

**TO STUDY THE ANXIETY AND LIFE SATISFACTION AMONG
WORKING AND NON-WORKING WOMEN**

A

Thesis submitted

In the partial fulfillment of the requirement for the degree of

**MASTER OF ARTS
IN
PSYCHOLOGY
(Clinical)**



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UNDER THE SUPERVISION OF

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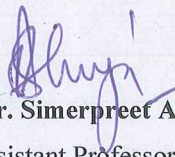
**THAPAR UNIVERSITY
PATIALA
June, 2017**

CERTIFICATE

This is certify that the thesis entitled “To study the anxiety and life satisfaction among working and non-working women” being submitted in partial fulfillment of requirements for the award of degree of Master of Arts in Psychology, submitted in the School of Humanities and Social Sciences, Thapar University, Patiala is a bonafide work carried out under the supervision of Dr. Simerpreet Ahuja, Assistant Professor School of Humanities and Social Sciences, Thapar University, Patiala and that no part of this project has been submitted for the award of any other degree.


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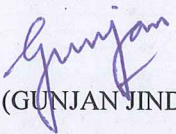
CANDIDATE'S DECLARATION

I hereby declare that the work presented in this thesis entitled, “ **To study the anxiety and life satisfaction among working and non-working women**” in partial fulfillment of the requirement for the award of Degree of **Master of Arts in Psychology**, submitted in the **School of Humanities and Social Sciences, Thapar University, Patiala**, is an authentic record of my own work carried out under the supervision and guidance of **Dr. Simerpreet Ahuja**, Assistant Professor, School of Humanities and Social Sciences, Thapar University, Patiala and refers other researcher's work which are duly listed in the reference section.

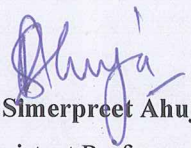
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ABSTRACT

The role of women in the society is tremendous, In the times of industrialization and urbanization, women have marked their existence in male organized society. The present investigation was conducted to examine the anxiety and life satisfaction among working and non-working women. It was hypothesized that anxiety is more pronounced in working women than non-working women and life satisfaction is more in non-working women than working women. The study explored relationship between the anxiety and life satisfaction in working and non-working women. The study comprised a sample of one hundred (N=100) working and non-working women, from which fifty were working (N=50) and fifty were non-working (N=50). Taylors Manifest anxiety and Life Satisfaction Questionnaire by Ed were administered to measure anxiety and life satisfaction respectively. The t-test and correlation were computed to analyse the results and the study reveals that anxiety is more articulated in working women than non-working women and life satisfaction is more in non-working women than working women. The study reports inverse relationship between anxiety and life satisfaction. In the time of human advancement, work is significant correlate of life satisfaction. Therefore comparative studies of working and non-working population and the strategies to improve their life can be beneficial. This review is basic as it studies female population which contributes significant part to the society. The satisfaction of the females decide the satisfaction of family, society and country as a whole. The present review advances to comprehend the female population in more compelling methodology which is valuable for arrangement making and group administrations.

Keywords: Anxiety, Life satisfaction , working and non-working women

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Chapter 1

INTRODUCTION

1.1 Working and Non- working

The term working women alludes to a women who get paid to work outside the home and employed either public or private sectors of society with the benefits of education, some working women have top positions in various sectors of the economy this means that they have found themselves playing dual role of women and bread winner. Women have to run a successful home and as workers they have to meet up with the demands of their jobs. She is required to keep the home and furthermore to work in order to expand the financial quality of her better half and family. Non working women are those who are unemployed or choose to remain either by personal choice or were compelled to do so. They stay at their home and take care of their family and others house hold work. Being a graduate, they are usually frustrated with no jobs and are helpless.

1.2 Working and non-working women –“ Pros and Cons”

Educated women get employment in the sector which were predominated by men. The employment of women seems to associated with factors like age ,self esteem ,intellectual needs. Not all the women because she is compelled to work as they are young and unmarried. Some women continue their work even after their marriage and all non working women who is working has to play a dual role as home maker and as an employee of an institution (Gandhi ji 2015). Working women often have to shoulder household responsibilities and rear their children which mainly affects her health and show symptoms of anxiety and decreased life satisfaction level working women are self confident, independent, liberal and ambitions. They are able to contribute to the family income and have their own things where as non working women can handle her income well as she have enough time for herself as well as for home .She is required to manage her household work and provide quality time for her children and husband. She is also available most of the time to guide her children in their home work, cook food and do the laundry but the drawback is that they have to depend upon their husband for the income expenditure

1.3 Anxiety

Anxiety is a physiological state portrayed by cognitive emotional and behavior component. Anxiety is a part of people presence. According to Richard Benson, it is a condition of dread and trepidation that influence numerous region of working. Anxiety may be defined as emotional state in which physiological and psychological indication like sweating of hands, heart palpitation, Blood pressure and smoking, restlessness etc are clearly visible. It has been studied as a motivational variable which interferes with academic achievement. According to Spielberg's (1996) STAT, anxiety is being studied as a personality trait and also as a emotional state. Anxiety manifests by physical indications such as pulse, sweating and can shows in ones inclination and feelings. Symptoms of anxiety can be mild to extreme and mild symptoms include increased alertness and more severe symptoms include palpitations, chest pain. Anxiety can be likewise be a manifestation of a medical and emotional wellbeing condition such as drug addiction, psychosis, hypertension. It is frequently observed as an activating of the flight or fight response. Barlow (2001) characterized anxiety as a "future arranged inclination state in which one is prepared or arranged to adapt up with upcoming negative occasions and that is the refinement amongst future and present threats which isolate anxiety and dread. In positive psychology, anxiety is portrayed as the mental state. It is frequently identified with dread. However, it is not a similar thing apprehension is a immediate, centered individual knows. Anxiety can be connected with sexual orientation, educational background and life satisfaction. Since everyone experienced anxiety eventually in their lives, some do not develop long term problems with anxiety.

1.4 Causes of anxiety

The reasons for anxiety are far reaching and some of the time it appears to simply leave the blue, in these cases conversing with a specialist who is more comfortable with a portion of the regular triggers of anxiety in men can help you discover the main driver. A portion of the basic reasons for anxiety are: Continuous anxiety (e.g. weight at work or from family life) Worry from a specific circumstance (e.g. work misfortune, moving house) Enduring misuse as a youngster (physical, mental or sexual) Encountering or seeing a traumatic occasion.

1.5 Effects of anxiety

The behavioral effects of anxiety join withdrawal from conditions which have actuated uneasiness already. Anxiety can in like manner be educated about ways which consolidate changes in resting plans, on edge inclinations, and extended motor strain like foot tapping (Barker, 2003).

The eager effects of anxiety may consolidate "assumptions of dread, bother concentrating, feeling tense, touchness, uneasiness, searching for signs of risk, and, feeling like identity's gone clear and likewise "awful dreams, obsessions with sensations. (Smith, 2008). The scholarly effects of strain may fuse contemplations about guessed hazards, for instance, fear of passing on. "You may expect that the storage compartment torments are a savage heart ambush . You feel an extraordinary fear when you consider failing miserably.

1.6 Life Satisfaction

It is a complete target that individual are attempting to satisfy our entire lives. The label "satisfaction" is the possibility that can mean an extensive variety of things to different individuals. As indicated by George (1979) life satisfaction alludes to an appraisal of people from an examination of one's goal to ones genuine accomplishment. It is the way a man assess his or her life and how he or she feels about where it is going later on. It is the measure of prosperity and many be surveyed as far as inclination satisfaction and relations with others and with accomplish objectives. It has been measured in connection to monetary measure of instruction, encounters and self revealed. Life satisfaction mirrors the people subjective appraisal of his or her advance toward wanted objectives in life. It has been one of the most seasoned considered of mental prosperity of grown-ups (Lewis and outskirts 1995) As indicated by Akbar (2012) the determinants of life satisfaction are prominent occupation and great wage, financial status, great physical and emotional wellness, security and identity.

1.7 Determinants of Life Satisfaction

Considers delineates that individuals who are happy with their lives are certain about different parts of their lives, for example, their wellbeing. In this way, it is essential to inspect the components related with life satisfaction. Life satisfaction is controlled by different components and spaces. It relies on different elements, for example, religion, wellbeing, age, identity, instruction level, conjugal status, business status, financial status, wage, and so forth.

1. Personality: Writing proposes that identity assume a huge part in a women will judge her life to satisfy.

2. Subjective Wellbeing: Different cross-sectional overviews have displayed that reports of good physical thriving are associated with more lifted measure of life satisfaction (Mroczek and Spiro, 2005). Brief et al., (1993) saw thriving seems to have a solid association with subjective thriving, while target flourishing.

3. Education: Concentrates identified with the impact of training on life satisfaction demonstrate that life satisfaction is higher in individuals who have more training (Cheung and Chan, 2009). As training and pay level increment, life satisfaction additionally expands (Light, Hertsgaard and Martin, 1985). However, at individual level, this connection between's instructive level and life satisfaction is little. The connection amongst instruction and life satisfaction is likely because of the way that more elevated amounts of training are related with higher earnings.

4. Employment: Effects of employment on life satisfaction operate as a network. There are many factors associated as with employment that decide whether an individual feels satisfied and happy of his work or not. Some of those factors are employment status, job satisfaction and the type of employment an individual is engaged in.

1) Job satisfaction: It is essentially how individuals feel about their occupations and diverse parts of their employment and the connection between occupation satisfaction and life satisfaction has been inspected.

1.8 Effect of Anxiety on Life Satisfaction

In the present review, there is an essential need to see the impact of anxiety on working and non-working women on the premise of their life satisfaction. Satisfaction with one life is a definitive objective of all females. Women kept on discovering satisfaction with their lives. There has been an expansion in the quantity of females entering the workforce As, it creates the impression that society still perspectives females as the essential bearers of youngsters and other relatives and numerous women are currently confronted with juggling the part of women, accomplice and little girl and in addition worker. Indian women have stirred their part from being snoozing and languor. They are not slaves of men now. The time has come when women must leave their homes and take their posts in pro life. The best part they can play as working women and a respectable housewife and women. As a reliable women, she can satisfy her youngsters, sound and prepared nationals. As a housewife, she is a wellspring of enjoyment, comfort and inspiration to her appreciated one and as a working women she works outside from their home in work environments, banks et cetera. (Kauri et al.2012).

Chapter 2

Literature Review

2.1 Anxiety among working and non-working women

Rani (1976) evaluated why working women took up a paid business (the uncertainty being that they were accomplishing something that was for the most part against their disposition and endorsed part, particularly since they had not a considerable measure of good outlines being novel working women themselves). The review referred to three reasons that incited women to look for occupations outside their customary parts: cash related or monetary addition, social part refresh and singular reasons. It was besides ordered that working women felt worried in light of the shortcoming to have out their standard impact (of homemaker and life associate) as there was deficient time or significance. This need was the inescapable consequence of their working status. Support and a lifting perspective from mates towards wives work diminished the strain. Working women used paid help for two reasons: to lessen the demand from housework and in light of the way that they could remain to pay for human offer assistance .

Gupta and Sruti (1982) completed a review to break down anxiety among working women and its impact on conjugal modification. It was found that working women experience the illeffects of part strife furthermore, experienced abnormal state of anxiety, which influences their conjugal similarity, close and suggest connections and obviously work profitability.

Hemlatha and Suryanarayana (1983) completed up through an audit on part interventions of hitched working that women issues were on a very basic level impacted by the age and budgetary status of working women and mate nature, adolescents age and number, family sort and the system for work and work timings. Life accomplice recognition and investment was major to decreasing working women issues.

Most consistent consequences of stress for the working women were poor mental and physical wellbeing bringing about sorrow, nervousness, asthma, and colitis (Hanna, 1992; Mukhopadhyay, It has been watched that having work positively affects women wellbeing, and that the expanding interest of women in the workforce over decades has not contrarily influenced their wellbeing yet rather has enhanced it (Corridor, 1992). Working working are in better

physical what's more, mental wellbeing than housewives (Baruch and Barnett, 1986; Corridor 1992; Matthews et al. 2001), and have bring down levels of dismalness and mortality than unemployed women and housewives (Silman, 1987).

Jain (2009) did a near review on working and non-working working regarding identity, modification and anxiety. It was found that there was no importance contrast found in the mean scores of anxiety in working and non-working women.

Pandya and Thakkar (2009) studied working women and their problems. Their objectives were to study the job related and household work related problems of working women of Baroda and to study the differences in the overall problems, job related problems and household work related problems of working women in relation to their age, type of family, experience and distance from the workplace. It was found that most of the working women came from nuclear family because the nuclear family is free from most of the traditional restriction about female behaviour and there is more freedom for women to seek employment. Majority of the respondents had more job related and household work related problems.

Beh and Loo (2012) directed an examination on employment stress and methods for dealing with stress among nursing staffs in General Wellbeing Administrations. They expected to explore the conspicuous causes furthermore, impacts of occupation stress and way of dealing with stress among medical caretakers in general wellbeing administrations. They showed that the significant supporter of employment worry among attendants is simply the occupation. Substantial workload, dull work, and poor workplace were among the stressors distinguished in the class of occupation itself. Respondents recognized that discourteous and biased predominant/women, absence of acknowledgment, and strife inside and between gatherings were the stressors. Respondents additionally see social support as a cradle against the useless outcomes of stress exuding from the working environment and built up system of companions, family, unrivalled, companions, and partners to look for passionate bolster when confronted with occupation related worry in the working environment. Facilitate, respondents embrace more than one ways of dealing with stress to battle work push in view of situations, circumstances, and level of employment stress. This review is restricted just to the attendants in an open healing facility.

Geraiya and Yogesh (2012) concentrated the anxiety and psycho-physical worry among working also, non-working women. It was found that huge distinction in anxiety and psycho physical anxiety concerning both working and non-working married. The relationship amongst anxiety and psycho physical anxiety uncovered 0.65% positive connection. Kaur et al. (2012) led a near review on working and non-working and planned to watch whether anxiety influences life satisfaction or not. It was found that there exists no noteworthy distinction between the two gatherings and the outcome demonstrated that anxiety and life satisfaction are experienced distinctively by working and non working women. It exhibits that the low and high life satisfaction depends on the level of pressure; the working women with low. The put off consequences of the review demonstrate that females the comprehensive group who are working and married are low on anxiety with higher life satisfaction abnormally with the non-working married females. They saw their life as trying and secure. They feel wonderful with their life conditions while the non-working married females are less substance with their lives. Their anxiety level is in addition higher than the weight level of working females.

Khanna (1992) reviewed life worry among working and non-working women in relationship with nervousness and hopeless. Anxiety apparently was all around and unfairly identified with positive life change in non-working women while wretchedness supposedly was all things considered what's more, solidly identified with positive life change in working women, and negative life change in non-working women. These results recommend that in India, among working women positive life changes are related to trouble, however among non-working women positive life changes are related to strain, and negative life changes to disheartening. Most expansive possible results of stress for the working women were poor mental and physical flourishing achieving force, weight, asthma, and colitis (Khanna, 1992; Mukhopadhyay, 1996; Sailaja and Swaminathan, 1992a, 1992b; Srivastava, 1995).

Lennon (1994) contemplated and found that fulltime housework includes more self-rule, more intrusions, more prominent physical endeavors, more normal, less time weights and less obligation regarding matters outside one control than paid work. Contrasted with fulltime working women, homemakers advantage from having less duty regarding things outside their control. Working women seemed to profit by having less routinized work than the homemakers. Since, large number of non - working women work not by decision when contrasted with the

professionally working women; this mirrors their lower level of inspiration and certainty which thus is marker of low life satisfaction and more elevated amount of tension (Chaudhary, 1995).

The positive relationship among work and women wellbeing status may likewise mirror the choice of women having the capacity to work, contrasted with those out of the work compel for wellbeing or, on the other hand family reasons (Vermeulen and Mustard, 2000).

Chhansiya and Jogsan (2015) directed an examination on sense of self quality and anxiety among working and non-working women. They proposed to know the critical distinction in sense of self quality and anxiety among working and non-working women; and to check the relationship between self image quality and anxiety. It was found that there was critical distinction among working and non-working women in the self image quality. Besides, there was huge distinction among working and non-working women on anxiety.

Bhadoria (2013) explored the distinctions in level of anxiety and wretchedness among working and non-working women. The outcomes uncovered that the mean score of working women is lower than the comparing mean score of non-working women in level of anxiety. Additionally, critical mean distinction on the level of anxiety and sadness exists with regard to both working and non-working women.

2.2 Life satisfaction among working and non-working women

Nye (1963) surveyed a large regional sample of women to determine their degree of satisfaction with income, housing, marriage, children, work, community, and recreation. Comparisons between employed and non-employed women in these seven areas revealed no significant differences in four domains. Only in the areas of work and community satisfaction did working women display significantly more satisfaction than did housewives. Housewives, on the other hand, rated their marriages as "better adjusted" than did working women.

Burke and Weir (1976) examined life satisfaction among wives of Canadian professional men. Among these upper middle-class women, employment outside the home produced greater satisfaction with life in general and with marriage in particular. Housewives in their survey reported lower satisfaction scores and poorer mental and physical health.

Ferree (1976) have contended that women with occupations outside the house are for the most part more joyful and more happy with their lives than are full time housewives. However, women who worked part-time were more satisfied than either housewives or wives who worked fulltime.

Freudiger (1983) investigated the variables affecting life satisfaction in the three categories of married women- presently, formerly and never employed. The results revealed that while there were little differences among the three categories of married women in the overall life satisfaction, there were significant differences in the variables that influence life satisfaction for each category. Regression analysis revealed that variables which previous research indicates were salient for women were most predictive of life satisfaction in never-employed wives. Currently and formerly employed wives apparently drew on less traditional sources of satisfaction than did never employed wives.

Chen and Lin (1992) researched day by day life requests, social support, life satisfaction and soundness of working and non-working women. The outcomes uncovered that working women experienced more day by day life requests than non-working women; they however , delighted in additional social support in managing these requests. Likewise, comes about demonstrated both social events expect and consider themselves to be truly spending more than 24 hours for every day meeting their step by step asks It is clear, that, anxiety and stress levels for both gatherings

were high; even all the more so for the working women. Facilitate, the outcomes uncovered that both gatherings got close to nothing instrumental support; husbands gave the most regular support, and it gave the idea that life partner of working women were more responsive and co-agent. Non-working women announced more elevated amounts of life fulfillment; be that as it may, both the gatherings gave off an impression of being happy with their general lives.

A study by Maynard (1993) indicates some evidence that as the number of family (work/family) roles increases, scores on occupational adjustment and life satisfaction tend to increase.

Nathwat and Mathur (1993) researched the conjugal change and subjective prosperity in Indian-instructed housewives and working women. Comes about showed that working women had altogether better life fulfillment and confidence than the housewives. In particular, working women revealed higher scores on general wellbeing, life fulfillment and confidence measures and lower scores on misery, uncertainty, and uneasiness contrasted and the housewives, in spite of the fact that the housewives had bring down scores on negative effect than the working women.

Thakar and Mira (1995) investigated life satisfaction and patterns of daily hassles experienced in relation to perceived-control, social support, mental health and life satisfaction of 40 dual career-women and housewives in India. Dual-career women reported significantly greater incidence of daily hassles but displayed a greater degree of life satisfaction than did housewives. Older (aged 40+ yrs) dual career women from nuclear families perceived a greater degree of control than women from joint families. Social support was shared similarly across from joint families and across all groups.

Aminath (1996) in his investigation of work-family struggle among marriage expert women in Malaysia revealed work-family struggle and less life satisfaction among working women. Singh (1996) announced that among women who were working out of absolute financial need, larger part were disappointed with the time they go through with their youngsters and the time they allot to their home. 57 percent of working women have exchange courses of action for their kids either a mother or a relative or a cleaning specialist to take care of their youngsters. The time of the kids is an imperative calculate summing up the women' part struggle in light of the fact that a mother's close to home considerations are most fundamental when they are little. Another cause

can be the family estimate; working married women with bigger number of relatives may feel struggle than the working married women having little family measure. The other variable related with this is the way of employment, that is, the measure of time spent outside the house.

Shali (2007) examined life satisfaction and reasoned that there is a high relationship between sentiment security and life satisfaction. Comes about demonstrated that security feeling has impact on life satisfaction. Then, correlation of factors demonstrates that all factors, aside from feeling of relative hardship, have expanding impact on life satisfaction and it implies that with expanding each of them, rate of satisfaction feeling is likewise expanded.

Corner and Van Our own (2008) led a review on occupation satisfaction, family life and satisfaction, distinctive encounters for women from the English Family unit Board Study. The reason for the review was to gauge the prosperity without anyone else detailed life satisfaction, working hour satisfaction and employment satisfaction. The investigation finds that women with accomplices are most happy with their employment and the quantity of hours they work on the off chance that they have low maintenance work. Be that as it may, their general satisfaction with their life was not observed to be influenced by the quantity of hours they worked.

Aroba and Khan (2011) contemplated life satisfaction among working and non-working women with extraordinary reference to Locale Budgam. Abnormal state of general life satisfaction was found in women at high age gathering, while ordinary life satisfaction was found among the women of low level of age social event. Commonplace level of life satisfaction was found among showed women, however sporadic state of general life satisfaction was found among uneducated women. Abnormal state of general life satisfaction was accounted for among working women, though high level of general life satisfaction was seen among non-working women. Hasnain, Ansari and Sethi (2011) completed a review on work status of women in connection to their confidence and life satisfaction. The outcomes indicated more prominent life satisfaction what's more, lower confidence among working women in contrast with the non-working women.

Luhman et al. (2012) directed a review on life satisfaction and found that life satisfaction is tentatively connected with the event of a few noteworthy occasions in work and family life. They

additionally found that higher life satisfaction is related with a higher probability of marriage also, labor, and with a lower probability of conjugal partition, work misfortune, beginning another employment, also, migrating. These impacts held even in the wake of controlling for sex, age and financial status. Together, these discoveries give prove that life satisfaction is an imperative indicator of significant life results.

Chapter 3

Motivation, Objectives, Rationale, Hypotheses

3.1 Motivation behind the study

The motivation behind the present review was to investigate the anxiety and life satisfaction among working and non-working women. In the present times, societal advances and expectations have changed the course of human development. Women hold a critical place in development and functioning of society but they face different challenges. Therefore, to understand the changing roles and adjustment of females. This study is an attempt to study female population and challenges they face in their lives. As we know that anxiety and other mental related issues, for example, life disappointment are the unexplored extents of research. With the persevering workloads and weights from both the work environment and home, work-requests and work-family clashes, there is an essential need to comprehend the base of the issue and approaches to manage supervise it without being too much sensitive and dampened. The investigator initiated this study to understand such issues existing in working and non-working women.

3.2 Objectives of the present research

01: To study the anxiety in working and non-working women.

02: To study the life satisfaction in working and non-working women.

03: To study the relationship among anxiety and life satisfaction in working and non-working women.

3.3 Rationale and Hypotheses of the study

The present review was led to survey the anxiety and life satisfaction among working and non-working women. In light of the above goals and related literary works, the accompanying speculations were defined:

Ojha and Rani (2004) inspected life stretch and passionate flourishing of working and non-working women, watched that the pressure experienced by working women was essentially higher than non-working women.

Bajaj and Sachdeva (2004) studied anxiety among working and non-working women. The working women were selected from three occupational sectors, i.e. nurses, school teachers and bank employees (15 in each sector). Results revealed that in the lower age group, working women exhibited significantly higher anxiety, whereas in the higher, age group, non-working women showed more anxiety. Overall, working women exhibited slightly more anxiety than non-working women.

H₁: High Anxiety is more pronounced in working women than non- working.

Arshad, Gull and Mahmood (2015) led the review to gauge the life satisfaction among working and non-working women of Faisalabad and Islamabad. Contrast on score of life satisfaction among working and non-working women was accounted for.

Saxena and Rani (1996) considered family and utilized women in India as markers of life satisfaction and joy. The example for the review comprised of 40 utilized and 40 unemployed white collar class women. Life satisfaction and joy were measured without anyone else made trial of life satisfaction, saw satisfaction, attribution, tension and family structure by work parts similarity. It was found that non-working women experienced more prominent life satisfaction contrasted with working women and credited their joy to the home condition and saw joy was higher among women from atomic families contrasted with those from joint families.

Agarwala (2001) examined life satisfaction among working and non-working women and it was found that critical contrast in the life satisfaction of working and non-working women. Life-satisfaction was observed to be higher among non-working women.

H₂: Life satisfaction is more in non- working women than working women.

Singh (2014) considered life satisfaction and stress level among working and non-working women. The outcomes demonstrated that there was critical contrast in regards to life satisfaction also, stress among working and non-working women. It was found that working and non working women varied altogether on their life satisfaction. A critical negative relationship was found between life satisfaction and anxiety .

H₃: To compare the relation between anxiety and life satisfaction in working and non-working women.

Chapter 4

METHOD

4.1 Sample

The study was conducted on 100 sample included 50 working and 50 non-working women of the age range between 30 to 48 years (Mean= 36.86 and S.D=4.59) participated in the study.

4.2 Design

Independent variable: Working and non-working women

Dependent variable: Anxiety, life satisfaction.

4.3 Tools used

Demographics

Firstly demographic survey will be administered specifically for this study. Information on the females age, occupation will be obtained.

Taylor's manifest anxiety (TMA): The Taylor manifest anxiety by Janet Taylor in 1953. This tool is self-report questionnaire with 38 true and false questions so as to determine their anxiety level.

Satisfaction with life scale (SWLS):

The satisfaction with life scale is a measure of life satisfaction by Ed Diener in 1984. The (SWLS) is a short 5-item instrument planned to gauge overall subjective judgments of satisfaction with one's life. The scale as a rule requires just around one moment of a respondent's possibility. It reveals individual's own particular judgment of his or her own satisfaction. This instrument is short and one-dimensional. The scoring relies on upon the 7 point-Liker scale. Everything has response grouping from 1 to 7 to the extent "strongly disagree" to "strongly agree".

agree". Everything scores are summed for a total score, which ranges from 5 to 35, with higher scores reflecting more satisfaction with life.

4.4 PROCEDURE:

Informed consent was obtained before administrating the test. They were told in advance that the information collected from them will be kept strictly confidential . The test were administered in the following sequence. Firstly, the participants of the present research were given with the questionnaire on the Taylor's Manifest anxiety and then they will be presented with satisfaction of life scale for judgments of satisfaction it one's life of working and non-working women. After that the filled in responses sheets were collected and the questions were analyzed using the respective scoring key for all the test was done based on the standard format given in the respective manual.

4.5 Statistical analysis

In the current study the statistics used were descriptive statistics in which mean and standard deviation were calculated, correlation was used to see the relationship in different variables.

Chapter 5:

RESULTS

The mean, standard deviation and t- test of working and non-working women on their anxiety were computed and values are given in Table 1.

Table 1: Mean and standard deviation and t- value of working and non -working women on their anxiety.

Anxiety	Sample (N = 100)	
	Working women	Non-working women
Mean	24.96	19.42
SD	10.59	11.71
t	2.48*	

*p<0.05

The above table depicts means standard deviation and t-value of working women and non – working women on their anxiety. The mean of working women (M =24. 96, S.D = 10.59) and the mean of non working women (M =19.42,S.D =11.71) . The t-value obtained $t(98) = 2.48$, $p<0.05$ which indicates that there is a difference between two groups (working and non-working). This implicate that working women have significantly very higher level of anxiety than non workingwomen.

The mean, standard deviation and t test of life satisfaction of working and non-working women were computed and the values are given in Table 2.

Table 2: Mean, standard deviation and t- value of life satisfaction of working and non-working women.

Life satisfaction	Sample (N = 100)	
	Working women	Non-working women
Mean	15.98	17.8
SD	17.0	20.5
t	1.22	

The above table depicts means, standard deviation and t-value of working women and non working women on their life satisfaction. On the life satisfaction there is non significant difference among working and non-working women .The mean of working women (M = 15.98, S.D =17.8) and the mean of the non working women (M =17.8 , S.D = 20.5) . The t- value obtained $t(98) = 1.22, p > 0.05$.

The correlation has been done which depicts there is relationship between anxiety and life satisfaction in working and non –working women. The obtained score of correlation is -0.82 This clearly implicate that the higher the anxiety lower the life satisfaction level and vice- versa

Chapter 6:

DISCUSSION

The purpose of the present study was to compare anxiety and life satisfaction of working and non-working women. It was hypothesized that high anxiety is more pronounced in working women than non-working women. The hypotheses were confirmed as the results shows that working women have significantly very higher level of anxiety than non-working women. The mean and standard deviation, t- test were computed to know anxiety level in working and non-working women. The results showed that working women have significantly higher levels of anxiety than the non-working women. The present study supports the research conducted by Sanlier Nevin (2007) which shows a relationship between stress and working status. Working women to stress scale have a higher run of the mill score than that of the non working and the aggregate anxiety score of working women is higher in relation to non working women and that there is a basic capability between women working status and aggregate pressure scores .Working women have greater measure of worry than non working women. Tripathi and Bhattacharjee (2012) studied the condition of working women in India. They found out that even when both parents are working, the responsibility of care for sick member usually falls on the mother. Workload and anxiety are high for working mothers.

It was also hypothesized that life satisfaction is more in non-working women than working women. But the results show no difference in satisfaction scores of working and non-working women. The reason could be that life satisfaction is comprehensive term and it involves many correlates too. Apart from work, life satisfaction is determined by other variables also. Luhman et al. (2012) conducted a study on life satisfaction and found that life satisfaction is prospectively associated with the occurrence of several major events in work and family life. These effects held even after controlling for gender, age and socio-economic status. Together, these findings provide evidence that life satisfaction is an important predictor of major life outcome. Jadhav and Aminabhavi (2017) studied life satisfaction of working and non-working mothers. The results showed that the working and non-working mother did not differ significantly from each other in their life satisfaction. It was found that age, education level and number of children of working and non-working women mother were not significantly associated with life satisfaction. The hypotheses was confirmed from the results calculated. The current finding supports that

there is the relationship among anxiety and life satisfaction in working and non-working women. This implicates that higher the anxiety lower the life satisfaction and lower the anxiety higher the life satisfaction. The findings can be supported by research Singh (2014) considered life satisfaction and stress level among working and non-working women. A critical negative relationship was found between life satisfaction and anxiety . Bankole (2015) in his study examined the relationship between stress, anxiety and general life satisfaction of working mothers. The data findings revealed that there exists a significant relationship between perceived stress and life satisfaction. Moreover, it was reported that there exists a significant negative relationship between anxiety and life satisfaction of working mothers. These studies explain present investigation and highlight important correlates of life satisfaction and its relation with anxiety.

6.1 Summary and Conclusion

The main goal of the present study was to compare the anxiety and life satisfaction among working and non-working women and identify the reasons for the same . Results of the current study indicated that working women have significantly higher level of anxiety than non-working women and on the life satisfaction there is no significant difference in working and non-working women. There is relationship between anxiety and life satisfaction in working and non-working women.

6.2 Significance of the study

The current study highlights the anxiety and life satisfaction among working and non-working women. The study demarcates the categorization of working and non-working women is determined by socialization. The social factors which influence the anxiety in working and non-working women include ideas regarding their roles by family , its income per month and the coping skills of an individual. In the era of civilization , work is major correlate of life satisfaction. So it is essential to conduct comparative study of working and non-working population and the technique to enhance their life functioning and understand the differences between two categories. This study is critical as it studies female population which contributes major part to the society . The satisfaction of the females determines the satisfaction of family,

society and nation as a whole. The present study evolves to understand the female population in more effective approach which is beneficial for policy making, counselling and community services. This is the reason why investigator has chosen this concept as it is very unique to study the anxiety and life satisfaction in working and non-working women and to explore the difference between them . The aim of research is to compare anxiety and life satisfaction in working and non-working women and explore their relationship.

6.3 LIMITATIONS

The limitation of the current study is limited demographics. Other demographics like (marital status, type of family, educational qualifications and family income per month and coping skills of an individual) can be studied to study the relationship between anxiety and life satisfaction. The present study is self report study as opposed to clinical analysis. This approach is basic in mental research, however it might constrain the legitimacy of the discoveries especially for factors and measures, for example, working and non-working women which is very sensitive topic for most of the people. The other limitation is that the small sample size as larger sample can authenticate the results. The study is based on subjective measures, we can have more studies with objective measures.

6.4 Future Research

In light of the review discoveries and the impediments plot work, various future research headings are proposed. Firstly there is need to study on how gender differences may play a role in the anxiety and life satisfaction among working and non working. The study could shed light on the sample to be taken in future work, because the current study did not take much of the sample which does not give the accurate desired results. In the present study relationship between anxiety and life satisfaction are being studied, We can conduct similar studies with more variables like age , marital status, interests etc. We can conduct cross cultural studies and longitudinal study to review the level of anxiety and life satisfaction

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CONSENT FORM

I am a student of MA Psychology of Thapar University doing a research project. I am doing a dissertation related to attitude towards the anxiety and life satisfaction among working and non-working women . I need your cooperation for the conduct of this study by way of your filling up this questionnaire.

I assure you that the information given by you would be used only for academic purposes and will be kept completely confidential. If you want a feedback about your performance , kindly contact at the details given below. Thanking you for your kind assistance and cooperation.

- Name: _____
- Age: _____
- Place: _____
- Occupation: working Non-working

Participant

Signature-

Respondent:

Name: Gunjan Jindal

Contact no- 9781553285

TAYLOR MANIFEST ANXIETY SCALE

- | | True | False |
|---|-----------------------|-----------------------|
| 1. I do not tire quickly | <input type="radio"/> | <input type="radio"/> |
| 2. I believe I am no more nervous than others | <input type="radio"/> | <input type="radio"/> |
| 3. I have very few headaches | <input type="radio"/> | <input type="radio"/> |
| 4. I work under a great deal of tension | <input type="radio"/> | <input type="radio"/> |
| 5. I frequently notice my hand shakes when I try do something | <input type="radio"/> | <input type="radio"/> |
| 6. I blush no more often than others | <input type="radio"/> | <input type="radio"/> |
| 7. I have diarrhoea one a month or more | <input type="radio"/> | <input type="radio"/> |
| 8. I worry quite a bit over possible misfortunes | <input type="radio"/> | <input type="radio"/> |
| 9. I practically never blush | <input type="radio"/> | <input type="radio"/> |
| 10. I am often afraid that I am going to blush | <input type="radio"/> | <input type="radio"/> |
| 11. My hands and feet are usually warm enough | <input type="radio"/> | <input type="radio"/> |
| 12. I sweat very easily even on cool days | <input type="radio"/> | <input type="radio"/> |
| 13. Sometimes when embarrassed, I break out in a sweat | <input type="radio"/> | <input type="radio"/> |
| 14. I hardly ever notice my heart pounding, and I am seldom short of breath | <input type="radio"/> | <input type="radio"/> |

True False

15. I feel hungry almost all of the time
16. I am very seldom troubled by constipation
17. I have a great deal of stomach trouble
18. I have had periods in which I lost sleep over worry
19. I am easily embarrassed
20. I am more sensitive than most other people
21. I frequently find myself worrying about something
22. I wish I could be as happy as others seem to be
23. I am usually calm and not easily upset
24. I feel anxiety about something or someone almost all of the time
25. I am happy most of the time
26. It makes me nervous to have to wait
27. Sometimes I become so excited I find it hard to get to sleep
28. I have sometimes felt that difficulties piling up so high I couldn't get over them
29. I admit I have felt worried beyond reason over small things
30. I have very few fears compared to my friends

True False

31. I certainly feel useless at times
32. I find it hard to keep my mind on a task or job
33. I am usually self-conscious
34. I am inclined to take things hard
35. At times I think I am no good at all
36. I am certainly lacking in self-confidence
37. I sometimes feel that I am about to go to pieces
38. I am entirely self-confident

Below are the five statements that you agree or disagree with. Using 1-7 scale below, indicate your agreement beside each item Please be open and honest in your responding.

LIFE SATISFACTION SCALE	Strongly disagree 1	2	3	Neither 4	5	Strongly agree 6	7
In most ways my life is close to my ideal.							
The conditions of my life are excellent.							
I am satisfied with my life.							
So far I have gotten the important things I want in life.							
If I could live my life over, I would change almost nothing.							