



A Comparative Study of Anxiety between Working Unmarried & Married Women

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Abstract:

The Present Investigation was aimed at finding out significant differences in unmarried working women and married working women of Nashik District. Present study consists of a total of 100 women, 50 working unmarried and 50 working married aged between 20-40 years. Roma and Pal inventory was used to examine the anxiety among unmarried working and married working Indian women. We found that working women whether married or unmarried, plays different roles in life, therefore the anxiety levels are different in both of them. The anxiety level in married women is less than in unmarried women. After marriage they live a happy and peaceful life. According to 'livescience.com' research, happy and peaceful married life gives human beings less anxiety.

Introduction:

The changing pattern of society and technological development has resulted into more and more Indian women being educated and hence have started taking up different jobs or starting their own business. At the same time they cannot separate themselves from various responsibilities of family and sociological responsibilities. A woman plays multiple roles. The complexity increases if she is a working woman. They have to balance home as well as job. Working women face many difficulties which are multidimensional in nature. Miss (1980) showed that working women face difficulties in managing their home and work successfully. Working women experience conflict while managing their role, relationship, satisfactory child care and marital life.



Objective:

Problem statement: Comparative study of Anxiety of working unmarried and working married women.

Research Variables:

- 1) Unmarried working women.
- 2) Married working women.

Hypothesis:

There is difference between anxiety of unmarried and married women.

Sample:

About 100 women with 50 working unmarried women from college, schools, bank, office and 50 working married women were selected from the Nashik city. The age ranges from 20 to 40 years.

Tool:

Roma and Pal inventory was used to examine the anxiety among unmarried working and married working

Research Design:

Parameter	Unmarried working women (50)		Married working women (50)	
Anxiety	Office:25	Education:25	Office: 25	Education: 25

Method of data collection:

Researcher went to the office and school of subject and interviewed them. Then the aim of research was tested. At first with peaceful, private, relaxed and happy environment anxiety test was taken. After the researcher assured the subject that their answers would be kept confidential, further questions were asked and true responses gathered. In this manner all the tests were carried out.

Result and discussion:

Showing mean SD and ‘t’ value of unmarried working women in terms of anxiety.

Category	Number	Mean	SD	‘t’ value	Level of Significance
Married	50	109.52	8.62		
Unmarried	50	113.00	10.64	2.715	Significant



Above observation of working married women and working unmarried women is descriptive of anxiety. The mean being 109.52 and SD being 8.62 for working married women. The mean for working unmarried women was 113.00 and SD was 10.64. 't' value 2.715 to 0.01 is a significant value, this means that the level of anxiety is quite different in working married women and working unmarried women.

Working married and unmarried women, both show anxiety. The conclusion of this research is that working women whether married or unmarried, play different roles in life, and therefore the anxiety levels are different in both of them. Anxiety level in married women is less than in unmarried women. After marriage they live a happy and peaceful life. According to 'livescience.com' research, happy and peaceful married life give human beings less anxiety.

Conclusion:

There was significant difference between working unmarried and working married woman anxiety.

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