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### A comparative study on anxiety and life satisfaction of working and non-working mothers of Bhopal city

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#### Abstract

The aim of the present study was to investigate the existence of anxiety and compare anxiety and life satisfaction level among working and non-working mothers. The study also aimed to investigate whether anxiety has any effects on life satisfaction among working and non-working mothers. Purposive sampling method was used for this study. 50 graduate government servants (Working mothers) and 50 graduate housewives (non-working mothers) were selected as part of the sample. State-Trait Anxiety Test was used to assess the level of state and trait anxiety among working and non-working mothers. Life satisfaction scale was also used to assess the life satisfaction level among working and non-working mothers. Participants' scores were evaluated and analysed after using statistical techniques like mean, standard deviation, t-test, correlation and regression. The results showed that there exists no significant difference on the level of anxiety among working mothers than the non-working mothers though the mean anxiety scores of both the group is high. There exists no significant difference on life satisfaction level among working and non-working mothers though the mean scores of life satisfaction of working mothers is higher than non-working mothers. There exists negative and significant correlation between anxiety and life satisfaction among working and non-working mothers. There exists no significant interaction effect of low and high anxiety level on the life satisfaction among working and non-working mothers. The findings showed that anxiety has no significant relationship with life satisfaction. It can be concluded that anxiety does not significantly predict life satisfaction among non-working mothers.

**Keywords:** Anxiety, life satisfaction, working mothers, non-working mothers

#### Introduction

According to the World Health Organization, Health Fitness is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

Anxiety is one of the most common psychiatric disorders whether it is the fear of an upcoming public speaking situation, or experiencing discomfort before going into a doctor's office, most people have felt anxiety in their lives. The symptoms of anxiety are well-known and include increased heart rate and shallow breathing, sweating, cold hands, trembling, butterflies in stomach and host of other symptoms. Traditionally the salient role of women was viewed as wife and mother and their identity in the society was viewed in terms of their relationships with their husbands and children. Certain roles in the family like cooking, cleaning, housekeeping, laundry, baby-sitting, etc. are considered as women's job only. This worsens the situation of working mother who are overworked at office due to increased standards and expectations at their respective offices. After having a hectic day at office still mother come back home and does the cooking, cleaning, teaching children, looking after old parents, etc. Traditional gender roles and an unequal division of domestic labour still prevail in our country leaving women, particularly the mothers of young children, with higher levels of anxiety and stress.

Life satisfaction is the ultimate goal that we as human beings are striving to achieve our entire lives. The label "satisfaction" is a concept that can mean many different things to different individuals. According to George (1979), life satisfaction refers to an assessment of individuals "overall conditions of existence as derived from a comparison of one's aspirations to one's actual achievements" According to Akbari (2012) [2], the determinants of life satisfaction are: high profile job and good/ sufficient income; socio-economic status; good physical and mental health; warm personal, social and professional relationships; security; and

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personality. So, it is really important to examine the factors that affect life satisfaction. The dual task of handling home and job mixed with a real or perceived threat against mothers may make them feel rejected, isolated and tense. A patriarchal society where males dominate the domestic as well as the work front, a growing sense of anxiety is imperative. The social situations that make them uncertain and hesitant also make them socially anxious. Life satisfaction of working and non-working women depends upon many factors. In any individual, it is the result of an advantage situation. These situations are created by socio-economic status, environmental conditions, marital adjustment, job satisfaction, such as nature of work, place of posting, salary etc. Anxiety, ego weakness frustration, guilt proneness, suspiciousness equally influences adversely the life satisfaction of an individual.

In the present study, there is an important need to see the effect of anxiety on working and non-working mothers on the basis of their life satisfaction. Satisfaction with one's life is the ultimate goal of all females, yet it seems to remain so elusive. Women have been, and continued to find satisfaction with their lives. Over recent decades, there has been an enormous increase in the number of females entering the workforce. However, it appears that society still views females as the primary carriers of children and other family members and, as a result, many women are now faced with juggling the role of mother, partner and daughter as well as employee. Indian women have awakened their part from being asleep and drowsiness. They are not slaves of men now. The time has come when women must come out of their homes and take their posts in professional life. The best role they can play as working women and a good housewife and mother. As a dutiful mother, she can make her children happy, healthy and responsible citizens. As a housewife, she is a source of joy, comfort and inspiration to her husband and as a working woman she works outside from their house in offices, banks etc.

### Objectives

**O1:** To compare the anxiety level between working and non-working mothers.

**O2:** To compare the life satisfaction level between working and non-working mothers.

### Hypotheses

Based upon the above objectives and related literatures, the following hypotheses were formulated:

**H1:** There would be high level of anxiety among working mothers compared to non-working mothers.

**H2:** Life satisfaction level would be high among non-working mothers than the working mothers.

### Methodology

#### Sampling Design

**Sample:** In the present research, sample was drawn from the population of Bhopal city government service working and non-working mothers (i.e., graduate employees and graduate housewives respectively) from urban areas by using purposive sampling technique

**Sample Size:** The total sample size taken for the study was two hundred (200) out of which 100 samples constituted of working mothers and 100 constituted of non-working mothers.

#### Tools Used

A number of psychological tests were administered to assess the target variables. For the purpose of collecting personal information of the respondents, family and their socioeconomic background, a separate socio-demographic data-sheet was prepared and used in the study before collecting data.

#### The following tools were used: Total 100100200

1. Socio-demographic data-sheet (developed for the study)
2. State-Trait Anxiety Test (Vohra, 2001)
3. Life Satisfaction Scale (Singh & Joseph, 1971)

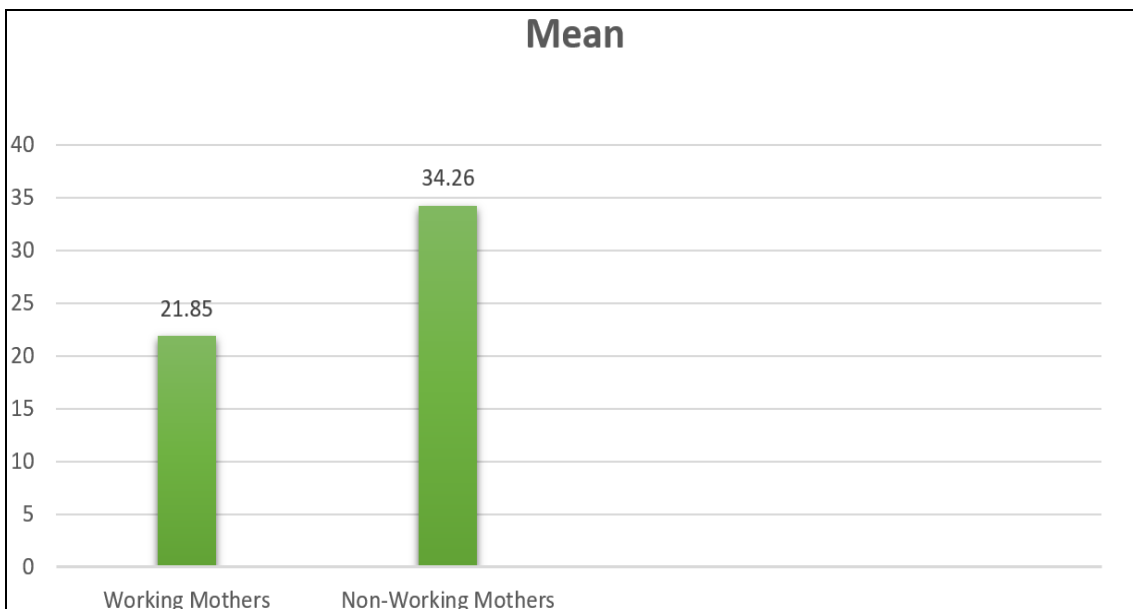
### Results and Discussion

**Table 1:** Showing the Mean, SD and t-value of Anxiety of Working and Non-Working Mothers (N = 100)

Category	N	Mean	SD	t	P value
Working Mothers	100	21.85	10.39	7.21	0.01
Non-Working Mothers	100	34.26	13.79		

According to table-1 the mean scores of non-working mothers were higher 34.26 as compared to working mothers 21.85. This is indicative of the fact that non-working mothers were facing more anxiety than working mothers. Hence, it confirmed the hypothesis which states that "Working and

non-working mothers will differ significantly with regard to their anxiety level". High anxiety among non-working women is due to the fact that non-working mothers occupy multiple roles which are inconsistent and create conflicting situations.



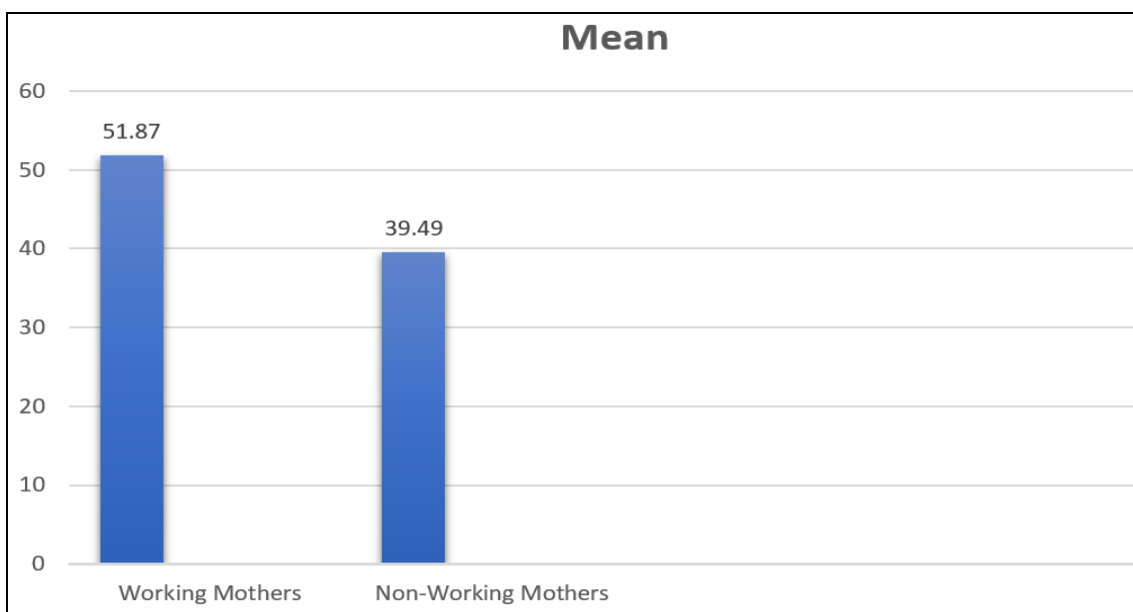
**Graph 1:** Showing the Mean Scores on Anxiety of Working & Non-Working Mothers (N=100)

**Table 2:** Showing the Mean, SD and t-value of Life Satisfaction of Working and Non-Working Mothers (N = 100)

Category	N	Mean	SD	t	P value
Working Mothers	100	51.87	18.79	5.52	0.01
Non-Working Mothers	100	39.49	12.39		

The result from table – 2, show that there is significant difference between working and non-working mothers for life satisfaction. The working mothers received higher mean score 51.87 as compared to the non-working mothers received 39.49. The standard deviation score of working mothers received 18.79 and the non-working mother received 12.39. The working mothers were found to be highly satisfied with their life as compared to non-working mothers. It seems that, the working mothers have positive attitude towards life and try to develop

healthy patterns of adjustment and capacity to deal with different and tough situations throughout their lives. The working mothers are also aware of their right of autonomy and decision-making that strengthen their behaviour and empower their satisfaction towards life. Moreover, the working mothers often seem to be emotionally sound, patient, cooperative, and deal with stressors appropriately than that of the non-working mothers.



**Graph 2:** Showing the Mean Scores on Life Satisfaction of Working & Non-Working Mothers (N=100)

**Conclusions**

- Anxiety was found in both working and non-working mothers regardless of their occupational status.
- In terms of Guilt Proneness, the mean score of non-working mothers is higher than the mean score of working mothers which suggest that non-working

- mothers feels often guilty of failure regarding their unsuccessful career.
- The mean score on life satisfaction of working mothers was found to be higher than the non-working mothers.
- The correlation result of anxiety dimensions with life satisfaction reveals that Guilt Proneness, Maturity, Self-

control and Tension are negatively and significantly correlated with Life Satisfaction.

- Significant interaction effect of anxiety with life satisfaction: After regression analysis of anxiety with life satisfaction, anxiety was found to have no significant interaction effect on the life satisfaction amongst both the working and non-working mothers.

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