FREQUENCY OF ANXIETY AND ITS RISK FACTORS AMONG WORKING & NON WORKING WOMEN OF PESHAWAR

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ABSTRACT

OBJECTIVE: *to determine the frequency of anxiety & its risk factors among working and non-working women.*

METHODOLOGY: *Study design was descriptive observational. The study duration was seven months (June – December 2016). It was a community based study.*
Sample size for this study was calculated on 52% prevalence of anxiety Pakistan. A total of 400 women were selected (200 working and 200 non-working women). A semi structured questionnaire was used along with Taylor manifest anxiety scale as study tool. Data was presented in the form of tables and graphs.

RESULTS:
The frequency of anxiety was 58%. Anxiety was more among working women than non-working women. Most of the women were literate 65.5%. Majority of the women having anxiety were living in nuclear family. The age group most effected was between 21-35 years (67%), 58% were married, single were 34% and 8% were either divorced or widow. Approximately 58% of women with anxiety had less than 2 children and 42% were having more than 2 children. Approximately 88% women with anxiety belonged from low and middle income group having less than 20,000/-PKR and 20,001-50,000/-PKR household income respectively. Only 12% belonged from high group having more than 50,001/- PKR.
Conclusions: Anxiety is more common among working women. Married women living in nuclear family system, being single, young age group between 21-35 years, less than 2 children and low household income were the key risk factors.

KEY WORDS: *anxiety, risk factors, women, illiteracy*

INTRODUCTION:

Anxiety is a state of psychological arousal that results when external demands exceed person's capabilities. Generally, it has been observed that women are more at risk of getting stress as compare to men. The most likely reason of having stress among working women could be because of the dual demanding role of women at workplace and at home. Many sociologists had described women as struggling to achieve the male's work standard, while at the same time trying to maintain the perfect wife and mother standards at home. Anxiety is NOT unknown or uncontrollable disease or illness that one can develop or inherit. Anxiety can results from a certain style of behavior.[1]

Different research studies had shown that Anxiety disorders are common in the general population around the world[2]. The exact prevalence of anxiety and its disorders in Pakistan is not pretty clearly known. Several studies have measured the prevalence of anxiety with depression, statistics varying from 7% to 50% in different centers located in urban areas[3, 4].

A study conducted in northern areas of Pakistan by Agha Khan University showed that among women anxiety was 25% and anxiety with depression was 17%[5]. Another study done in Karachi showed that anxiety among females was 39.4%[6]. A study done in Peshawar showed 52% anxiety among women of both working and non-working groups[7].

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METHODOLOGY:

A cross sectional study was conducted among working and non-working women in Peshawar. This study was conducted over the period of seven (07) months i.e; June - December 2016. A total of 400 samples were selected based on 52% prevalence of anxiety among Pakistani women. 200 participants were from working women and 200 were non-working women.

Subjects were selected by non-probability convenient sampling technique. Interviews were conducted by trained field data collectors.

Informed consent from the participants was taken and confidentiality was ensured.

Data collection tool was semi structured questionnaire along with the Taylor manifest anxiety scale. A pilot study was conducted on 10% of sample size after translating the scale in Urdu for better understanding of most of the subjects especially housewives. The questionnaire contained the characteristics like age, marital status, education, family system, number of children and household income. Taylor manifest anxiety scale has 50 items each having response yes or no. The higher score means more anxiety and lower score means less anxiety. The results were reflected in the form of tables with percentages.

RESULTS:

Out of 400 women (200 working and 200 non- working) studied 253 (58%) were having anxiety. Approximately anxiety was found in 75% working and 43% non-working women (Table 1). High anxiety according to the scale was found in 37.5% working and 19% non-working women (Table 2). Out of 235 women with anxiety most of them were literate (65.5%) having 21% matriculate, 30% graduate and 14.5% were having post graduate qualification. Only 34.5% were illiterate (Table 3). Statistical analysis of family system showed that 28.5% women were living with joint family system and majority of women experiencing anxiety were having nuclear family system 71.5%. Independent analysis between working and non-working women showed same trend of high anxiety among nuclear families as compare to joint families (Table 4).

Majority of the women having anxiety belonged to age group 21-35 years (67%), 25% were having age more than 36 years and only 8 % were below 20 years of age (Table 5). Most of the women were married with 58%, single were 34% and 8% were either divorced or widow. Regarding marital status further analysis of data showed that 50% of women having anxiety among working class were not married as compare to 7% of non-working women (Table 6).

Approximately 58% of women with anxiety had less than 2 children and 42% were having more than 2 children. Among working women with anxiety 65.3% of women were having less than 2 children and 34.7% had more than 2 children as compare to non-working women who had 44.7% less than 2 children and 55.3% having more than 2 children (Table 7). Approximately 88% women with anxiety belonged from low and middle income group having less than 20,000/-PKR and 20,001-50,000/-PKR household income. Only 12% belonged from high group having more than 50,001/-PKR.

TABLE 1: FREQUENCY OF ANXIETY AMONG WORKING AND NON-WORKING WOMEN

Category	Anxiety		Total
	Present N(%)	Absent N(%)	
Working women	150 (75%)	50(25%)	200
Non-working women	85 (43%)	115 (57.5%)	200
Total	235 (58%)	165 (42%)	400

TABLE 2: DISTRIBUTION OF SAMPLE BY TMA CATEGORIES

Anxiety score	Working	Non-working	Total
Normal (low anxiety)	50 (25%)	115 (57.5%)	165
Border line	75 (37.5%)	47 (23.5%)	122
Abnormal (high anxiety)	75 (37.5%)	38 (19%)	113
Total	200	200	400

TABLE 3: EDUCATION OF WOMEN PRESENTED WITH ANXIETY

Category	Illiterate	Matric	Graduate	Post graduate	Total
Working	58(38.7%)	30(20%)	33 (22%)	29(19.3%)	150
Non-working	23 (27%)	20(24%)	37 (44%)	5 (5.8%)	85
Total	81 (34.5%)	50 (21%)	70 (30%)	34 (14.5%)	235

TABLE 4: FAMILY SYSTEM OF WOMEN PRESENTED WITH ANXIETY

Category	Joint family	Nuclear family	Total
Working	40 (27%)	110 (73%)	150
Non-working	27 (32%)	58 (68%)	85
Total	67 (28.5%)	168 (71.5%)	235

TABLE 5: AGE OF WOMEN HAVING ANXIETY

Category	Less than 20 years	21-35 years	More than 36 years	Total
Working	10 (6.7%)	100 (66.7%)	40 (26.6%)	150
Non-working	8 (9.4%)	58 (68.2%)	19 (22.4%)	85
Total	18 (8%)	158 (67%)	59 (25%)	235

TABLE 6: MARITAL STATUS OF WOMEN PRESENTED WITH ANXIETY

Category	Single	Married	Divorced/widow	Total
Working	75 (50%)	60 (40%)	15 (10%)	150
Non-working	6 (7%)	76 (89.4%)	3 (3.6%)	85
Total	81 (34%)	136 (58%)	18 (8%)	235

TABLE 7: NUMBER OF SIBLINGS OF WOMEN PRESENTED WITH ANXIETY

Category	Number of children		Total
	Less than 2 children	**More than 2 children**	
Working	98 (65.3%)	52 (34.7%)	150
Non-working	38 (44.7%)	47 (55.3%)	85
Total	136 (58%)	99 (42%)	235

TABLE 8: HOUSEHOLD INCOME OF WOMEN PRESENTING WITH ANXIETY

Category	Low income	Middle income	High income group	Total
	Less than 20,000/month	20,001-50,000/month	More than 50,001	
Working	78 (52%)	52 (34.7%)	20 (13.3%)	150
Non-working	44 (52%)	33 (39%)	8 (9%)	85
Total	122 (52%)	85 (36%)	28 (12%)	235

DISCUSSION:

The prevalence of anxiety and depression is universal, but varies in different countries, environments, between gender and different age groups. Anxiety is studied along with depression in many studies as often the patient experience symptoms of anxiety with depression. Current study was purely done on anxiety and its associated factors among women. Study results showed that 58% of women from both group working and non-working were having anxiety. Almost same results were shown in another study conducted in Peshawar with 52% anxiety[7]. Majority of working women were having anxiety (75%) as compare to 41.25% of non – working women.

It was seen in our study that majority of the women having anxiety belonged from 21 – 35 years of age. Almost similar findings were observed in another study showing the highest peak of the psychiatric disorders was in the 16-35 years age group[5]. A systematic review of different papers on anxiety and depression also showed that the along with other risk factors, middle age is an important risk factor for anxiety and depression[8].

Low and middle income group was a risk factor for anxiety in our study. Almost 88% belonged from low and middle income group as compare to only 12 % from high income group. If we further break up the data amongst 88% majority were from low income group i.e; 52%. Similar findings were seen by other researchers as shown in a systematic review[8].

Our study has shown that anxiety is more seen in the literate people as compare to illiterate people. It was seen that approximately 65.5% were either matriculate or have graduate or post graduate degrees. Our results show that educated women are also prone to develop anxiety and its related disorders. Another study show opposite results showing that low education is a risk factor for anxiety[8]. However another study conducted in Karachi showed similar results as our study that significant level of anxiety could be found in educated class[9].

CONCLUSION:

Frequency of anxiety among working and non-working women was 59% in Peshawar. It was more common in working women as compare to non- working women. Family system, age, low household income, marital status was the key risk factors.

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