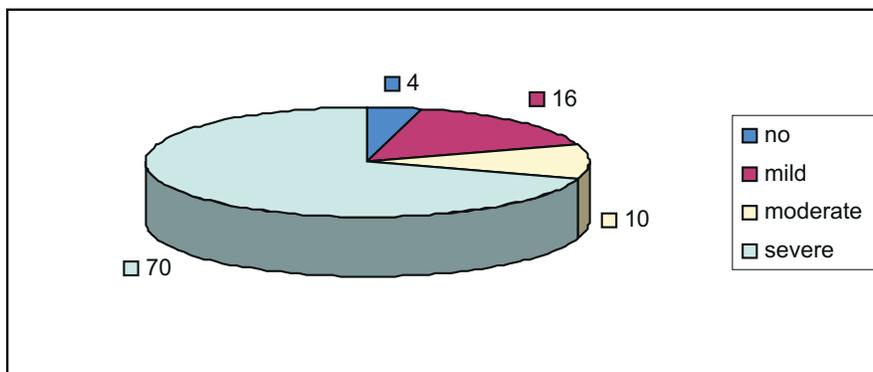
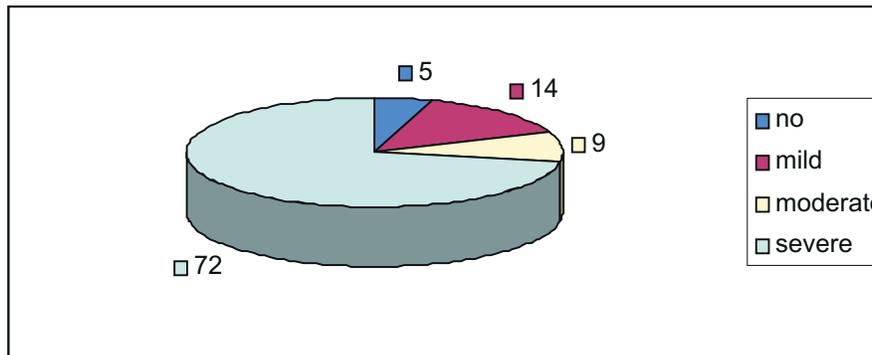


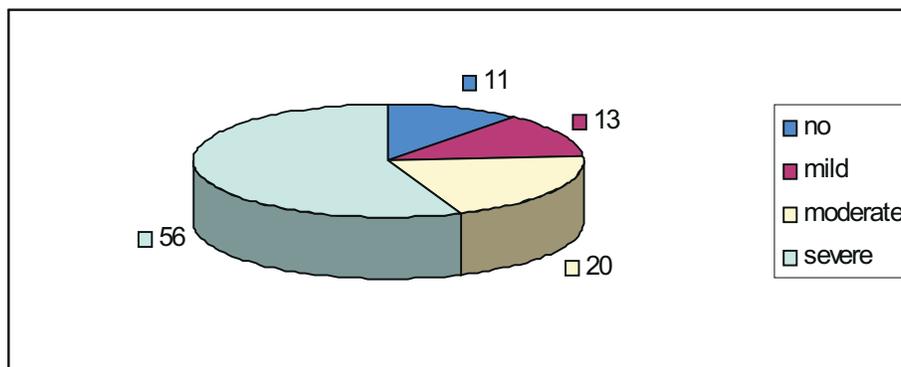
Figure -1.6 shows that 5% of women belonging to joint family (N=100) have no anxiety, 14% were having mild, 9% showed moderate and 72% shows severe level of anxiety.

**Figure – 1.6 : Showing Percentage of Women Belonging to Joint Family System at Different Level of Anxiety (N=100)**



Women belonging to nuclear family (N=100) when classified into four categories-severe, moderate, mild and no anxiety showed that 11% had no anxiety, 13% had mild level of anxiety 20% moderate and severe level of anxiety depicted by 20% and 56% of women. Result are shown in figure -1.7

**Figure -1.7 : Showing Percentage of Women Belonging to Nuclear Family System at Different Level of Anxiety (N=100)**



**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.

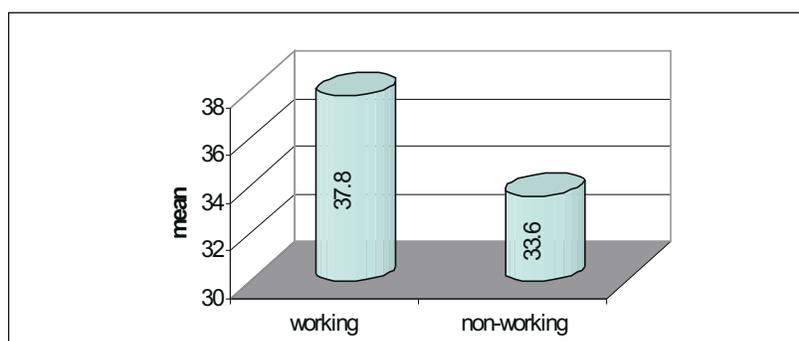
**Table- 1.1 : Comparison of Working and Non-Working Women on Anxiety**

| 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 1.8

**Figure 1.8 : Comparision of Working and Non-Working Women on Anxiety**

### 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.

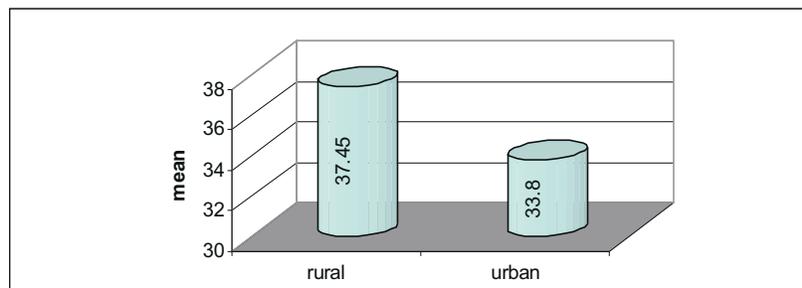
**Table 1.2 : Comparison of Women Belonging to Rural and Urban Area on Anxiety**

| 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 ( $M=37.45$ ) as 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 1.9

**Figure 1.9 : Comparison of Rural and Urban Women on Anxiety**



**Comparison Of Women Belonging To Nuclear And Joint Family System On Anxiety**

The second objective of the present study was to study and compare the anxiety among women belonging to nuclear and joint family system. To achieve this objective the hypothesis framed was-

1. There exists no significant difference in anxiety between the women belonging to joint family system and nuclear family system.

To verify this hypothesis woman belonging to nuclear and joint family system were compared on anxiety.

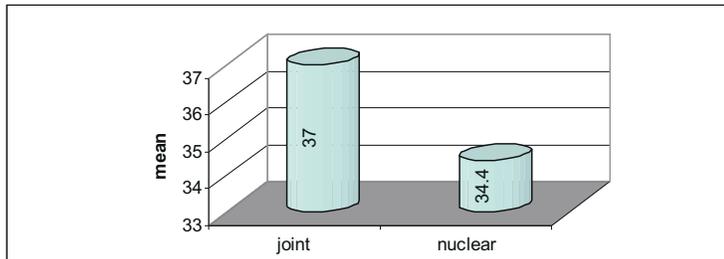
**Table 1.3 : Comparison of Women Belonging to Joint and Nuclear Family System**

| Sr. No. | Group   | N   | mean | S.D. | t-value | Level of significance |
|---------|---------|-----|------|------|---------|-----------------------|
| 1       | Joint   | 100 | 37   | 13.3 | 1.26    | P<.05                 |
| 2       | nuclear | 100 | 34.4 | 15.6 |         |                       |

As it is clear from table 1.3 the difference between the anxiety level of women belonging to joint and nuclear family system is not significant. Mean score of anxiety of women belonging to joint family system is higher ( $M=37$ ) as compared to mean score of nuclear family system.

The t-value ( $t=1.26$ ) of women belonging to joint and nuclear family system shows no significant difference at .05 level. This shows the fact that in both joint and nuclear family system women faces anxiety. Structure of family doesn't play any role in lowering the anxiety of women. So, we can say that hypotheses 3 “There exists no significant difference in the anxiety between the women belonging to joint and nuclear family system” is accepted. Results are presented in figure 1.10

**Figure 1.10 : Comparison of Women Belonging to Joint and Nuclear Family System on Anxiety**



### References:

- Amrithraj B. (2011) "Marital Satisfaction Scale", *Psychological Studies*, 30(2), 124-126, compiled in Pestonjee, DM (1997): *Third Handbook of Psychological & Social Instruments*, Vol 1, New Delhi.
- Basowitz, H. Persky, H, Korchin, S.J., and Grinker, R.R. *Anxiety and Stress*. New York: Mc Graw. Hill, 1955.
- Burgess, Caroine, Cornelius, Vitoria, Graham Jill "Depression and anxiety in women with early breast cancer five years study"  
[Http://isp.sagepub.com/cgi/content/abstract/39/3/2001](http://isp.sagepub.com/cgi/content/abstract/39/3/2001).
- Cattell, R.B. & Scheier, I.H. (1963) *Handbook for the IPAT Anxiety Scale* (second edition). Champaign, Illinois: Institute for personality and Ability Testing.
- Dept. of Human Development (2006) "Annals of Biology of Biology: [ctsplus.org/abstract/Abstract.aspx?20043090375](http://ctsplus.org/abstract/Abstract.aspx?20043090375)
- Chang, L. (2008). *Anxious elderly women*. Retrieved from [www.Proquest.com](http://www.Proquest.com)
- Freud, S. (1939) *The problem of Anxiety*. New York: Norton, 1936.
- Goldstein, K. *The organism*. New York: American Book Co., 1939.
- Horney, K. *The Neurotic Personality of Our Time*. New York: Norton, 1937.
- Kierkegaard, S. *The Concept of Dread*. Tranx. Walter Lowrie (Princeton, 1954)
- Mukhopadhyay, S. (1988) working status of and Health : study of middle class Calcutta women. *The Indian Journal of Social Work*, 57 (2), 327-336.
- Nadeem R; Iqbal A, Fatima N (2004). "Anxiety in non-working women", *Pakistan Journal of Medical Science*, 2004 October-December; 20(4): 345-348.
- Pati, G.C. (1975). *The inferiority and insecurity Questionnaires*, Rupa Psychological Centre, Varanasi.
- Rout, Usha (1997) : a study on working and non-working women. *The Journal of Norman in Management Review*, 12(7), 264-276.
- Sheikh, K. & Bhushan, B. (2002). "A study of Insecurity Feeling, Social Anxiety, and Mental Health of Working and Non-Working Women." Paper presented in the National Symposium on Psycho-Social Perspectives of Women and Their Empowerment, Banaras Hindu University, Varanasi, India.
- Sinha, B. (1973). *Anxiety among working and non-working women*. *Prachi Journal of Psycho-Cultural Dimensions*, 13(2), 105-180.
- Sinha, N.K. & Krishna, K.P. (1973) *Attitude toward family planning and anxiety*. *Indian Journal of Applied Psychology*, 10:1, 24-25.
- Watson, D. & Friend, R. (1969). *Measurement of social-evaluative anxiety*. *Journal of consulting and Clinical Psychology*, 33, 448-459.

