

ROLE OF INTERVENTIONS IN REDUCING ANXIETY AMONG WORKING ADULTS

By

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Abstract

The present study aimed to identify the anxiety levels across various professions and also to anxiety reduction techniques for their betterment of life. A total sample of 648 working adults selected from various hospitals, IT industries, banks and Universities by simple random sampling technique and assessed their level of anxiety. The results revealed that IT employees were affected with high anxiety than other counterparts, and majority of doctors reported moderate anxiety. The high and moderate anxiety subjects were further taken for further assessment in control and experimental group. The experimental group were subjected to interventions like yoga, relaxation, deep breathing, music therapy and laughter therapy with the help of professional trainer. The results conclude that in experimental group, assistant professors still show high anxiety followed by bank managers. Doctors and bank managers were leading in low anxiety levels after intervention.

Keywords: *anxiety, working adults, intervention*

Introduction

In current scenario Indian women are represented in multiple workforces in a greater numbers than earlier. Women are holding a higher percentage of managerial and executive jobs and household task than ever before and are also equally

working with men and joining banking sector, health, marketing, education as well as IT and making their mark. But these roles demand a large percentage of time of women executives.

Consequently, harmonizing their personal and professional lives have been a challenging issue for women

executives in every occupation. However, both working men and women need to balance both the aspects of life so that they may have win-win situation (Shelly Gupta, 2015).

The term anxiety appeared from the root word 'angh' which means 'tightness' or 'construction'. Anxiety is the tense, unsettling anticipation of threatening but vague event; a feeling of uneasy suspense. It is a negative effect so closely related to fear that in many circumstances these two terms are used interchangeably; like anxiety, fear also anticipation. Anxiety is a state of heightened vigilance rather than an emergency reaction (Rachman, 2004).

The present study aimed to identify the anxiety levels across various professions and also aimed to examine the contribution of various interventions for their betterment of life. The different professionals like doctors, IT employees, bank

managers and university assistant professors were given interventions such as yoga, relaxation, deep breathing, music therapy and laughter therapy.

Objectives

The objectives framed for the present study are

- To find out the level of anxiety among working adults
- To assess the level of anxiety with respect to occupation
- To study the influence of various interventions on reducing anxiety with respect to various occupation

Hypotheses

- There is no significant difference on anxiety levels
- There is no significant difference on the level of anxiety with respect to various occupation
- There is no significant difference on influence of various interventions on reducing anxiety with respect to occupation

Method

Coimbatore was chosen as the area of the research. A total of 648 samples from various occupations were selected randomly from Coimbatore city for the conduct of the study. The populations of the present study were selected from various institutions such as hospitals, IT industries, nationalized banks and universities.

Tools used

The tool used for the present study is

- Comprehensive Anxiety Test developed by Bharadwaj, Sharma and Bhargava (2000).

Comprehensive anxiety test scale suitable for individual and group testing. Before administering the scale, it is advisable to emphasize orally that each reply should be checked as quickly as possible. There are total 90 items in the scale, each item of the test is answered either by 'Yes' or by 'No'. The response indicated as 'Yes' should be awarded

the score of one and zero for 'No'. The total of all the positive or 'Yes' responses would be the total of anxiety score of the individual. The maximum possible score will be 90 and minimum is zero. Higher the score higher the anxiety, lower the score lower the anxiety level.

The co-efficient of reliability has been determined by using test retest method (N=100) was employed to determine the temporal stability of the test. The product moment correlation between test and retest scores has been found to be 0.83. By applying the split half method (Gutman Formula), the reliability co-efficient of the test has been found to be 0.94 (N=100). The co-efficient of reliability was determined by computing the correlation between scores of present test and other tests were N=50r= 0.68, N=80r=0.82.

Conduct of the study

The prior permission was obtained for the conduct of the study in the selected hospitals, IT companies,

banks and universities from Coimbatore city. Before administering the test, the researcher has given proper introduction and instructions on Comprehensive Anxiety Test scale. After assessing the anxiety levels among selected respondents, the high and medium level of anxiety populations were taken for further analysis. Here the researcher adopted intervention to the selected respondents and uses yoga,

relaxation, deep breathing, music therapy and laughter therapy with the help of professional trainer. All the respondents were happy to receive different kinds of intervention since they need variety in intervention.

Analysis of Data

For the present study the appropriate statistical techniques applied such as frequency, Mean, SD (Standard deviation), t-test and ANOVA (Analysis of variance).

Results and Discussion

Table 1. Demographic profile of the respondents

| Sl.No. | Variables | Frequency (N) | % | |
|--------|-----------|---------------|-------|------|
| 1 | Doctors | Men | 65 | 48.5 |
| | | Women | 69 | 51.5 |
| | | Total | 134 | 20.7 |
| | IT | Men | 102 | 52.3 |
| | | Women | 93 | 47.7 |
| | | Total | 195 | 30.1 |
| | Bank | Men | 50 | 27.0 |
| | | Women | 135 | 73.0 |
| | | Total | 185 | 28.5 |
| | Asst Prof | Men | 28 | 20.9 |
| | | Women | 106 | 79.1 |
| | | Total | 134 | 20.7 |
| Total | | 648 | 100.0 | |

The anxiety scores were categorised as low, moderate and high based on minimum and maximum scores as mentioned earlier. Here >15, <24 were recorded as low anxiety level,

the scores of >25, <44 were considered as moderate anxiety and >45, <80 were considered as high anxiety.

Table 2. Levels of anxiety among working adult's

| Sl.No | Anxiety level | N | % |
|--------------|---------------|------------|--------------|
| 1 | High | 304 | 46.9 |
| 2 | Medium | 184 | 28.4 |
| 3 | Low | 160 | 24.7 |
| Total | | 648 | 100.0 |

Table-2 denotes the anxiety level among selected respondents.

Among 648 respondents, majority of them i.e. 46.9% (304) are having high anxiety levels, 28.4% (184) having medium anxiety levels and 24.7% (160) were under low anxiety levels.

High : > 45 <80
Medium: > 25 <44
Low : >15 <24

Table 3. Levels of anxiety by occupation

| Sl.No | Occupation | Anxiety levels | | | | | |
|--------------|---------------------------|----------------|-------------|------------|-------------|------------|-------------|
| | | High | | Medium | | Low | |
| | | N | % | N | % | N | % |
| 1 | Doctors (134) | 53 | 40.0 | 70 | 52 | 11 | 8 |
| 2 | IT (195) | 114 | 58.5 | 08 | 4.1 | 73 | 37.4 |
| 3 | Bank (185) | 80 | 43.0 | 40 | 22 | 65 | 35 |
| 4 | Assistant Professor (134) | 57 | 43.0 | 66 | 49 | 11 | 8.0 |
| Total | | 304 | 47.0 | 184 | 28.0 | 160 | 25.0 |

Table-3 represents working adults anxiety in relation to various Majority of IT employee's i.e. 58.50% and equal number of bank managers (43.0%) and assistant professors stated high anxiety level followed by 40.0% doctors.

52.0% of the doctors, 49.0% assistant professors, 22.0% bank managers and few i.e. 4.10% IT employees exaggerated with moderate anxiety. Whereas more or

less equal number of respondents among IT (37.4%) and bank managers (35.0%) with equal number of doctors (8.0%), assistant professors (8.0%) experienced low anxiety.

From this table it is understood that IT employees were affected with high anxiety than other occupations, and majority of doctors reported moderate anxiety compared to other professions.

Table 4. Mean, SD of anxiety by occupation

| Sl.No | Education | Anxiety | | | |
|-------|-----------------|-------------------|-------------|----------|---------------|
| | | Sum of squares | Mean square | F value | Sig |
| 1 | Doctors (134) | Between the group | 40741.99 | 13580.66 | 30.45 0.000** |
| 2 | IT (195) | Within the group | 287142.57 | 445.87 | |
| 3 | Bank (185) | Total | 327884.56 | | |
| 4 | Asst.Prof (134) | | | | |

****Significant at 0.01%**

Table-4 and fig-1 inferred values of anxiety among different profession.

The calculated F value of anxiety among doctors, IT employees, bank managers and assistant professors was 30.45 which is said to be

significant at 0.01% level. Majority of IT professionals and equal number of bank managers and assistant professors were the victims. Hence hypothesis-2 will be rejected in this regard.

Figure 1. Anxiety by occupation

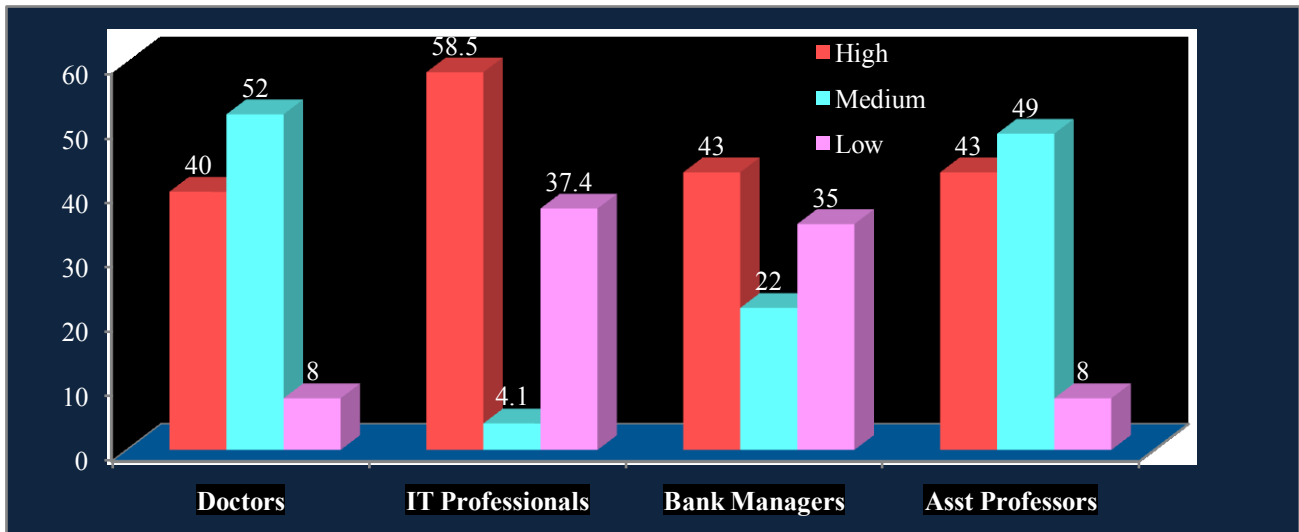


Table 4. Anxiety in control and experimental group by occupation

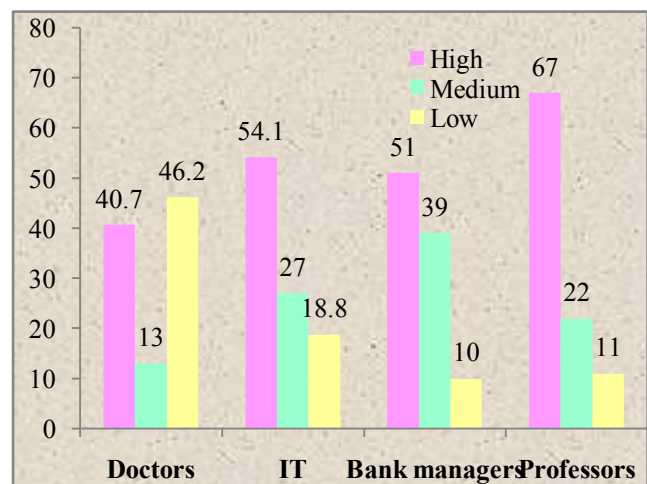
| Sl. No | Anxiety | | Control group | | | Experimental group | | |
|--------------------|----------------|---------|---------------|-------------|--------------------|--------------------|-------------|-------------------|
| | Occupation | | Sum of square | Mean square | F value | Sum of square | Mean square | F Value |
| 1 | Doctors (54) | Between | 13813.976 | 4604.659 | 11.073 P=0.00** | 110.56 | 3.685 | 5.295 P=.002** |
| 2 | IT (48) | Within | 91901.340 | 415.843 | | 153.807 | 6.96 | |
| 3 | Bank (69) | Total | 105715.31 | | | 164.862 | | |
| 4 | Asst.Prof (54) | | | | | | | |
| Total (225) | | | | | | | | |

**Significant at 0.01%

Anxiety in control and experimental group by occupation were presented in table-4, fig-2 and fig-3.

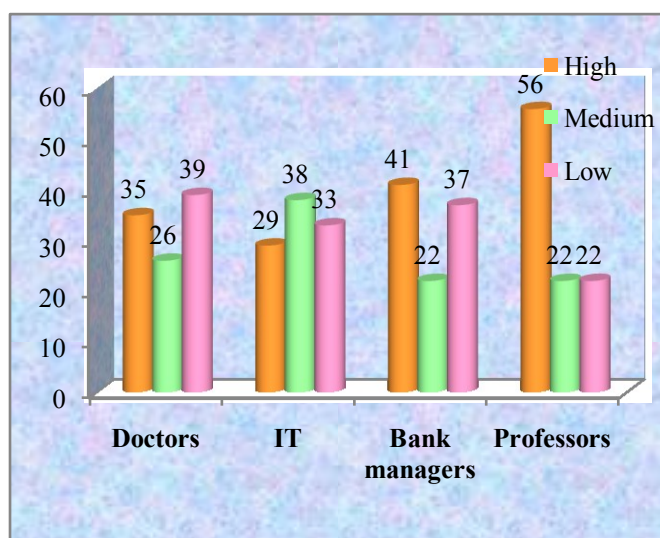
In control group it is reliant that anxiety levels were increasingly significant among all the occupations with the 'F' value 11.07. Assistant professors and IT employees showed high anxiety compared with other occupations.

Figure 2. Anxiety in control group by different occupation



Similarly in experimental group also significant difference incurred among employees in relation to anxiety levels.

Figure 3. Anxiety in experimental group by different occupation



From fig-3 it is observed that assistant professors still show high anxiety followed by bank managers. It could be observed that doctors and bank managers were leading in low anxiety levels after the intervention compared to other occupations. Hence hypothesis-3 has been rejected as there was significant difference observed in anxiety reduction in experimental group.

Summary

It is well known that level of anxiety increases or decreases according to the type of occupation, the present study made an attempt to find out the anxiety levels among working adults in various job sectors in Coimbatore city. A total of 648 respondents from various sectors like doctors, IT employees, bank managers and university assistant professors. The results found that, majority of IT employees followed by equal number of bank managers and assistant professors were reported with high anxiety and found high significant difference. After the intervention, in control group anxiety levels were increasingly significant among all the occupations with the 'F' value 11.07. Assistant professors and IT employees showed high anxiety compared with other occupations. In experimental group, assistant professors still show high anxiety followed by bank managers. Doctors and bank managers were leading in low anxiety levels after

intervention compared to other occupations.

Conclusion

In present study after the interventions like yoga, relaxation, deep breathing, music and laughter therapy exhibited better changes in working adult's anxiety levels. The results revealed that doctors and assistant professors were responding to better coping strategies. Most of the respondent's preferred relaxation, music and laughter therapy and these techniques were regularly practiced by them wherever they can hence find better results. This study discloses that regular practice of combination of different interventions will definitely benefit high levels of anxiety to cope with. When enquired, they responded whenever they face new challenges in occupation or life such as career, fears of responsibility, occupational role overload, meeting the target, overly demanding schedule in work,

life settlement, facing the future for all these probable situations they feel anxious. Therefore, every organization should be concerned about and engaged in the actions and measures to not only to prevent occupational stress and anxiety among the employees, but also to be able to properly manage it in order to minimize the negative effects on health.

Implications

The study findings have direct implications on selected organizations like hospitals, IT industry, Nationalised banks and University employees, where majority of them were the victims of high and moderate anxiety. There is a need to develop helping hand among employees without jealousy; this may allow employees to excel in their area of work without being stressed because stress is also a factor to cause anxiety and vice versa.

It is also understood that work should not compromise on health and family lives; rather offer happiness, peace of mind, confidence, variety and flexibility.

Recommendations

- For reducing work anxiety, workshop may be conducted in organizations
- Work should not compromise on health and family lives; rather offer happiness, peace of mind, confidence, variety and flexibility

- There is a need to develop helping hand among employees without jealousy
- Group and political pressures to be eradicated especially in women organizations

Future plans

- Comparative studies can be conducted among working and non-working adults
- Occupational stress and anxiety among women working with women and men working with men employees to be conducted and compared.

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Prof. Kalyani Devi T was worked nearly 40 years in Sri. Padmavathi Mahila Vishwavidyalayam, Tirupati and produced around 16 Ph.Ds. She also worked as Dean of Examinations, Student affairs, BOS Chairperson and also headed the Human Development Department. She attended nearly 50 seminars/conferences and completed many projects funded by UGC.
