

JOB ANXIETY OF WORKING WOMEN IN RELATION TO THEIR MARITAL ADJUSTMENT

**Dr. Jyoti Gupta,*

Assistant Professor,

Sadbhavna College of Education for Women,

Raikot, India

Abstract: The role of family as the smallest social unit with different functions can also be very important and effective in creating a center of relief as its positive aspect, and creating the social damage as its negative aspect. Divorce as a social damage is among the negative aspects of this social institution. Since the divorce rate has been enhanced in recent years. In terms of family issues, the researchers have studied the role of various factors each which job failures are among these issues which underlie the conflicts, disputes and dyadic conflicts. Job and job satisfaction is among the major concern for human communities because it is a way for individual self-actualization despite the economic dimension and can make the self-esteem and self-worth in them. Job satisfaction can be an important indicator of how workers feel about their jobs and a predictor of work behaviors such as organizational citizenship, absenteeism, and turn over.

Index Terms – Role of family, Conflicts, Job satisfaction

INTRODUCTION

Marital satisfaction is an important component of mental health. Marital distress is associated with numerous psychological problems particularly depression. The couples, who separate from each other due to the marital conflicts, are faced with an increased risk of traffic accidents, physical illness, violence, and experienced mental illness, death from disease, social isolation, financial problems, depression and consuming alcohol.

Anxiety is a common condition noticed in people of all age groups. It may be caused by a physical condition, mental condition, and effects of drugs or due to a combination of these. The common types of anxiety include: Panic disorder, Generalized Anxiety Disorder or General Anxiety Disorder, Phobic disorders, Obsessive compulsive disorder, separation anxiety and stress disorders. A small amount of anxiety can be useful. Feeling anxious about a job interview can motivate you to recheck your resume, look up information about the company, and prepare yourself for the interview. Feeling anxious about the arrival of a new baby might motivate you to take parenting classes, build a support network of experienced parents, and stay alert once the baby arrives. Being anxious about your surroundings can keep you out of a dangerous situation.

Job anxiety is an anxiety towards one's job, Anxiety which is described as an extremely foreboding sensation of dread. It is such a common system in our society that almost everyone has suffered from it at times, at least to a mild degree. Job anxiety is the arousal of inferiority feeling. It refers to a psychological state that occurs when an individual experiences a sense of threatening danger towards his job. It arises as a result of over stimulation which cannot be discharged by action. After that an individual feels a sort of emotional tension, uneasiness and restlessness and this feeling of uneasiness and tension which is considered as a response to some unknown but anticipated danger or perceived threat that may exist only in one's imagination. It may be based on an unconscious threats as well as conscious thoughts about what may happen.

Human behavior is the indirect product of external forces. Forces that exist outside the individual as it were that operate to shape his self concept and self deal and that push and pull him into various attitudes and decisions. Of course we cannot say whether a person perform a given specifically as a result of either external or internal forces. Usually these forces operate together and are in fact, often indistinguishable from each other. It may be that all these forces are operating simultaneously and are interrelated but, it is true that all individual are motivated by both basic needs and anxiety. Anxiety, which an individual feels towards his job, refers to a psychological state of mind. Different psychologists have given different views regarding anxiety. So anxiety is a very important factor in performance of the individual and it should be kept under check so that its desired level does not reach its abnormal range.

Marriage is an ancient practice, although its meaning may have changed throughout time and space. The word 'marriage' means only a legal union between one man and one woman as husband and wife, and the word 'spouse' refers only to a person of the opposite sex who is a husband or wife. Marriage as a social institution constitutes the fundamental and basic community of humanity. Two individuals differing in sex are mutually attracted by a mysterious force of instinct and love and commit freely and totally to each other to form a creative dynamic unit; a micro community called family.

Adjustment in marriage is a significant phenomenon the relationship a man has with a woman in marriage the highest form of relationship, because it involves physical, emotional, spiritual and social aspects of life. Marital adjustment is an adjustment of two personalities, which had different socio-cultural background. Marital adjustment is complex than it may appear. Two person entering marriage must adjust to each other's sensory, motor, emotional and intellectual capacities. On the personality level they must adjust together to their total environment, including such matters as a new household, children, provision and preparation of food, relatives, friend, relation and work the success of marital life much depend upon the success in marital adjustment by the husband and wife .

Marital adjustment is the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other. Marital adjustment as the integration of the couple in a union in which the two personalities are not merely merged, or submerged, but interact to complement each other for mutual satisfaction and the achievement of common objectives. Marital adjustment is defined as the condition in which there is usually a feeling of pleasure and contentment in husband and wife and with each other. There are two elements in marriage. One is bodily (sexual wish etc) and another is divine (love, respect, adore etc.). Towards the end of life both elements are coming closer and closer and at a particular point of time the later aspect (love, respect, adore etc.) becomes evident. Marriage is purely the highest of all human interaction and therefore must never be entered into carelessly.

Objectives of the Study

The present study was undertaken with the following objectives:

1. To study the relationship between job anxiety and marital adjustment among working women.
2. To study the difference in the mean scores of job anxiety and marital adjustment among working women with respect to locale.

Hypotheses of the Study

Based on the objectives of the study, the following hypotheses were drawn:-

1. There is no significant relationship between job anxiety and marital adjustment among working women.
2. There is no significant difference in the mean scores of job anxiety and marital adjustment among working women with respect to locale.

Research Methodology

Source of Data: Only 120 working women of Ludhiana district were taken on the basis of locale.

Sample Size: The information was collected through questionnaire from 120 working women of Ludhiana district.

Sampling Technique: Purposive sampling technique has been adopted for the study.

Tool for Analysis: Job Anxiety and Marital Adjustment questionnaire were prepared by the investigator

Statistical Technique: t-test and coefficient of correlation 'r'

Delimitations of the study

- Study was delimited on a sample of 120 working women of Ludhiana district.
- It was further delimited to rural and urban women of Ludhiana district.

Data Analysis and Interpretation

Table 1 showing correlation of job anxiety and marital adjustment of urban areas

Group	N	r
Women of urban area	60	-0.04157
Women of rural area	60	-0.0072

Table represent co-efficient of correlation of job anxiety and marital adjustment among working women of urban and rural areas of Ludhiana district the co-efficient of correlation is -0.04157 and -0.0072 which is not significant at both levels of significance i.e. 0.05 and 0.01. This indicates that there exists no significant relationship between job anxiety and marital adjustment among working women. Hence, hypothesis there exist no significant relationship between job anxiety and marital adjustment among working women with respect to locale is not rejected.

Table 2 showing mean scores of job anxiety of working women of urban and rural areas

N	Locale	Mean	SD	SED	t- ratio
60	URBAN	62.97	13.96	2.24	0.75 NS
60	RURAL	61.3	10.35		

NS- not significant at 0.05 and 0.01 level

This table shows that mean score of job anxiety of working women in regard to locale. The mean score of job anxiety of women of urban areas is 62.97 and women of rural areas are 61.3. SD of job anxiety of Urban women is 13.96 and Rural women is 10.36. The SED is 2.24. The t-ratio is 0.75 which is not significant at both levels of significance i.e. 0.01 as well as 0.05. Hence, hypothesis there exists no significant difference in the mean scores of job anxiety among working women in regard to locale is not rejected.

Table 3 showing mean scores of marital adjustment of working women of urban and rural areas

N	Locale	Mean	SD	SED	t- ratio
60	Urban	75.01	15.23	2.74	0.274 NS
60	Rural	75.7	15.31		

NS - not significant at 0.05 and 0.01 level

This table shows that mean score of marital adjustment of working women in regard to locale. The mean score of marital adjustment of women of urban areas is 75.01 and rural areas is 75.7. SD of marital adjustment of women of urban areas is 15.23 and women of rural areas is 15.31. The SED is 2.74. The t-ratio is 0.274 which is not significant at both levels of significance. 0.01 and 0.05 Hence, hypothesis there exists no significant difference in the mean scores of Marital adjustment among working women in regard to locale is not rejected.

Conclusion

- There exists no significant difference in the mean scores of job anxiety among working women in regard to locale.
- There exists no significant difference in the mean scores of marital adjustment among working women in regard to locale.
- There exists no significant relationship between job anxiety and marital adjustment among working women.

Educational Implications

The findings of investigator may provide help to counsellors and guidance worker to develop suitable and healthy adjustment in married life. The study shows that there no significance difference in the marital adjustment of women according to their age and locale .The study shows that there is no significance difference in the job anxiety of women according to their locale .This helps them to make progress in this rapid changing modern world.

REFERENCES

- <http://www.akspublication.com>
- <http://www.eecmbajournal.in>
- <http://www.hrpub.org>
- <http://www.indusedu.org>