

Level of Anxiety, Depression and Stress among Working and Non-Working Women

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ABSTRACT

The term woman is usually reserved for an adult, with the term girl being the usual term for a female child or adolescent. The Role of women in the society is constantly questioned and for centuries women have struggled to find their place in a world that is predominantly male-oriented. The main objective of the present study was to assess the level of anxiety, depression and stress among working and non-working women. It was hypothesized that there will be a significant difference between working and non-working women with reference to anxiety, depression and stress. The researcher has adopted quantitative descriptive research to gain the objectives of the present study. For the present research work researcher has selected 60 working and 60 non-working women age range between 30 to 40 years with the help of random sampling techniques. Anxiety, Depression and Stress Scale was used, it was developed by Bhatnagar, P. et al. (2011). Data were analyzed by using means, standard deviation and F tests. It was revealed that working women have shown greater symptoms of anxiety, stress and depression in lower socio-economic status as compared to nonworking women whereas, no significant difference was reported among women with high socioeconomic status with reference to working and non-working conditions.

Keywords: Anxiety, Depression, Stress, Working women, Non-working women

Anxiety is one of the most common psychiatric disorders whether it is the fear of an upcoming public speaking situation, or experiencing discomfort before going into a doctor's office, most people have felt anxiety in their lives. The symptoms of anxiety are well-known and include increased heart rate and shallow breathing, sweating, cold hands, trembling, butterflies in stomach and host of other symptoms.

Depression is a highly prevalent, severely disabling, mood disorder with a universal bearing (Gilbert, 1992; Renneberg et al., 2005). Depression is an emotional condition in which individual experiences discouraged, gloomy, hopeless, unmotivated or disinterested in his or her life. However, when this state persists for more than two weeks and when the thoughts interfere with daily activities than it likely transforms into a psychological disorder that absolutely requires medical intervention (APA, 2013).

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Received: May 9, 2019; Revision Received: September 25, 2019; Accepted: September 30, 2019

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Stress is a part of human life and it is generated by continuously changing circumstances that a person must face. The stress has different meanings for researchers of various disciplines. Professionals of biology said that it is used in relation to single organisms, population of organisms, and ecosystems. They refer to things such as heat, cold and inadequate food delivery as being a source of stress. Biologists add to this microbial infection and captivating toxic substances. Social scientists are more concerned about individual's interactions with their surrounding environment and the resulting emotional disturbances that can sometimes accompany it (Hinkle, 1987).

Women in India have come a long way after independence. From just a skilled homemaker, women today have acquired skills and capabilities of not just being a homemaker but being at par with their male counterparts. This is the new generation of women, who wants to pursue their dream career. But this life is not a bed of roses for all.

Causes of anxiety, stress and depression in Women

Women are approximately two times as probable as men to be afflicted by depression. This -to-one distinction persists throughout racial, ethnic, and monetary divides. In truth, this gender distinction in fees of despair is observed in most international locations around the arena. There are some theories which attempt to provide an explanation for the higher occurrence of despair in girls. Many elements have been implicated, consisting of organic, psychological, and social factors.

Review of Literature

Deepthi and Janghel (2015) discussed coping strategy of stress in employed women and in non-employed women. They observed that employed women use self-distraction technique (a surprisingly effective technique for changing mood) more as coping strategy compared to non-employed women.

Dhanabakyam and Malarvizhi (2014) stated there is a positive relationship between stress and family difficulties in working women. The increase in work-family conflict leads to an increase in work stress and vice versa in married working women. It is observed that women in professional job positions with high job demand were more prone to experience work-family conflict and work stress.

SIGNIFICANCE OF THE STUDY:

This study will be a significant attempt and beneficial to the women who do not understand their anxiety, stress and depression reasons. Many researchers have been taking place in the field of anxiety, stress and depression for many years. But their findings cannot be generalized for each geographical area because people differ with respect to their way of responding even residing in the same locality. Realizing the fact, we formulated the hypothesis that working women have more anxiety, stress and depression than the nonworking women in Lahore.

STATEMENT OF PROBLEM:

The present investigation attempts to study the “*Level of Anxiety, Depression and Stress among Working and Non-Working Women*”.

Objectives of the Study:

- To measure the anxiety, stress and depression among working and nonworking women

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- To measure the anxiety, stress and depression among working and nonworking women with reference to socio-economic status.

Hypotheses:

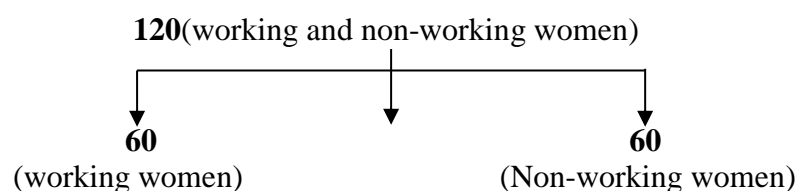
- (H₀₁) There will be no significant mean difference in the scores of anxiety, depression and stress between working and non-working women.
- (H₀₂) There will be no significant mean difference in the scores of anxiety, depression and stress between working and non-working women with high and low socioeconomic status.

Research Design:

The present study is not possible experimentally because of the nature of the investigation. The researcher adopted quantitative descriptive research for gaining the objectives of the study. It is the survey quantitative research in which the event has already occurred and the effects of the variables were studied by qualitative analysis.

Sample:

The sample of 150 working and non-working women was screened for socioeconomic status. Finally, 120 working and non-working women were selected between the age ranges of 25 to 40 years. Further, they were classified into two groups i.e. working (60) and Non-working (60). The categorization and detail of sample selection is as under:-



Tools:

The investigator after screening a number of available tests finally selected the following tool to collect the data:

Anxiety, Depression and Stress Scale: - This scale was developed by Bhatnagar, P. et al. (2011) and published by National Psychological Corporation. This scale consists of 48 items divided into Three Sub Scale –

- I. Anxiety,
- II. Depression and
- III. Stress.

This scale was administered to 1177 adults. This scale consists of satisfactory validity and reliability.

Procedure:

The investigator had screened these 120 working and non-working women (age group 25 to 40 years). They were placed into two groups as per the screening result. The first group was a working women group and the second group was a non-working group, women in both the working as well as the non-working group were administered for anxiety, depression and stress. Then researcher had explained the importance of research work and collected the data after ensuring the confidentiality of them. Each subject was given a questionnaire of the scale. All were requested to read all statements one after the other and give their responses in

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the responses column by choosing appropriate responses for each statement, which they felt correct and appropriate.

Scoring:

Scoring of the obtained data was done with the help of the respective manual available for the tests in the present investigation. The data have been arranged in the respective tables according to the statistical test applied.

Statistical Analysis:

In the present research work to find out the significant mean difference between working and non-working scores of anxiety, depression and stress of working and non-working women. Statistical measures like independent sample 't' tests, Mean and SD were conducted.

RESULTS AND DISCUSSION:

Table 1:- Showing Mean, SD & F values between working and non-working women for dependent variable anxiety, stress and depression.

Measures	Group	N	Mean	SD	t values
Anxiety	Working	60	7.10	2.56	5.01
	Non-working	60	5.01	1.97	
Stress	Working	60	8.61	3.12	6.23
	Non-working	60	5.21	2.85	
Depression	Working	60	5.99	2.21	4.74
	Non-working	60	4.26	1.76	

A perusal of Table 1.1 shows that the two groups under study i.e. working and non-working women differ significantly on anxiety. The significant mean difference is to be reported for the anxiety level of working and non-working women ($t=5.01$, $p<.01$). Working women have scored higher mean ($M=7.10$, $SD=2.56$) than non-working women ($M=5.01$, $SD=1.97$). It may be said that anxiety has influenced by working status of women. In other words, working women have greater characteristics anxiety than non-working women.

It is evident from Table 1.2 that significant difference is to be found between working and non-working women on stress level ($t = 6.23$, $p<.01$). The mean score of working and non-working women are 8.61 ($SD=3.12$) and 5.21 ($SD=2.85$) respectively. On the basis of this significant difference, one can say that working plays a significant role in maintaining the stress level of women. Working women have an elevated level of stress as compared to non-working women.

Furthermore, results summarized in Table 1.3 that mean values for depression is to be found significant ($t= 4.74$, $p<.01$). Mean scores for working women is $M=5.99$ ($SD=2.21$) and for non-working women is $M=4.26$ ($SD=1.76$) respectively, this shows there are a significant difference working women shown higher symptoms of depression than the non-working women.

Findings might be interpreted in terms of Women aged between 30-40 - who are likely to be juggling many roles including mother, carer for elderly parents, homemaker and sometimes breadwinner - experience significantly higher stress. Sometimes, women with children will know all too well the tension between being a hands-on mum and managing a busy job. Thus, (H_{01}) was strongly rejected.

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Table 2:- Showing Mean, SD & F values between working women with high and low socioeconomic status for dependent variable anxiety, stress and depression.

Measures	Group	N	Mean	SD	t values
Anxiety	Working Women with High SES	37	6.20	2.99	2.05
	Working Women with Low SES	23	8.01	3.51	
Stress	Working Women with High SES	37	6.81	3.12	3.17
	Working Women with Low SES	23	10.41	4.85	
Depression	Working Women with High SES	37	4.95	2.61	2.81
	Working Women with Low SES	23	6.97	2.76	

Table no. 2.1 reported that the mean score of working women with high socioeconomic status is higher ($M=8.01$, $SD=3.51$) than the working women with low socioeconomic status ($M=6.20$, $SD=2.99$) on anxiety level. The significant ‘t’ value is to be found ‘t’ = 2.05, ($p<.05$). Findings suggested that working women with low socio-economic status have more anxiety than working women with high socioeconomic status.

It can be seen from Table 2.2 that significant difference is to be found between working women with high and low socio-economic status on stress level (‘t’ = 3.17, $p<.01$). The mean score of working women with high and low socioeconomic status are 10.41 ($SD=4.85$) and 6.81 ($SD=3.12$) respectively. On the basis of this significant difference, one can well imagine that socioeconomic status plays a significant role in maintaining the stress level of working women. Working women with low socioeconomic status have elevated level of stress as compared to working women with high socioeconomic status.

In the same way, table 2.3 highlighted significant mean differences among working women with high and low socio-economic status on depression level. Mean scores of both the group i.e. high and low socioeconomic status are $M=4.95$, $SD=2.61$ and $M=6.97$, $SD=2.76$ respectively. The mean difference is also to be found significant (‘t’ = 2.81, $p<.05$). On the basis of significant mean difference, one can well imagine that both the groups of working women have different perspectives towards Depression. Hence, ($H0_2$) is also strongly discarded.

CONCLUSION:

An extensive investigation was carried out to understand the influence of working status and socio-economic status on anxiety, stress and depression of working women. It may be concluded that the working and socio-economic status play significant and vital role in anxiety stress and depression level of working women. The empirical evidence also supports the research that working women have higher anxiety and stress than non-working women. To successfully manage stress in everyday lives of working women, working women can learn to relax and enjoy their life. The best way to manage stress is to prevent it. This may not be always possible. So, the next best things are to reduce stress and make life easier. For these purpose different stress management techniques like meditation, yoga, hypnosis, guided imagery, muscle relaxation, mindfulness breathing etc. should be used.

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Acknowledgements

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interests.

How to cite this article: Vyas. R (2019). Level of Anxiety, Depression and Stress among Working and Non-Working Women. *International Journal of Indian Psychology*, 7(3), 801-806. DIP:18.01.087/20190703, DOI:10.25215/0703.087