

A Study to Assess the level of Anxiety Among Female Homemakers at Selected Areas of Pallithottam, Kollam

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Abstract -Introduction: Occasional anxiety is a normal reaction in a stressful situation and plays a protective role to initiate self-defense/self-improvement. Anxiety disorders are characterized by persistent and disproportionate worry about a number of different things that ordinarily do not upset most individuals. Worldwide, approximately 20% of the people who receive primary health care have depression or anxiety disorders. Anxiety disorders are more common among females than males. Reproductive, societal, and cultural factors are likely contributors to this increased vulnerability. National Mental Health Survey 2015–2016 reported prevalence of anxiety spectrum disorders (anxiety disorders along with neurotic symptoms) as 3.5%, and twice as common among females than males. **Materials and methods:** Quantitative approach with descriptive Non- experimental research design was used in this study. The study was conducted in Pallithottam community area Kollam, Kerala. The target population was 150 female homemakers who are in the age group of 18-57 residing at selected areas of Pallithottam. The non-probability convenient sampling technique was used to collect data. Formal permission was taken from community health centre pallithottam and consent from the participants. The data were collected through Generalized Anxiety Disorder Scale (GAD-7) .The tools which consisted of Demographic Proform and generalized anxiety disorder scale .The collected data were analyzed using descriptive and inferential statistics. **Result: Conclusion:** The present study was aimed to assess the level of anxiety among female home makers at selected areas of Pallithottam, Kollam. A structured Generalized Anxiety Scale was given to female home makers at selected areas of Pallithottam. The present study revealed that 9.30% of the female homemakers had minimal anxiety level, 28.700% of the female homemakers had mild anxiety level, 52.70 % had moderate anxiety level, and 9.30% had severe level of anxiety. The association found out by using the Chi Square test it was inferred that the present study showed

a significant association between level of anxiety and demographic variable age, religion and education (calculated value were greater than table value at 0.05 level of significance).There was no association between level of anxiety and selected demographic variables like marital status, types of family and socio-economic status (calculated values was lesser than the table value at 0.05 level of significance.

Keywords: Assess, Anxiety, homemaker.

INTRODUCTION

Women are great homemakers and supporters of the family; they are especially good at motivating males. Many people used to say that women should stay home and be the homemakers, making dinners, helping with homework, and most importantly having the children. Just a few decades ago this was how women were perceived and treated, now we have a different opinion and view on this topic. In this day women go out and get their education, work for their families and support all the members in their household, they aren't just looked at as the people that stay home all day. Women aren't as dependent upon males anymore, but they still love them the same, now they are just more independent and they are able to prove their worth outside of the home.

OBJECIVES

1. To assess the level of anxiety among female home makers at selected areas of Pallithottam, Kollam.
2. To find the association between the level of anxiety and selected demographic variables.

MATERIALS AND METHODS

Approach: Quantitative approach

Design: Non experimental descriptive research design

Population: women residing at Pallithottam, Kollam

Sample: sample population was 150 female homemakers who are in the age group of 18-57 residing at selected areas of Pallithottam Kollam

Sampling technique: Non-probability convenient sampling technique

Setting: houses located at Pallithottam community area, Kollam.

Data collection method: Generalized Anxiety Disorder scale (GAD -7)

1. Inclusion criteria

- Samples those are able to read and write Malayalam

- Only the female homemakers are included

2. Exclusion criteria

- People who are employed.

- Female homemakers who are already in pilot study.

3. Description of the tool

Section A: Socio demographic Proform

Age, Religion, Marital Status, educational status, types of family, socioeconomic status.

Section B: Structured Anxiety Scale (GAD7)

Structured anxiety scale (GAD7) consisted of 7 problems to collect data. Each problem has a maximum score of 3 marks. The total mark was 21. The level of anxiety will be categorized as the follow:

0-4 minimal anxiety

5-9 mild anxiety

10-14 moderate anxiety

15- 21 severe anxiety

Data collection process:

We communicated the purpose and significance of the study with the participants through direct communication. Data were collected through structured questionnaire.

Reliability

The reliability of knowledge questionnaire was 0.92 which was checked by using Karl Pearson indicating that the tool was reliable.

Analysis

1. Descriptive analysis

Sample characteristics were analyzed using frequency and percentage distribution.

2. Inferential analysis

Association between level of knowledge and selected demographic variables was analyzed through using chi- Square test.

RESULTS

Section -1 Analysis of demographic variable

Percentage distribution of the sample as per age

N=150

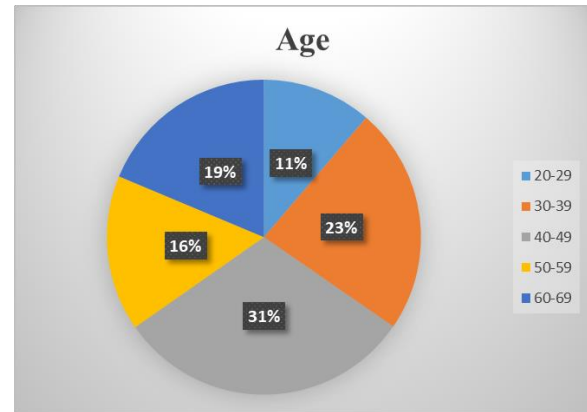


Fig (1) showing the percentage distribution of the sample as per age

The pie diagram shows that 19% of sample was between the age group of 20-29 years. About 23% belonged to the age group of 30-39 years, 31% belonged to the age group of 40-49 years, 16% belonged to the age group of 50-59 years and 19% belonged to the age group of 60-69.

Percentage distribution of the sample as per Religion

N=150

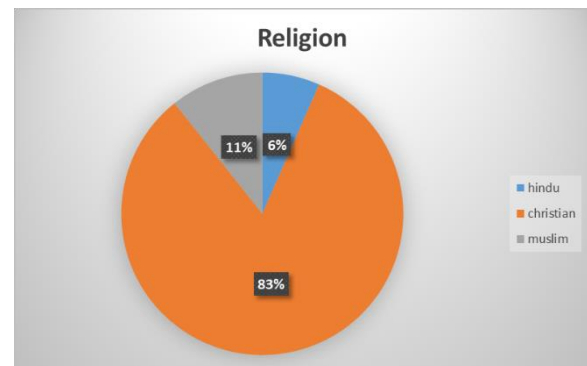


Fig (2) showing the percentage distribution of the sample as per religion

The pie diagram shows that 6% of sample belongs to Hindu. About 83% of sample belongs to Christian, and 11% belongs to Muslim.

The pie diagram shows that 79% of sample belongs to married about 1% belongs to unmarried, and 20% belongs to widowed.

Percentage distribution of the sample as per education
N=150

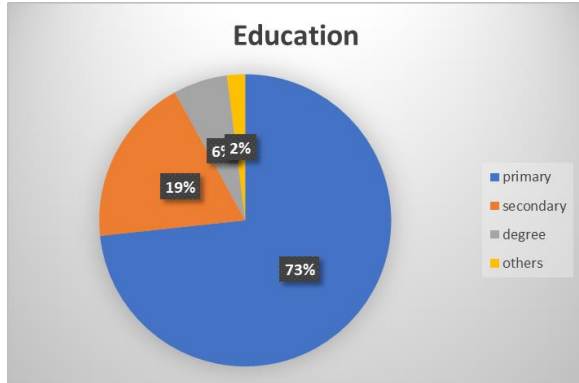


Fig (3) showing the percentage distribution of the sample as per education

The pie diagram shows that 73% of sample belongs to primary, about 19% belongs to secondary, 6% belongs to degree, and 2% belongs to others.

Percentage distribution of the sample as per Socio-economic status
N=150

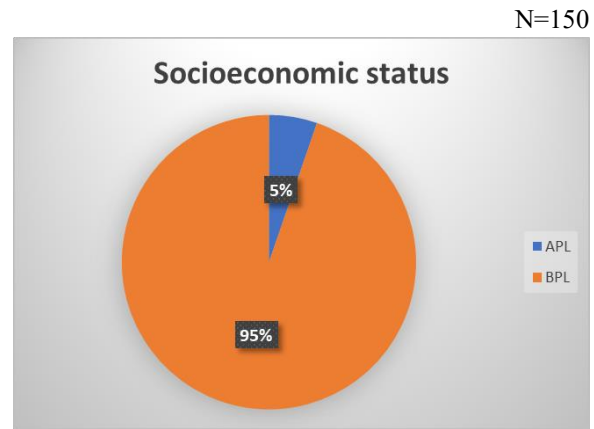


Fig (5) showing the percentage distribution of the sample as per socio-economic status

The pie diagram shows that 95% of sample belongs to APL and 5% of sample belongs to BPL.

Percentage distribution of the sample as per marital status
N=150

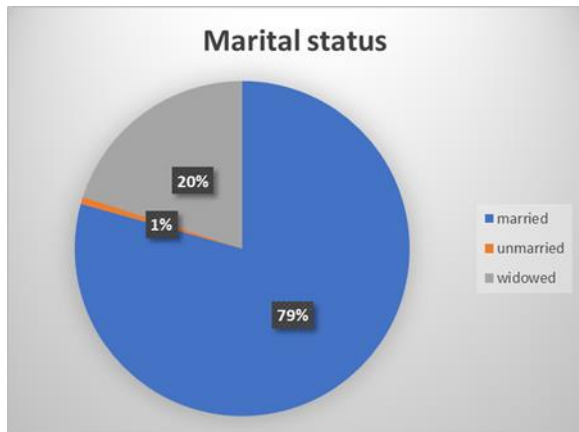


Fig (4) showing the percentage distribution of the sample as per marital status

Percentage distribution of the sample as per type of family
N=150

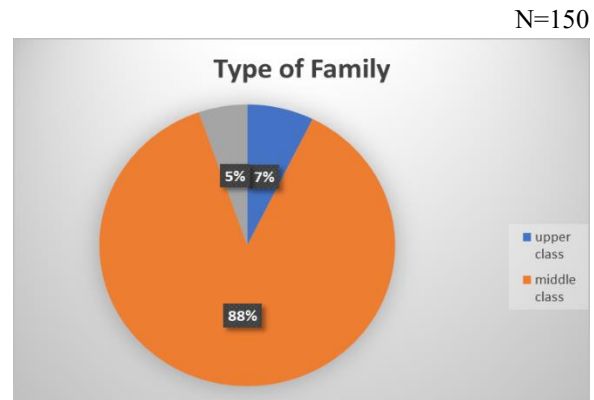


Fig (6) showing the percentage distribution of the sample as per types of family.

The pie diagram shows that 7% of sample belongs to upper class about 88% of sample belongs to middle class and 5% of sample belongs to lower class family.

Table 1: Frequency and percentage distribution of level of anxiety among female home makers at selected areas of pallithottam, Kollam.

SI.No	Range score	Level of anxiety	No. of samples	Percentage	Mean	Standard Deviation
1	0 - 4	Minimal	14	9.3%		
2	5 - 9	Mild	43	28.7%		
3	10 - 14	moderate	79	52.7%	10.22	4.04
4	15 - 21	Severe	14	9.3%		

		Total	150	100%		
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Table (1) shows that 9.3% had minimal anxiety level whereas 28.7% had mild level of anxiety ,52.7% had moderate level of anxiety and 9.3% had severe level of anxiety.

Table 2: Association between level of anxiety among female home makers and selected demographic variables.

SL. NO.	Demographic variable	Minimal	Mild	Moderate	Severe	Chi-Square	df	Table value	Significant at P < 0.05
1	AGE <ul style="list-style-type: none"> • 20-29 • 30- 39 • 40- 49 • 50- 59 • 60- 69 	3 2 4 2 3	2 10 12 10 9	5 21 27 11 15	7 2 3 1 1	45.7	12	21.03	S
2	RELIGION <ul style="list-style-type: none"> • Hindu • Christian • Muslim 	0 10 14	2 40 1	4 72 3	4 2 8	96.56	6	12.59	S
3	MARITAL STATUS <ul style="list-style-type: none"> • Married • Unmarried • Divorced • Widowed • Separated 	10 1 0 3 0	33 0 0 10 0	69 0 0 10 0	7 0 0 7 0	10.14	12	21.03	NS
4	EDUCATION <ul style="list-style-type: none"> • Primary • Secondary • Degree • Others 	10 2 2 0	38 2 3 0	59 20 0 0	3 4 4 3	34.88	9	16.92	S
5	TYPES OF FAMILY <ul style="list-style-type: none"> • Upper class • Middle class • Lower class 	2 11 1	3 38 2	3 73 3	3 9 2	11.81	6	12.55	NS
6	SOCIO-ECONOMIC STATUS <ul style="list-style-type: none"> • APL • BPL 	2 12	2 41	2 77	2 12	4.27	3	7.81	NS

The findings of the present study revealed that there was no significant association between the level of anxiety and selected demographic variables like marital status, types of family and socio-economic status. There was significant association between the level of anxiety and selected demographic variable like age, religion and education.

DISCUSSION

The present study revealed that 9.30% of the female homemakers had minimal anxiety level, 28.70% of the female homemakers had mild anxiety level, 52.70 % had moderate anxiety level, and 9.30% had severe level of anxiety.

The association found out by using the Chi Square test it was inferred that the present study showed a

significant association between level of anxiety and demographic variable age, religion and education (calculated values were greater than table value at 0.05 level of significance).There was no association between level of anxiety and selected demographic variables like marital status, types of family and socioeconomic status (calculated values were lesser than the table value at 0.05 level of significance).

CONCLUSION

The present study was aimed to assess the level of anxiety among female home makers at selected areas of Pallithottam, Kollam. A structured Generalized Anxiety Scale was given to female home makers at selected areas of Pallithottam. The present study revealed that 9.30% of the female homemakers had

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Conflict of interest
There are no conflicts of interest

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