
Study the Level of Depression, Anxiety and Stress among Working and Non-Working Married Women in Ludhiana

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Received: 19 June 2021

Accepted: 04 September 2021

Published: 13 October 2021

Abstract: *Depression, Anxiety and Stress are more common now days in women. Depression and anxiety, stresses are psychiatric disorders that can result in emotional and physical pain, impaired functioning and difficulty in relationships and employment. The goal of this study was to see the range of depression, anxiety and stress among employed and unemployed women. The study was conducted on 100 married women, from which 50 were working women and 50 were non-working women age group between 25-40 years. DASS questionnaire developed by Lovibond and Lovibond (1995) was used to find the depression, anxiety and stress in working and non-working women. There was 42 items to measure anxiety, depression and stress. Result revealed that employed and unemployed women had significant level of depression and anxiety although there was no significant difference in stress levels. It concluded that married working and non-working women were having different level of depression, anxiety and stress.*

Keywords: *Depression, Anxiety, Stress, Married Working and Non-Working Women.*

1. INTRODUCTION

We believe that women are the backbone of our family. They have more patience to handle every type situations, when they are at home or workplace. They don't easily give up. Everybody in world knows the power of women. Some women decide to stay as housewife while some want to do job after marriage. Sometime they feel more weak and high mental stress when they try to balance between professional and personal life. It has been observed by different studies that married working and non-working women experience high stress, anxiety and depression in their work performance because of lengthy and compelling professional demands and home responsibilities. They often experience anxiety, depression and other mental complexities which gravely affect their overall life performance and adjustment. Very few studies have been conducted on health of women in Punjab. The present study is an attempt to understand the existence of stress, anxiety and depression in married working women and non working women.

Depression is very common in men and women. Children are also affected from depressive disorder. In our daily life so many events occurs that make us feel sad or disappointed. Person suffering from depression experience unhappiness lost of interest in all usual

pleasures of life (e.g. eating, sex, sports and hobbies), weight loss (when not dieting) or gain. Depression may also involve fatigue, insomnia and feeling of worthlessness, a recurrent inability to think or concentrate and recurrent thoughts of death or suicide. An individual who experiences five or more of these symptoms at once during the same two-week period is classified by DSM-IV as undergoing a major depressive episode. **Rollo May (1969)**, “Depression is the inability to construct a future”. **Angelica Jamenson (2011)**, “Depression can be defined as a mental state that is characterized by attitude that is pessimistic and melancholic with a lack of mental and physical activity.”

Dudhatra & Jogsan (2012) investigated the mental health and depression among working and non working women. Mental health was measured by Dr. D.J. Bhatt and Gita R. Geeda (1992) and depression was measured by Beck (1961). The findings found that there was a considerable difference in psychological health and sadness among working and non working ladies. While the correlation between mental health and depression reveals 0.71% high positive correlation.

Kurian (2012) examined depression among employed and unemployed ladies in Kottayam district of Kerala. A sample of 200 women was selected by using convenience sampling method. Beck Depression Inventory Scale was used to assess depression. Result appeared that profoundly taught working ladies can perform well in their married life as compared to non working ladies.

Maqsood, Aktar & Latif (2019) studied the impact of sadness among employed and unemployed ladies. 100 women were selected for data collection in which 50 was working and other 50 was nonworking. Simple random sampling technique was used to collect data. Beck Depression Inventory (BDI) was utilized to evaluate the depression. Result uncovered that married employed ladies feel more depression than unemployed ladies.

Fernandes, Angolkar & Bagi (2020) examined the depression among married working women and homemaker for data collection, 51 married working and 51 non working women was used as a sample. Beck Inventory scale was used to assess depression. Result indicated that depression was higher in married working women than married non working women.

Anxiety is a normal and often health emotion. All of us one time or another experience anxiety, a feeling of apprehension or tension in reaction to stressful situations. There is nothing wrong with such anxiety. It is normal reaction to stress that often helps rather than hinders our daily functioning. But when some people feel uncomfortable in some situations without any reason or cause then this is a psychological problem known as anxiety disorder. There are so many anxiety disorders but men and women mostly suffer from generalized anxiety. Because every person suffers from excessive worried about their family’s health, daily work routine and future. Anxiety disorders can also make it hard to breathe, insomnia, feeling of impending doom, trembling, restlessness, lack of concentration, racing or unwanted thoughts, fatigue or sweating. **According to Kaplan, et al. (1996)**, “Anxiety is characterized by diffuse, unpleasant, vague sense of apprehension, often accompanied by autonomic symptoms such as headache, perspiration, palpitations, tightness in the chest, and mild stomach discomfort.” **According to Gidron, Y. (2013)**, “Trait anxiety refers to the stable tendency to attend to experience and report negative emotions such as fears, worries and anxiety across many situations. This is part of the personality dimension of neuroticism versus emotional stability.”



Kaur et.al. (2012) examined the impact of uneasiness level on life fulfillment among housewife and professional women. 90 married women were selected randomly for data collection as sample, age group between 25-36 years. Life Satisfaction Scale and State-Trait Anxiety Test were used to measure the level of anxiety and life satisfaction. Result showed that hitched non working ladies feel more anxiety within lower level of life satisfaction.

Chhansiya & Jogsan (2015) examined ego and anxiety among working and non working. Total

80 working and non-working were taken. Hasan's Ego Strength Scale and Sinha Comprehensive Anxiety Test (SCAT) were used to measure inner self quality and uneasiness. Result covered that there was a ctical distinction between working and non working ladies in sense of self quality and uneasiness.

Moral & Singh (2016) studied the level of anxiety between working and non-working women. Sinha Comprehensive Anxiety Test (SCAT) was utilized which comprises of 90 items. Result appeared that high level of uneasiness in working ladies as compared to their partner. Components like double duty in domestic and calling for working ladies play major part in encountering more uneasiness as compared to house wife.

Stress can be defined as any type of change that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action. Everybody feel stress in daily life routine. But how you manage this stress it depends on your overall well- being. Sometime it's best to manage your stress to changing situation. Stress can be short-term or long-term. Both can lead to a variety of symptoms, but chronic stress can take a serious toll on the body over time and have long-lasting health effects. Some common signs of stress include change in mood, difficulty in sleep, decrease se drive, digestive problems, feeling anxious, headaches, low energy, racing heartbeat, trembling. **According to Lazarus and Folkman (1984)**, "Stress is a function of degree of person-environment fit. When our resources are more than adequate to deal with difficult situation, we may feel little stress." **According to Beer & Newman (1978)**, "Job stress as a condition arising from the interaction of people and their jobs and characterized by changes within people that force them to deviate from their functioning."

Devi (2016) compared the level of stress and affiliation among employed and unemployed ladies dwelling in sector 15 Chandigarh. A Sample of 150 women was selected with age group 18-50years. Structured knowledge of questionnaire was used to assess the level of stress. Convenient sampling technique was utilized to select samples. Result revealed that the stress level was higher in non-working women as compared to working women.

Joseph (2019) assessed the level of stress among employed and unemployed women. A sample of 60 married women was selected to get information. A self structured questionnaire was utilized to collect data. Result revealed that there was significant contrast between the levels of stress among employed and unemployed married ladies.

Oran & Kumari (2019) studied the stress among housewife and professional married ladies. 240 ladies was chosen for collect information. Stress Scale consisted by Dr. Reeta Kumari (2014) was used to assess the stress. Result indicated that professional married women have more stress than ladies are living at home.

Thapa (2019). Compared the level of stress and adapting techniques among married unemployed and employed ladies of Dehradun Uttarakhand. A sample of 50 married employed



ladies and 50 unemployed ladies were selected for data collection. Standardized perceive stress scale was used to assessed the level of stress and semi structured tool was used to check the level of coping strategies. Result revealed that there is no significant contrast in the level of stress and adapting procedures among employed and unemployed married ladies.

2. OBJECTIVES:

1. To study the level of depression among employed and unemployed married women
2. To study the level of anxiety among employed and unemployed married women
3. To study the level of stress among employed and unemployed married women

3. HYPOTHESIS:

1. There will be a significant difference in depression between employed and unemployed married women
2. There will be a significant difference in anxiety between employed and unemployed married women
3. There will be a significant difference in stress between employed and unemployed married women

4. METHOD:

Sample-

A randomized sample of 100 rural women (50 working and 50 non-working) was included for data collection in the present study. The age group of selected data was between 25-40 years. Every participant was assured that their results will be confidential and will never be used for any other purposes.

Tool:

DASS questionnaire developed by Lovibond and Lovibond (1995) was utilized to evaluate among employed and unemployed married women. There was 42 items to measure anxiety, depression and stress.

Statistical Analysis-

Mean, Standard Deviation, t- test was utilized to find result.

Procedure-

First of all, the participants have been provided comforts and then, they were asked to submit the proof of their family monthly income to enable us for grouping you as desired. After that the subjects were asked to seat comfortably and related instructions as per the manual were

conveyed to them through their easy language and confirmed the understanding level of each participant. There was no time limit. But, still they were asked to finish the questionnaire as soon as possible.

5. RESULT AND DISCUSSION

Table 1 show that the mean scores of variable of depression of married employed and unemployed women as 13.58 and 18.16 individually. At 0.05 level of confidence, t- ratio is 2.36* calculated. This revealed that a significant difference exists between mean scores of the variable of depression of married working and non working women. This shows that married non-working women have high depression than married working women.

Table 1 There will be a significant difference in depression between employed and unemployed married women.

Variable	Group	N	M	S.D	SEM	t-ratio
Depression	Working women	50	13.58	9.65	1.37	2.36*
	Non-working women	50	18.16	9.73	1.38	

*Significant at 0.05 level

Table 2 show that the mean scores of variable of anxiety of married employed and unemployed married women as 19.12 and 11.58 individually. The t- ratio is calculated 4.92** At 0.05 level of confidence, t- ratio is 4.92** calculated. This result demonstrated that employed married women have found high anxiety as compared to unemployed married women.

Table 2: There will be a significant difference in anxiety between employed and unemployed married women.

Variable	Group	N	M	S.D	SEM	t-ratio
Anxiety	Working women	50	19.12	7.97	1.13	4.92**
	Non-working women	50	11.58	7.33	1.04	

*Significant at 0.05 level

Table 3 show that the mean scores of variable of stress of married working and non working women as 18.22 and 20.02 respectively. The t- ratio is calculated 1.00NS which is no significant at 0.05 level of confidence. This revealed that no significant difference exists between mean scores of the variable of stress of married working and non working women.



This indicates that any type of works does not play significant role in determining the stress among married working and non working women. They are both equally affected from stress.

Table 3: There will be a significant difference in stress between employed and unemployed married women.

Variable	Group	N	M	S.D	SE _M	t-ratio
Stress	Working women	50	18.22	8.41	1.19	1.00 ^{NS}
	Non-working women	50	20.02	9.61	1.36	

NS Not Significant

6. CONCLUSIONS AND SUGGESTIONS FOR FUTURE RESEARCH

This research study was conducted to assess the anxiety, stress and depression level among employed and unemployed married women in Punjab. The results demonstrated that unemployed women feel more depression than employed women. Non working married women feel worthlessness, hopelessness and feel less independent than working married women at home. On the other hand, married working women feel more anxiety than non working women because they mostly worried about the health of parents and children at home. But stress equally affects the both married working and non-working women because mostly whole the days they work without rest. They follow hectic life schedule. They use a lot of mental and physical energy to manage things at home and out of home. To summarize, it can be said that working and non-working women are not free from anxiety, depression and stress in Punjab. So, it is the responsibility of every family member to give support and provide happy

environment around them which will great help in reducing the occurrence of depression, stress and anxiety among married working and non working women. Counseling sessions for the women is the need of great importance since it can assist women to improve their emotional wellness status and get soothed from the distress. Our research study suggests that further research can be conducted on mental health in relation to adjustment problems.

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