

Research Paper

## Impact of Anxiety and Life Satisfaction Among Government and Private Employees

Ayushi Prajapati<sup>1\*</sup>

### ABSTRACT

The purpose of the present study was to measure the anxiety and life satisfaction government and private employees. Total sample of 80 employees using the purposive sampling method equally divided gender (male and female) and type of employees (government and private). The sample was selected from various government and private employees in Ahmedabad. Tools like Comprehensive Anxiety Test (Dr. R. L. Bhardwaj, Dr. H. Sharma, Dr. M. Bhargava, 2009) and Occupational Stress Scale (Masaud Ansari, Sajid Ali Khan and Shah Mohd Khan, 2017) was used as a tool to collect the data. The results were statistically analyzed using Mean ( $\bar{X}$ ), SD, and 't' test used. The findings result that no significant difference is found in the anxiety of male and female employees ( $t = 0.98$ ). Significant difference is found in the anxiety of government and private employees ( $t = 2.83$ ). No significant difference is found in the life satisfaction of male and female employees ( $t = 0.19$ ). Significant difference is found in the life satisfaction of government and private ( $t = 2.13$ ).

**Keywords:** *Anxiety, Life Satisfaction, Employees*

**A**nxiety is an emotion characterized by feelings of tension, worried feelings, and physical changes like increased blood pressure. (APA) Anxiety is not the same as fear, but they are often used interchangeably. Anxiety is considered a future-oriented, long-acting response broadly absorbed on a diffuse threat, whereas terror is an appropriate, present-oriented, and short-lived response to a clearly identifiable and exact threat. Anxiety is a feeling of uneasiness and worry, usually comprehensive and unclear as an overreaction to a situation that is only individually seen as menacing. It is often accompanied by muscular strain, restlessness, fatigue, inability to catch one's breath, tension in the abdominal region, nausea, and problems in concentration. Anxiety is closely related to fear, which is a response to a real or perceived immediate threat (fight-or-flight response); anxiety involves the expectation of a future threat including dread. People opposite anxiety may remove from conditions which have provoked anxiety in the previous.

Satisfaction is a Latin word that means to make or do enough. Satisfaction with one's life implies a serenity with or acceptance of one's life circumstances, or the contentment of one's wants and needs for one's life as a whole. In essence, life satisfaction is a personal

<sup>1</sup>Student

\*Corresponding Author

Received: September 23, 2024; Revision Received: October 07, 2024; Accepted: October 10, 2024

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valuation of the quality of one's life. Because it is inherently an assessment, decisions of life satisfaction have a big cognitive component. Life satisfaction is the assessment of a person's quality of life. It is assessed in terms of mood, connection satisfaction, achieved goals, self-concepts, and self-perceived aptitude to cope with life. Life satisfaction involves a favorable attitude towards one's life—rather than an assessment of current moods. Life satisfaction has been measured in relation to financial standup, degree of education, involvements, residence, and other factors. Life satisfaction is a key part of well-being. Many factors influence subjective well-being and life satisfaction. Socio-demographic factors include gender, age, marital status, income, and education. Psychosocial factors include health and illness, functional ability, activity level, and social relationships. People tend to gain life satisfaction as they get older. Life satisfaction is a cognitive, global evaluation of the quality of your life (Pavot & Diener, 1993).

### REVIEW LITERATURE

Upadhyay, N. & Sharma, S. (2020) this study reveals that there is no significant difference in stress, anxiety and depression among private and government sector employees including both male and female of both the sector. Both sector employees experience same work experience, no matter in which sector people work they experience mental health problems like stress, anxiety, and depression. Surbhi (2022) that no significant difference was found among private high school female teachers and government high school female teachers in terms of anxiety. However, mean value was found higher among private teachers. Guleria, P. (2023) showed that government sector workers are better life satisfaction than private sector workers. Chauhan, A. and Solanki, P. (2014) that there is no significant difference among government and private employees in job satisfaction.

#### *Objective*

- To study the difference between the mean score of male and female employees in relation to their anxiety.
- To study the difference between the mean score of government and private employees in relation to their anxiety.
- To study the difference between the mean score of male and female employees in relation to their life satisfaction.
- To study the difference between the mean score of government and private employees in relation to their life satisfaction.

#### *Hypothesis*

- There will be no significant difference between the mean score of male and female employees in relation to their anxiety.
- There will be no significant difference between the mean score of government and private employees in relation to their anxiety.
- There will be no significant difference between the mean score of male and female employees in relation to their life satisfaction.
- There will be no significant difference between the mean score of government and private employees in relation to their life satisfaction.

#### *Sample*

Total sample of 80 employees using the purposive sampling method. The sample was selected from various government and private employees in Ahmedabad. The sample was

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equally distributed as thus: gender (40 male and 40 female) and type of employees (40 government and 40 private)

### Variables

#### Independent Variables:

- **Gender:** Male and Female employees
- **Type of Employees:** Government and Private employees

**Dependent Variable:** The scores of the employees on anxiety and life satisfaction.

### Research Tools

1. **Comprehensive Anxiety Test** by Dr. R. L. Bhardwaj, Dr. H. Sharma, Dr. M. Bhargava (revised, 2009). This test consists of 90 items. It can be administered individually as well as to group. There is no time for completing the test but the respondent is advised to complete the test as quickly as possible. Below each statement are given two responses. Yes or No. This scale reliability was 0.94. Age group 18 to 50 years.
2. **Life Satisfaction Scale (LSS)** by Promila Singh & George Joseph (2015). The scale consists of 35 items divided into five dimensions of life satisfaction - I. taking pleasure in everyday activities, II. considering life meaningful, III. holding a positive self-image, IV. having a happy and optimistic outlook and V. feeling success in achieving goals. Each item has five response options: Strongly agree, Agree, Undecided, Disagree, and Strongly Disagree. The test-retest Coefficient of correlation was found to be 0.91 and validity was found to be 0.83. Age group 25 to 55 years.

### Procedure

To constitute sample first various employees were short listed and visited different government and private sectors of Ahmadabad. Permission was taken from all the subjects while collecting the data from them, proper instructions were given for filling the questionnaire and rapport was established properly. The scale was providing and details. Thereafter, the *Comprehensive Anxiety Test* and *Life Satisfaction Scale* was administered with each group of employees. The data has been obtained by using scoring pattern and standardized for test. Scoring was done as per the manual and the results were statistically analyzed.

### Statistical Analysis

In the present study to find out the significant difference various groups of employees. Mean ( $\bar{X}$ ), Standard Deviation (SD), and 't' test was calculated. Level of Significant check 0.05 and 0.01 levels.

## RESULTS & DISCUSSION

*Table: 1 Mean, Standard Deviation (SD) & 't' Value of Anxiety of Gender (Male and Female).*

Gender	N	Mean	SD	't'	Table Value	Level of Sig.
Male	40	29.03	5.78	0.98	1.99	NS
Female	40	27.73	6.0			

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Table - 1 shows that the mean score of anxiety of male employees found to be 29.03 (SD 5.78) and Female employees found to be 27.73 (SD 6.07). The calculated t-value is 0.98 less than table value is 1.99. Which is not significant at 0.05 level. Thus, the null hypothesis stating, “There will be no significant difference between the mean score of male and female employees in relation to their anxiety.” is rejected. It indicates that male and female employees do not differ in the compare of anxiety. It means male and female employees are having equal anxiety.

**Table: 2 Mean, Standard Deviation (SD) & ‘t’ Value of Anxiety of Type of Employees (Government and Private).**

Type of Employees	N	Mean	SD	‘t	Table Value	Level of Sig.
Government	40	26.58	5.59	2.83	1.99	0.05
Private	40	30.18	5.77			

Table - 2 shows that the mean score of anxiety of government employees found to be 26.58 (SD 5.59) and private employees found to be 30.18 (SD 5.77). The calculated t-value is 2.83 more than table value is 1.99. Which is significant at 0.05 level. Thus, the null hypothesis stating, “There will be no significant difference between the mean score of male and female employees in relation to their anxiety.” is rejected. It indicates that significant difference is found in the anxiety of male and female employees. It means the private employees found high anxiety than government employees.

**Table: 3 Mean, Standard Deviation (SD) & ‘t’ Value of Life Satisfaction of Gender (Male and Female).**

Gender	N	Mean	SD	‘t	Table Value	Level of Sig.
Male	40	117.4	14.06	0.19	1.99	NS
Female	40	117.93	9.84			

Table - 3 shows that the mean score of life satisfaction of male employees found to be 117.4 (SD 14.06) and female employees found to be 117.93 (SD 9.84). The calculated t-value is 0.19 less than table value is 1.99. Which is not significant at 0.05 level. Thus, the null hypothesis stating, “There will be no significant difference between the mean score of male and female employees in relation to their life satisfaction.” is rejected. It indicates that male and female employees do not differ in the compare of life satisfaction. It means male and female employees are having equal life satisfaction.

**Table: 4 Mean, Standard Deviation (SD) & ‘t’ Value of Life Satisfaction of Type of Employees (Government and Private)**

Type of Employees	N	Mean	SD	‘t	Table Value	Level of Sig.
Government	40	120.48	9.15	2.13	1.99	0.05
Private	40	114.85	13.95			

Table - 4 shows that the mean score of life satisfaction of government employees found to be 120.48 (SD 9.15) and private employees found to be 114.85 (SD 13.95). The calculated t-value is 2.13 more than table value is 1.99. Which is significant at 0.05 level. Thus, the null hypothesis stating, “There will be no significant difference between the mean score of male and female employees in relation to their life satisfaction.” is rejected. It indicates that significant difference is found in the life satisfaction of male and female employees. It means the government employees found better life satisfaction than private employees.

## CONCLUSION

- No significant difference is found in the anxiety of male and female employees ( $t = 0.98$ , *Table value 0.05 level = 0.05*). It means male and female employees are having equal anxiety.
- Significant difference is found in the anxiety of government and private employees ( $t = 2.83$ , *Table value 0.05 level = 0.05*). Private employees ( $M = 30.18$ ) found high anxiety than government employees ( $M = 26.58$ ).
- No significant difference is found in the life satisfaction of male and female employees ( $t = 0.19$ , *Table value 0.05 level = 0.05*). It means male and female employees are having equal life satisfaction.
- Significant difference is found in the life satisfaction of government and private ( $t = 2.13$ , *Table value 0.05 level = 0.05*). Government employees ( $M = 120.48$ ) found better life satisfaction than private employees ( $M = 114.85$ ).

### Limitation

- In present research 80 government and private employees were selected by purposive sampling method from Ahmedabad. Sample size of each subcategory was  $n = 20$ .
- The investigation was limited only to dependent variable of anxiety and life satisfaction.
- As an independent variable only gender (male and female) and type of employees (government and private) has been taken in the present investigate.
- Data was numerical analyzed by Mean ( $\bar{X}$ ), SD, and 't' test.

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### ***Acknowledgment***

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

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Prajapati, A. (2024). Impact of Anxiety and Life Satisfaction Among Government and Private Employees. *International Journal of Indian Psychology*, 12(4), 041-046. DIP:18.01.005.20241204, DOI:10.25215/1204.005