

Anxiety Disorders in Working and Non-working Menopausal Women

Dr. Ankita Dixit^{1*}, Dr. Meenakshi Mathur²

ABSTRACT

During menopause, many women experience increased anxiety. Anxiety can often occur in combination with depression. While the exact connection between anxiety and menopause remains unclear, a complicated combination of factors common during this transitional time in a woman's life may contribute in this study to assess and compare the anxiety level among working and non-working women under perimenopausal and postmenopausal stages. For selecting sample Purposive Random Sampling Techniques was used. 120 menopausal women were selected from Jodhpur city. The sample was consisting of 30 working and 30 non-working perimenopausal women and 30 working and 30 non-working postmenopausal women, age between 45 years to 55 years. Sinha's Anxiety Scale (Sinha, D. 1962) was used to measure the anxiety level of subjects. All the data was statistically evaluated by using of SPSS 11.5. Discriminate functional analysis was also applied to study the relationship between the anxiety test of the respondents. There was significant difference observed in the mean values of anxiety among working and non-working postmenopausal women reflecting the dual work enhancing anxiety among working women. There was no significant difference to be observed in the mean values of anxiety among working and non-working perimenopausal women,

¹ Post Doctoral Researcher, Department of Home Science, Jai Narain Vyas University, Jodhpur, India

² Professor & Head, Department of Home Science, Jai Narain Vyas University, Jodhpur, India

[*Responding Author](#)

Received: April 1, 2017; Revision Received: May 3, 2017; Accepted: May 25, 2017

perimenopausal and postmenopausal working women, perimenopausal and postmenopausal non-working women irrespective of their menopausal stages and working and non-working conditions. The high anxiety found among working women may be due to their dual work, time constraint and target achievement at work place. Low to normal anxiety found in non-working women may be due to no time pressure and no dual work. They can plan their day's activity at their own convenience and can even postpone some of the task which is non-essential.

Key words: *Anxiety, Perimenopause, Postmenopause, Working, Non-working, Women*

If women live long enough, they will experience it. From a biomedical perspective, the menopausal process is depicted as the deterioration of women's ability to reproduce. Other factors, however, are integral to the menopausal transition, and more than just biological changes need to be considered when trying to understand how women experience menopause. For women in their 40s and 50s who are going through menopause, one of the most common cause of anxiety are decreased estrogen levels. Scientists have discovered that estrogen has a significant effect on the brain's regulation of moods and emotion. While this relationship appears complex, experts do know that changes in estrogen levels have a direct effect on the neurochemicals serotonin, norepinephrine, dopamine, and melatonin. Since all of these chemicals play an integral role in emotion and mood regulation, disruptions caused by estrogen fluctuations can lead to anxiety during menopause. The primary cause of anxiety in menopause is hormone-related, other medical and psychological conditions can cause anxiety. Psychological symptoms of anxiety can include nervousness, difficulty concentrating, trouble relaxing, tenseness, hyper vigilance, restlessness, and irritability.

Soares and Cohen (2001) concluded that there is a relationship between perimenopause and symptoms of depression, although the hormonal mechanism remains unclear. Women with a prior history of depression are especially vulnerable. Estrogen therapy may play an important role in treating depressive symptoms during perimenopause.

Indian studies evidenced that Institutionalized aged are more depressed. Though *Sharma, Sharma, and Sharma* (2002) reported that non-institutionalized are more depressed. However, *Andelman and Autonucci* (1993) concluded that housewives are more depressed and have less life satisfaction as compared to retired (working) counterparts. *Pradhan G.P. and Srivastava S.K.* (2003) studied that working and non-working women in relation to menopause do not show any significant difference on three variables i.e. depression, inferiority and insecurity. It means overall results indicate that feeling of menopause among both the groups (working and non-working) do not affect on depression feeling of inferiority and insecurity. The change in the family patterns and the variation in social and economic status between generations are additional reasons of stress. *Chadha and Bhatia* (2005) conclude that old people in the affluent society suffer from isolation because they cannot look to their grown up children for the psychological support. The modern non-working woman seems to have created a cocoon around them in a society where everyone is racing to outdo the other. It is been observed that higher rates of depression in women is not due to greater vulnerability but due to the particular stresses that many women face. These stresses faced by many women, include major responsibilities at home and work, caring for children and looking after ageing parents.

Manisha and Girish (2006) assessed the mental health status of 50 middle aged (49.42 ± 3.46 years) female school teachers of Varanasi city. Results showed that psychosocial stress scale score

showed moderate to high level of stress in 54 per cent subjects. Whereas, 18 per cent cases had low scores while, 28 per cent cases were in between low to moderate level of stress. Anxiety level was observed low in 64 per cent cases and moderate in 32 per cent cases. Depression level was low in 92 per cent cases. Somatic symptom score was moderate in 44 per cent cases while, social dysfunction score had been observed moderate in 80 per cent cases. The overall assessment reveals that though the women are normal in general, but a substantial proportion is at risk of developing psychosocial stress generated problems that may affect their mental health.

METHODOLOGY

Statement of Problem:

An attempt was made by the researcher to know the Anxiety Disorders in Working and Non-working Menopausal Women”

Objectives:

- To assess and compare the anxiety level among working and non-working women under perimenopausal and postmenopausal stages.

Significance of Problem:

Research will be carried out for assessment of anxiety among perimenopausal and postmenopausal working and non-working women. The present study aims to explore some of the hidden secrets about menopause i.e. changes taken place, problem associated and coping behaviour of working and non-working women during perimenopausal and postmenopausal stage.

Operational Definitions:

Perimenopause: According to WHO (1998), the term “perimenopause” should include the period immediately prior to the menopause (when the endocrinological, biological, and clinical

features of approaching menopause commence) and the first year after menopause. Perimenopause means "around the time of menopause."

Postmenopause: According to **WHO (1998)**, the term "postmenopause" is defined as dating from the Final menstrual period (FMP), regardless of whether the menopause was induced or spontaneous.

Anxiety in Menopause:

During menopause, many women experience increased anxiety. Some also deal with anxiety in the years leading up to full-blown menopause, a time called perimenopause. Anxiety can often occur in combination with depression. Both pre-existing and newly diagnosed anxiety disorders can occur throughout all phases of menopause, including postmenopause.

Working and Non-working Women with Menopause:

The working and non-working women's problems are multidimensional and vary considerably from woman to woman. Underestimation of her potential, low importance in decision-making and less recognition of their work by family and society may be due to gender biased socialization process, have led many to remain unsatisfied as a woman.

Hypotheses:

- There will be no significance difference between perimenopausal and postmenopausal working and non working women with reference to anxiety.

Research Design:

The research design used for the present study was exploratory cum diagnostic research.

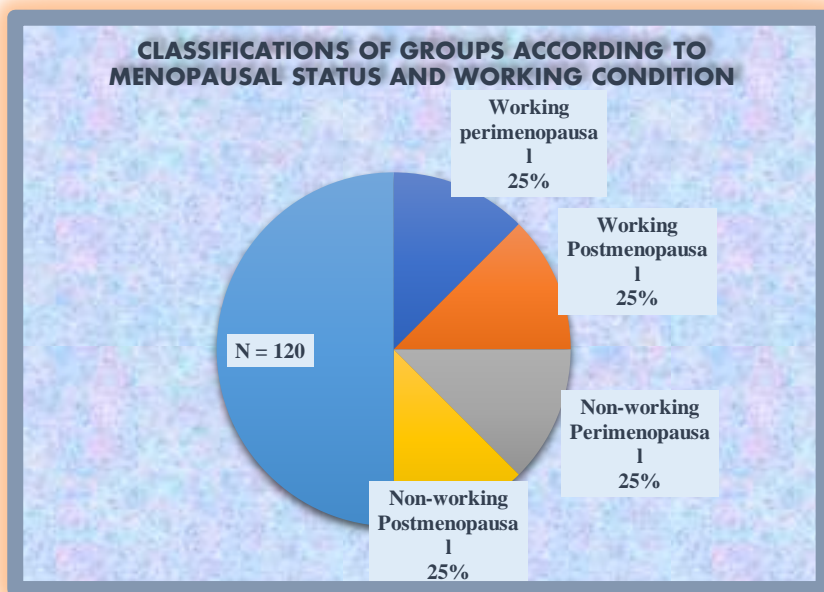
Sampling Techniques:

For selecting sample Purposive Random Sampling Techniques was used.

Samples of the Study:

120 menopausal women, willing to participate in the study were selected from Jodhpur city. The sample was consisting of 30 working and 30 non-working perimenopausal women and 30 working and 30 non-working postmenopausal women, age between 45 years to 55 years.

Figure 1



Tools:

Sinha's Anxiety Scale (Sinha, D. 1962) was used to measure the anxiety level of subjects. The test was developed by Sinha (1961:1962) of Allahabad University to measure the anxiety level of subjects. The preliminary form of the test, called the Self-Analysis form, had a total of 100 items of the “Yes-No” type. It

was assumed that anxiety would be revealed by reported behaviour not in any one situation but by his average behaviour in a great number of these situations. The maximum score possible was 100 and the minimum 0. Higher scores were indicating higher anxiety. The level of anxiety can be judged on the basis of percentile scores according to range indicated below:

	Percentile Range	Level of
Anxiety		
	80-100	Very high
anxiety		
	70-80	High
anxiety		
	40-70	Normal
range of anxiety		
	25-40	Low
anxiety		
	1-25	Very low
anxiety		

Procedure:

- Samples were identified from many places of Jodhpur city.
- Rapport was established and Permission was sought from the subjects after explaining the purpose of the study.
- Each respondent was signed information consent form to be filled individually and gave her consent to act as a respondent in the study.
- They were explained the relevance and importance of such a personalized study.
- Avoided the problem of non-return or partial answering of questions, personally the forms were filled in front of researcher.
- The subjects were stimulated for thinking and elicit proper answers.

- Questionnaires were distributed to each subject and they were asked to fill it at their convenience, in half an hour and return it back.
- Thanks were extended individually for their cooperation.

Statistical Analysis:

All the data was statistically evaluated by using of SPSS 11.5. The data thus tabulated was further analyzed in terms of Percentage distribution, Mean and standard deviation, Investigation of differential extreme group analysis were done by 't' test. Discriminate functional analysis was also applied to study the relationship between the anxiety test of the respondents.

RESULTS

Sinha's anxiety scale was used to assess and compare anxiety of perimenopausal and postmenopausal working and non-working women. "Mean" "S.D.", S.E.M. "t", Analysis of variance, and percentage were used to find out the significance of results.

Table 1: Mean, SD, SEM & 't' values of anxiety between working peri-menopausal and Non-working peri-menopausal women

Measure	Groups	N	Mean	Std. Deviation	Std. Error Mean	"t"
Anxiety	Working Perimenopausal	30	33.86	9.83	1.79	0.65
	Non-working Perimenopausal	30	32.26	9.04	1.65	

Table 1 showing Mean, SD, SEM & 't' values of anxiety between working perimenopausal and non-working perimenopausal women. While comparison was made on anxiety scale it was found that there was little difference in the mean values (33.86, 32.26) of anxiety among working perimenopausal and non-working perimenopausal women. There is no significant difference found

between two groups as both the groups belonged to the category of working and non-working irrespective of their perimenopausal stage. Study conducted by *Pradhan G. P. and Srivastava S.K.* (2003) enlightened with the present study. They examine the effectiveness of menopause on depression and insecurity. Results indicated that working and non-working women don't significantly differ on depression, inferiority and insecurity. But menopause plays a significant role in depression and feeling of inferiority/insecurity.

Table 2: Mean, SD, SEM & 't' Values of Anxiety between working postmenopausal and Non-working postmenopausal women

Measures	Groups	N	Mean	Std. Deviation	Std. Error Mean	"t"
Anxiety	Working Postmenopausal	30	34.1	8.26	1.50	2.28**
	Non-working Postmenopausal	30	28.96	9.14	1.67	

** Correlation is significant at the 0.01 level.

Table 2 depicted Mean, SD, SEM & 't' values of anxiety between working postmenopausal and non-working postmenopausal women. When comparison was made on anxiety scale it was concluded that there was significant difference observed in the mean values of anxiety among working postmenopausal and non-working postmenopausal women. The mean difference found 34.10 & 28.96. The "t" value obtained was 2.28** reflecting the dual work enhancing anxiety among working women.

Table 3: Mean, SD, SEM & ‘t’ Values of anxiety between Peri-menopausal and Postmenopausal working women

Measure	Groups	N	Mean	Std. Deviation	Std. Error Mean	“t”
Anxiety	Working Perimenopausal	30	33.86	9.83	1.79	0.09
	Working Postmenopausal	30	34.1	8.26	1.50	

Table 3 showing Mean, SD, SEM & ‘t’ values of anxiety between perimenopausal and postmenopausal working women. While comparison was made on anxiety scale it was found that there was little difference observed between the mean values (33.86, 34.1) of anxiety among working perimenopausal and working postmenopausal women. There is no significant difference observed between the two groups as both the groups belonged to the category of working irrespective of their perimenopausal and postmenopausal stage. Study conducted by *Manisha and Girish* (2006) enlightened with the present study. They assessed the mental health status of 50 middle aged (49.42 ± 3.46 years) female school teachers of Varanasi city. Results showed that anxiety level was observed low in 64 per cent cases and moderate in 32 per cent cases.

Table 4: Mean, SD, SEM & ‘t’ Values of Anxiety between Peri-menopausal and Post-menopausal Non-working women

Measure	Groups	N	Mean	Std. Deviation	Std. Error Mean	“t”
Anxiety	Non-working Perimenopausal	30	32.26	9.04370	1.65115	1.40
	Non-working Postmenopausal	30	28.96	9.14814	1.67021	

Table 4 depicted the Mean, SD, SEM & 't' values of anxiety between perimenopausal and postmenopausal non-working women. When comparison was made on anxiety scale it was concluded that there was little difference observed between the mean values (32.26, 28.96) of anxiety among perimenopausal and postmenopausal non-working women. No significant difference was observed between two the groups as both the groups belonged to the category of non-working women irrespective of their peri or postmenopausal stages.

CONCLUSIONS

Comparison was made on anxiety scale, it was concluded that anxiety among perimenopausal and postmenopausal working women, 20% had low anxiety, 32% had normal anxiety and around half 48% of them had high anxiety. The high anxiety found among working women may be due to their dual work, time constraint and target achievement at work place. The comparison of anxiety in perimenopausal and postmenopausal non-working women, 33% had low anxiety, 38% had normal anxiety and only 28% of them had high anxiety. Low to normal anxiety found in non-working women may be due to no time pressure and no dual work. They can plan their day's activity at their own convenience and can even postpone some of the task which is non-essential.

There was significant difference to be observed in the mean values (34.10 & 28.96) of anxiety among working and non-working postmenopausal women reflecting the dual work enhancing anxiety among working women. There was no significant difference observed in the mean values of anxiety among working and non-working perimenopausal women (33.86, 32.26), perimenopausal and postmenopausal working women (33.86, 34.1), perimenopausal and postmenopausal non-working women (32.26, 28.96) irrespective of their menopausal stages and working and non-working conditions.

The present study is limited to 60 working (30 perimenopausal and 30 postmenopausal) and 60 non-working (30 perimenopausal and 30 postmenopausal) women. it becomes tedious task for a researcher to have a very large sample but however, to come to a general concrete conclusion, it would be better if further research to be carried out on a large sample, which will give deeper understanding of the variables taken in this present study. Nevertheless, the present study has contributed significantly to our understanding of anxiety among working and non-working menopausal women. Menopausal women between the age group of 45-55 were included in the study. If 60 years or beyond menopausal women would have been included, the anxiety level of menopausal women could also be explored.

Acknowledgments

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

Conflict of Interests: The author declared no conflict of interests.

REFERENCES

- Adelman, P. K., & Autonucci, T. C. (1993). A causal analysis of employment and health
- Chadha, N. K., & Bhatia, S. (2005). Quality of life among aged. *Indian Journal of Psychology*. 58, 15-21.
- Manisha, S. and Girish, S. (2006). A study on family and psychological health status of middle-aged working women of Varanasi city. *The Internet Journal of Third World Medicine*, 3 (2): 868-872
- Pradhan G.P. and Srivastava S.K. (2003). Menopause and other Correlates. *Indian J. Prev. Soc. Med.* Vol. 34 No. 1 & 2, pp. 68-73.

- Sharma, N. R., Sharma, A., & Sharma, R. C. (2002). Employment level and frustration level of Indian housewives. *Journal of Personality and Clinical Studies*. 18, 109-113.
- Sinha D. (1962). Sinha's Anxiety Scale. Allahabad University.
- Soares, C. and Cohen, I.S. (2001), The peri-menopause, depressive disorders and hormonal variability. *Sao Paulo Medical Journal*, 119 (2): 78-83.
- World Health Organization, (1998). The World Health Report. Geneva: World Health Organization 1998. Available at: <http://www.who.int/whr/1998/whern.htm>
- in mid life women. *Journal of Women and Health*. 16, 5-20.

How to cite this article: Dixit A, Mathur M (2017), Anxiety Disorders in Working and Non-working Menopausal Women, *Int. j. Indian psychol*, Vol 4, (3) DIP: 18.01.301/20170403