



## Assessing Anxiety Levels in Working Women Basing on their Marital Status'' By Using Zung Anxiety Self-Assessment Scale

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### Abstract

*"Women develop these anxiety disorders at approximately twice the rate that men do and we really don't have a good explanation for why that happens," says Felmingham.*

*The primary objective of the present study is to assess the impact of out-of-home employment on anxiety levels of both married and unmarried women. The current study was conducted on working women of Dilla region of Ethiopia on total of 146 women in which 84 respondents are married and the rest 62 are unmarried. In the present study working married women were compared with unmarried working women in respect to their anxiety levels, measured by using Zung Self-Assessment Anxiety Scale.*

*Zung Self-Assessment Anxiety Scale is a 20-item self-report assessment questioner built to measure anxiety levels. From the present analysis, it can be concluded that in overall respondents, 74.65% are normal with no anxiety and 21.24% are mild to moderate anxiety levels and 4.11% marked to severe anxiety levels and there is no respondents with extreme anxiety levels. It is also observed that the level of anxiety is high in married women compared to unmarried women.*

**Key words:** Anxiety, marital status, working women, Zung Self-Assessment Anxiety Scale.

### Introduction

Anxiety is a state of unpleasant emotion that is experienced in anticipation of some (usually ill-defined) misfortune, accompanied by compulsive behavior or attacks of panic. "Women develop these anxiety disorders at approximately twice the rate that men do and we really don't have a good explanation for why that happens," says Felmingham.

Some have argued that anxiety disorders appear to be more common in women because they are more comfortable talking about it, but Felmingham says while this might be true, it does not explain the gap between married and unmarried women.

The primary objective of the present study is to assess the impact of out-of-home employment on anxiety levels of both married and unmarried

women. The current study is conducted to assess the prevalence of anxiety in working women. In addition it also compares anxiety levels of married working women with unmarried working women.

### Materials and Methods

The current study was conducted on working women of Dilla region of Ethiopia, on total of 146 women in which 84 are married respondents and the rest 62 are unmarried. The sampling of respondents has been done randomly in both public and private organization. An informed consent was taken from respondents. The personal information of the respondents kept confidential.

A case control study was conducted among working married women and unmarried working women in respect to their anxiety level, measured by using Zung Self-Assessment Anxiety Scale.

Zung Self-Assessment Anxiety Scale is a 20-item self-report assessment questioner built to measure anxiety levels as shown in table-1. The checked marks for each statement were compared with the key given below in table-2, with value (1-4) that correlates with subjects responses to each statement.

Each question is scored on a scale of 1-4 (based on these replies: "a little of the time," "some of the time," "good part of the time," "most of the time"). Some questions are negatively worded to avoid the problem of set response. Overall assessment is done by total score.

Adding up overall values for all statement, a total score of each respondent will be interpreted according to Zung Self-Assessment Anxiety Scale. The total raw scores range from 20-80. The

raw score then needs to be converted to an "Anxiety Index" score using the chart given in table-03. The "Anxiety Index" score can be used on the scale below in table-04, to interpret one's level of anxiety.

TABLE-1 QUESTIONNIERE

S. NO:

AGE :

SEX:

Make check mark () in appropriate Colum	Non or Little of the	Some of the time	Good part of the	Most or all of the time
1. I feel more nervous and anxious than usual				
2. I feel afraid for no reason at all				
3. I get upset easily or feel panicky				
4. I feel like I'm falling apart and going to pieces				
5. I feel that everything is all right and nothing bad will happen				
6. My arms and legs shake and tremble				
7. I am bothered by headaches, neck and back pains				
8. I feel weak and get tired easily				
9. I feel calm and can sit still easily				
10. I can feel my heart beating fast				
11. I am bothered by dizzy spells				
12. I have fainting spells or feel faint				
13. I can breathe in and out easily				
14. I get feelings of numbness and tingling in my fingers and toes				
15. I am bothered by stomachaches or indigestion				
16. I have to empty my bladder often				
17. My hands are usually dry and warm				
18. My face gets hot and blushes				
19. I fall asleep easily and get a good night's rest				
20. I have nightmares				
<b>TOTAL</b>				

**Table- 2** key to scale the value of subject response of each statement

Make check mark () in appropriate Colum	Non or Little of the time	Some of the time	Good part of the time	Most or all of the time
1. I feel more nervous and anxious than usual	1	2	3	4
2. I feel afraid for no reason at all	1	2	3	4
3. I get upset easily or feel panicky	1	2	3	4
4. I feel like I'm falling apart and going to pieces	1	2	3	4
5. I feel that everything is all right and nothing bad will happen	4	3	2	1
6. My arms and legs shake and tremble	1	2	3	4
7. I am bothered by headaches, neck and back pains	1	2	3	4
8. I feel weak and get tired easily	1	2	3	4
9. I feel calm and and can sit still easily	4	3	2	1
10. I can feel my heart beating fast	1	2	3	4
11. I am bothered by dizzy spells	1	2	3	4
12. I have fainting spells or feel faint	1	2	3	4
13. I can breathe in and out easily	4	3	2	1
14. I get feelings of numbness and tingling in my fingers and toes	1	2	3	4
15. I am bothered by stomachaches or indigestion	1	2	3	4
16. I have to empty my bladder often	1	2	3	4
17. My hands are usually dry and warm	4	3	2	1
18. My face gets hot and blushes	1	2	3	4
19. I fall asleep easily and get a good night's rest were dead	4	3	2	1
20. I have nightmares	1	2	3	4
<b>TOTAL</b>				

**Table-3:** Converting Raw Score Total to Anxiety Index

Raw score	Anxiety index	Raw score	Anxiety index	Raw score	Anxiety index
20	25	40	50	60	75
21	26	41	51	61	76
22	28	42	53	62	78
23	29	43	54	63	79
24	30	44	55	64	80
25	31	45	56	65	81
26	33	46	58	66	83
27	34	47	59	67	84
28	35	48	60	68	85
29	36	49	61	69	86
30	38	50	63	70	88
31	39	51	64	71	89
32	40	52	65	72	90
33	41	53	66	73	91
34	43	54	68	74	93
35	44	55	69	75	94
36	45	56	70	76	95
37	46	57	71	77	96
38	48	58	73	78	98
39	49	59	74	79	99
				80	100

**Table-4:** Index scale showing the scores fall into four ranges

Raw score Range	Index scale range	Level of anxiety
20-44	25-55	Normal range
45-59	56- 74	Mild to Moderate Anxiety Levels
60-74	75-93	Marked to Severe Anxiety Levels
75-80	94- 100	Extreme Anxiety Levels

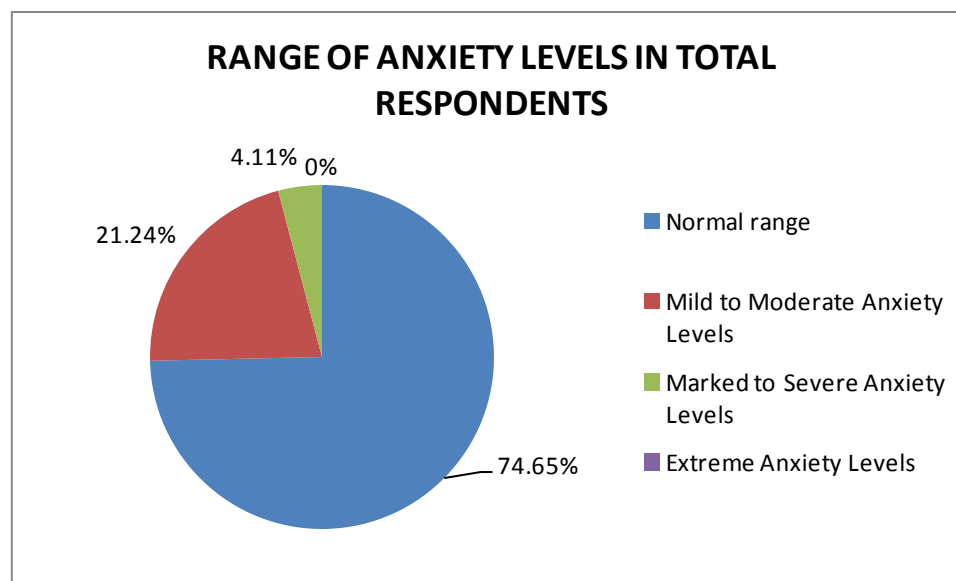
## OBSERVATION AND RESULTS

By using Zung Self-Assessment Anxiety Scale a survey has been conducted among 146 working women both married and unmarried in Dilla

region of Ethiopia. The total score has been calculated for each respondent and converted in to index and the results has been presented in the following table-5 & graph-1 respectively.

**Table -5:** Range of anxiety levels in total respondents

RANGE	TOTAL
Normal range	109 (74.65%)
Mild to Moderate Anxiety Levels	31 (21.24%)
Marked to Severe Anxiety Levels	06 (4.11%)
Extreme Anxiety Levels	00 (0%)

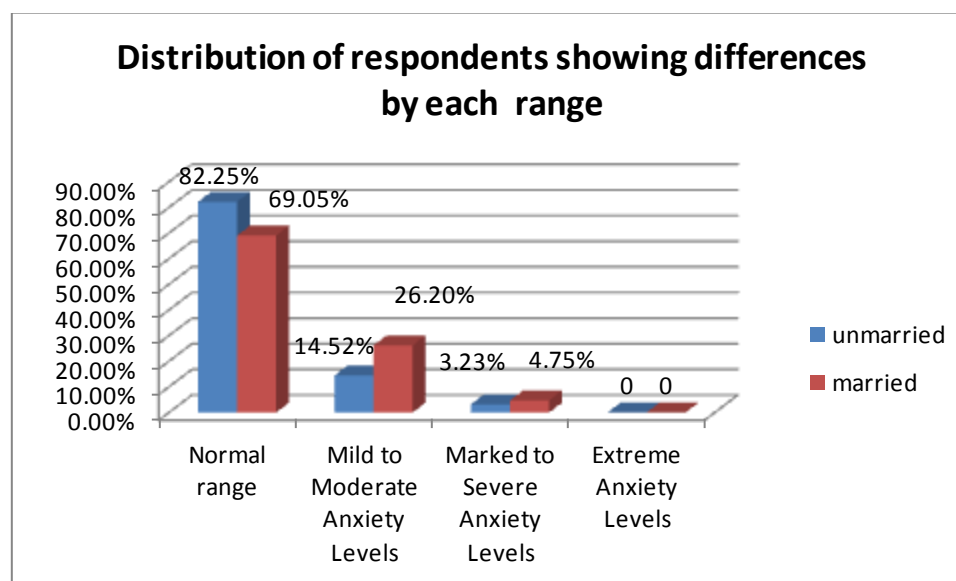
**Graph-1:** Range of anxiety levels in total respondents

By referring to table -5 and graph-1 it can be concluded that 76.65% respondents are under normal range. Under category of mild to moderate anxiety levels from over all respondents are

21.24%. In range of marked to severe anxiety levels of all respondents are 4.11% and there is no incidence of extreme anxiety levels in over all working women both married and unmarried.

**Table -6:** Illustrating Basing on marital status, distribution of respondents in different ranges.

Marital status	Normal range	Mild to Moderate Anxiety Levels	Marked to Severe Anxiety Levels	Extreme Anxiety Levels	total
unmarried	51(82.25%)	9(14.52%)	02(3.23%)	00	62 (100%)
married	58 (69.05%)	22 (26.20%)	04 (4.75%)	00	84 (100%)
total	109 (74.65%)	31 (21.24%)	06 (4.11%)	00	146 (100%)

**Graph-2:** Illustrating Basing on marital status, distribution of respondents in different ranges.

From the above table-6 and graph-2, it can be interpreted that the range of anxiety levels in two groups of working women has been categorized in four groups. The ranges in two groups have been presented as follows.

#### **Normal range**

In total 146 respondents both married and unmarried women 109 (74.65%) respondents has been classified under normal range, in which 51(82.25%) respondents are unmarried working women and 58 (69.05%) respondents are married working women

It shows that, there is high significant number of normal range respondents in unmarried working women comparing to married working women.

#### **Mild to Moderate Anxiety Levels**

From the total of 146 respondents, 31 (21.24%) respondents has been classified under mild to moderate anxiety levels in which 09(14.52%) respondents are unmarried working women and

22 (26.20%) respondents are married working women.

It shows a significant number of mild to moderate anxiety levels is more in married working women compared to unmarried working women.

#### **Marked to Severe Anxiety Levels**

From total 146 respondents 06 (4.11%) respondents has been classified under Marked to Severe Anxiety Levels in which 02(3.23%) respondents from total 62 (100%) are unmarried working women and 04 (4.75%) respondents are married from total 84 (100%) respondents. It shows a slight significant high level of marked to severe anxiety levels in married working comparing to unmarried women in total 146 respondents.

#### **Extreme Anxiety Levels**

There is no incidence of response in both married and unmarried in this range of extreme anxiety levels, from total 146 respondents

## Conclusion

From the above analysis of the answers to the questionnaire by the respondents, it can be concluded that a significant number of 74.65% are normal with no anxiety, 21.24% are mild to moderate anxiety levels, 4.11% of respondents are marked to severe anxiety levels and there is no respondents with extreme anxiety levels. It can be concluded that there is a high significant levels of anxiety in working married women comparing to unmarried women.

It is also observed that the level of anxiety is high in married women compared to unmarried women. It can be even conclude by seeing the overall scores, a married woman has to shows balance between their family and work, On the other hand unmarried working women has to focus on job with little concentration on family. So comparatively anxiety is more in married women.

A detailed research with more sample size in different fields, need to be conducted about the causes of anxiety in all associate co- existing factors have to be ruled out in brief.

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