

ANXIETY AND DEPRESSION AMONG WORKING AND NON-WORKING MARRIED WOMEN

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ABSTRACT

This study was undertaken with the objective of studying the Anxiety and Depression of working and non-working married women. A total sample of 360 women was drawn randomly for the study consisting of 180 working married women and 180 non working married women. In which 90 married working women taken from rural area of Kashmir (Anantnag district) and 90 married working women taken from urban area of Kashmir (Srinagar district). In case of married non working women, 90 married non working women taken from rural area of Kashmir (Anantnag district) and 90 married non working women taken from urban area of Kashmir (Srinagar district). In order to assess the anxiety and stress among working and non-working married women, Anxiety and Depression Scale by Pallavi Bhatnagar was used. The study revealed that married working women have been observed to be higher on the level of anxiety as compared to married non working women. Stress tendencies have been seen among married working women as compared to their counterparts.

Keywords: Anxiety, Depression, Working and Non-working women, Married

INTRODUCTION

Anxiety and depression symptoms affect women especially working mothers day by day. An increasing number of women are faced with the task of juggling the roles of mother-wife-employee. Working mother experience high level of anxiety and depression as compared to unemployed moms. Work-family- spillover' may also occur due to multiple roles & may result when the pressures from work have an effect on one's attitude & behavior within the family setup.

The interface between the work place and the family life is more stressful for the women who work outside the home and they have to perform both familial as well as professional roles. This in turn, leads to stress of a person and affects mental health. Work-family conflict refers to the

extent to which work- and family-related responsibilities interfere with each other. It is a conflict of work and family interrelated roles. Work family conflict occurs when contribution in work role creates problems in contribution of family role (Greenhaus and Beutell, 1985). Work family conflict is a common problem faced by majority of employees especially working mothers with young children. The authors noted that work family conflict was positively associated with anxiety and depression among employed women. It also revealed that conflict and distress were strongly associated among women with routine jobs.

Married women have higher rates of depression than unmarried women, but the reverse is true for men. Marriage seems to confer a greater protective advantage to men than on women. Marital adjustment and depression are strongly related. Most of the working women feel maladjusted due to non cooperative attitude of the husband and family members. Marital adjustment is 'the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other'. Most non-working mothers are full time housewives who spend most of their time at home attending to their children, husband and domestic chores, they have the freedom to go about their day at will and can come home whenever they like to attend to their home, this is where they differ from working class women/mothers who are under the authority of a boss at work hence, cannot go home at will.

NEED AND IMPORTANCE

Woman is the magnificent creation of God, a multi faceted personality with the power of benevolence, adjustability, integrity and tolerance. She is companion of man, gifted with equal mental faculty, a protector and provider, the embodiment of love and affection. 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. Woman has a great part to play in the progress of any country, as the mental and physical contact of women with life is much more lasting and comprehensive than that of men (Bernard, 1971). Women have started to reach the highest places and to occupy the scariest and most exciting positions of power within society. At the same time, they have continued to stay home and have children. It is really a matter of individual choice. Women's place should not be in the home because they have much more to offer society. Woman now believes that a successful career is the key to financial and social life. Obviously, the lives of women today are much different than they were before. Today, there are several roles of women to carry out, most of mothers are working.

OBJECTIVES

Following objectives have been formulated for the investigation:

1. To study and compare the anxiety of working and non working married women.
2. To study and compare the depression of working and non working married women.

HYPOTHESES

Following hypothesis has been formulated:

1. There shall be a significant difference between the mean scores of married working and non-working women on level of anxiety.
2. There shall be a significant difference between mean scores of married working and non-working women on level of depression.

SAMPLE SIZE AND COVERAGE

A total sample of **360 women** was drawn randomly for the study consisting of **180 working married women** and **180 non working married women**. A sample of 360 married women from Anantnag and Srinagar districts has been drawn randomly by the investigator. It needs to be mentioned that the sample has been divided into two groups i.e. married working and non working women in which 180 women (90 married working and 90 non-workingwomen) were taken from the rural areas of Anantnag district and an equal number of married working and non-working women were taken from the urban areas of Srinagar district.

It was also mentioned that only such married women were considered in the investigation that stand married at least for last five years from the date of collection of data. Besides, the married working women were those who are working in Government sector (Education, Social welfare and Bank sector).

TOOL FOR DATA COLLECTION

The data for the study was collected with the help of:

Anxiety and Depression Scale by **Pallavi Bhatnagar**: This scale assesses the Anxiety and Depression of working and non working married women.

RESULTS AND DISCUSSIONS

Table No. 1: Showing the mean and S.D. of Working and Non-working Married Women on various Levels of Anxiety, and Depression (N= 180 each)

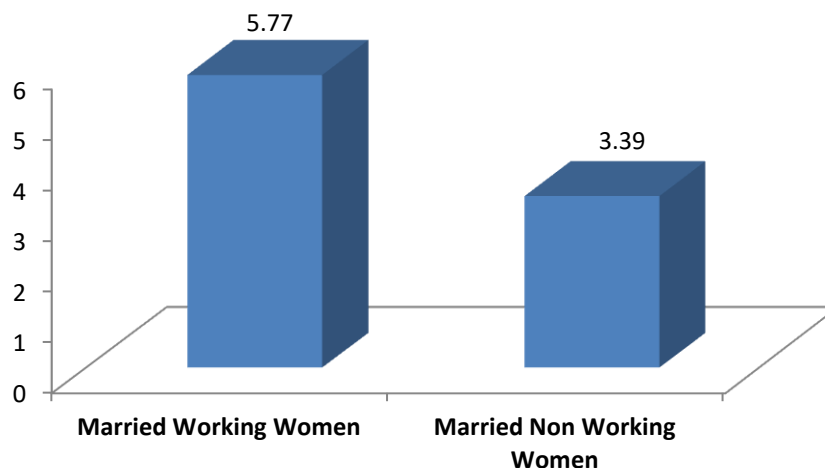
Variable	SS	MWW	MNW
Anxiety	\bar{X}	5.77	3.39
	SD	1.59	1.10
Depression	\bar{X}	4.69	2.94
	SD	1.66	1.17

Acronyms: SS – Statistical Sign; MWW –Married working women; MNWW-Married Non working women

Table No. 2: Showing the Significance of difference between the Mean Scores of Working & Non working married women on Anxiety (N=180 each)

Group	N	Mean	S. D	't'-Value	Result
Married Working Women	180	5.77	1.59	16.68	Significant at 0.01 Level
Married Non Working Women	180	3.39	1.10		

Fig. No. 1: Showing the Significance of difference between the Mean Scores of Working & Non working married women on Anxiety (N=180 each)



DISCUSSION

Table no.1 reveals that the mean and SD scores of married working and married non-working women on level of anxiety. The mean score in case of married working women is reported as 5.77 with SD 1.59 and in case of married non-working women the mean and SD scores came out to be 3.39 and 1.10 respectively. The table further reveals that the mean scores in case of married working women on depression is reported to be 4.69 with SD of 1.66 and in case of married non-working women the mean and SD scores came out to be 2.94 and 1.17 respectively.

A perusal of **Table No.2** reveals the significance of difference between the mean scores of working and non-working married women on level of **anxiety**. The mean scores in case married working women is reported to be higher (M=5.77) as compared to non working women (M=3.39). The obtained 't' value has been found to be 16.68 which is significant beyond 0.01 level of confidence. On the basis of the results, it may be inferred that married working women exhibit higher level of anxiety as compared to married non working women. The results further reveals that married working women get scared without having any good reason and are worried about those things which are panic to them as compared to non-working women. They are also reported to be anxious and nervous than usual. Whereas, non-working women feel relaxed and seem not to be anxious and worried about everything. This may be due to the reason that working mothers don't have to deal with harder reality. Thus, greater exposures to hardness of reality tend to increase the amount of situational anxiety in the working mothers. It is also observed that in general, anxiety seems to be more prominent in case of working mothers as compared to the mothers who stayed at home (non-working). It may be due to the fact that employed mothers express greater feeling of inadequacy & exhibit higher levels of anxiety about their roles. The working mothers have multiple responsibilities and job related stress. They tend to be more anxious than non-working mothers. Overload in their working conditions seem to create stressful situation & anxiety.

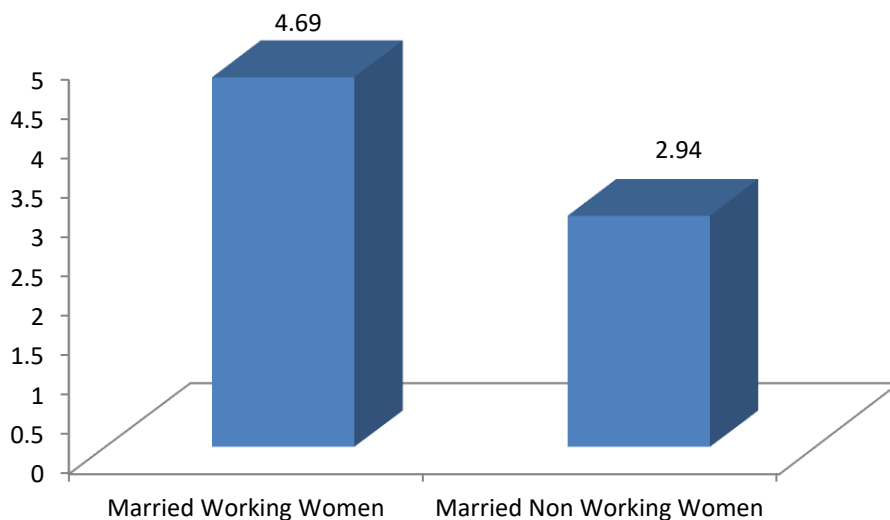
In view of the above mentioned results, the Hypothesis number one which reads as, "***There shall be a significant difference between the mean scores of married working and non working***

women on different levels of Anxiety” stands accepted. The findings are in conformity with the findings of some earlier researchers in the field. **Marianna Virtanen et al**, (2012) reveal that working long hours is a risk factor for development of anxiety symptoms in women.

Table No. 3: Showing the Significance of difference between the Mean Scores of Working & Non working married women on Depression (N=180 each)

Group	N	Mean	S. D	‘t’-Value	Result
Married Working Women	180	4.69	1.662	11.49	Significant at 0.01 Level
Married Non Working Women	180	2.94	1.178		

Fig. No. 2: Showing the Significance of difference between the Mean Scores of Working & Non working married women on Depression (N=180 each)



DISCUSSION

The result reveals the significance of difference between the mean scores of working and non-working married women on **depression**. The mean scores of married working women is reported to be higher (M=4.69) than non working women (M= 2.94). The obtained ‘t’ value has been found to be 11.49 which is significant at 0.01 level of confidence. On the basis of the results it may be inferred that married working women are prone to depression as compared to married non-working women. The results further reveal that the higher level of depression among married working women is explained in terms of not feeling able to be enthusiastic about anything and often feel downhearted and sad as compared to married non-working women. Whereas, the non-working women feel that they are able to do anything and have sufficient time to look forward and feel often happy in taking initiatives for any new task. Married working women are reported to have no expectations and hope from the future. Besides, they report that their life seems to be meaningless and often feel unwell. Whereas, non-working women often want to be in company with others and they are reported emotionally sound and are enthusiastic and take interest about everything. This may be due to the reason they have less responsibilities as compared to married working women. The results further revealed that non-working married women faces less problems than working women because working women are more depressed due to dual role they have to play at home as well as at working place. This amalgamation of house and career-work is the reason why married working mothers are more depressed than married non working mothers. In view of the above mentioned results, the Hypothesis number two which reads as, *“There shall be a significant difference between the mean scores of married working and non working women on different levels of depression”* stands accepted. As it has been found that married non working women differ significantly from working women on different levels of depression. These results are in agreement with the findings of previous researchers in the field. (Panigrahi et al., 2014; Riffat & Amena, 2014; Bhadoria, 2013; Adhikari, 2012; Hina et al., 2006).

CONCLUSION

Married working women have been observed to be higher on the level of anxiety as compared to married non working women. They are reported to get scared without any good reason and were worried about those things which are panic to them as compared to non-working women.

Depressive tendencies have been seen among married working women as compared to their counterparts. They are observed not feeling able to be enthusiastic about anything and often feel downhearted and sad as compared to married non-working women.

EDUCATIONAL IMPLICATIONS

1. The present investigation has revealed that married working women should be given education related to mental health and hygiene so that they become aware how to live a life free of tensions and stresses despite more work load and responsibility.
2. The married working women must be emotionally supported and given full support and cooperation in every sense. They must be assisted in bringing i) desirable changes ii) positive attitude towards life. So that they can become optimistic and live a harmonious life.
3. It is need of the hour to organize counseling programmes, so that they may be able to cope up all stressful situations which hinders in their way towards the development and progress.
4. It will be a great loss if a woman is not able to contribute her best towards others due to her multiple roles. Therefore, creation of conducive and congenial environment is required for their upliftment.

The findings of the present study will contribute in the existing knowledge of health professionals to enhance public awareness regarding the harmful outcomes of depression, anxiety and stress upon human health.

SUGGESTIONS FOR FURTHER RESEARCH

In the light of the findings of the present study, the investigator feels that the following suggestions be taken into consideration, while conducting a study similar to the present one:

1. Married working women included in the present study were school teachers, bank-workers and social welfare supervisors, Further, research should focus on other professional women such as; doctors, engineers, advocates.

2. The present study was confined to only Srinagar and Anantnag districts of Kashmir valley. It is suggested to carry a study by including other district at state level to generalize the findings.
3. Future researches need to be carried out to address some socio-psychological issues of married working women.
4. A comprehensive research is suggested to be carried out in other parts of the country to get a comprehensive data base about the marital adjustment, anxiety, depression and stress of married working and non-working women.
5. Since the investigation was restricted to married working and non-working women. So, it is suggested to carry an investigation on similar variables on the basis of gender.
6. On the basis of results of the present study, research needs to be focused on the preventive measures of depression, anxiety and various levels of stress.

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