



Study of Anxiety of House Wives

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Abstract:

The aim of present study is to find out whether the educational qualification of the house wives has an impact on their anxiety or not. For this purpose, house wives lived in Pithoragarh (Uttarakhand) had been selected. Sample size of 50 house wives do intermediate and 50 house wives do post graduation were selected randomly. Tool of A.K.P Sinha and L.N.K Sinha anxiety test was preferred. Data will be analyzed by using 't' test. The findings of the present study showed that $p < 0.05$, it supposed that house wives do intermediate and post graduation obtain no significant differences on anxiety.

Key Word: Anxiety, House Wives

Introduction

“Mental pain is less dramatic than physical pain, but it is more common and also harder to bear”- C.S Lewis

It is imperative to be referenced here that the housewife is a recognizable to entire universe. A tremendous transference has occurred with respect to ladies' social and financial job in the most recent decades. Simultaneously, housewives structure a nearly disremembered gathering. They are once in a while taken in to thought as a subject of research. This might be the way that housewife isn't thought as an occupation in our way of life. Upamanyu (1997) found that, the rest and unwinding, work out, time the executives, diet and yoga are the most ideal route embraced to adapt to worry by ladies. In spite of the fact that, it is general desire that exceptionally taught individual add to in general great personal satisfaction.

Ladies keep on bearing the duty of child rearing and household errands (Lundberg, Krantz, and Berntsson, 2003, pp. 245-254) and "do everything" has become a social standard for ladies (Jacques, 2008). Because of this lower status and troublesome sexual orientation generalization ladies need to confront numerous deterrents, stress, anxiety, gloom, forlornness, and so forth. In any case, profoundly taught ladies experience more emotional wellness issues than low instructed ladies because of the pressure of shuffling numerous kinds of jobs and duties in their family. The Seminar occurred during a urgent stage at the UNESCO Institute for Education, where ladies' non-formal instruction will be a key concern. On the off chance that ladies comprehended their conditions, knew their privileges and learned aptitudes customarily denied to them, strengthening would pursue.

Thinking about this reality, the point of the present examination was to research anxiety through wedded ladies do middle of the road and post graduation.

Hypotheses

On the basis of the objectives of the present study, the following hypotheses were formulated: 1. No significance difference between anxiety among house wives those do intermediate and those women do post graduation.

Method**Sample:**

The population size of the present study of married women do intermediate and do post graduation, lived in different areas of Pithoragarh city (Uttarakhand), and were randomly selected.

Tools: The anxiety test of A.K.P Sinha and L.N.K Sinha was used for this study.

Design: t-test research design was followed for conducting the present study.

Result and Discussion:

The present study was examined that there is no significance difference between the house wives do intermediate and do post graduation on their anxiety level. The t-test was applied for this study. Result shown as following table:

Table 1

	Group 1	Group 2
Mean	12.3	11.76
Variance	5.39	7.82
Standard deviation	2.32	2.79
N	50	50
t	1.13	
Degree of Freedom	49	
Critical Value	2.01	

Results are shown in above table that not significantly different at $p < 0.05$.

Conclusion: The main purpose of the study is to explore whether there is any impact of anxiety on house wives do intermediate and do post graduation. The results suggest that the level of anxiety has no significant impact on house wives education. An equivalent study on anxiety among working and non working married women also found no significant difference Kaur et;al (2012).

Traditional role theories suggest that women who are trying to maintain several roles would be expected to experience negative stressful feelings (Mukhopadhyay, 1996).

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