

## Urban Women under the Shadow of Problems (A Study of Anxiety among Women in Srinagar City)

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### **ABSTRACT**

*The present research paper conducted by the investigator in the district Srinagar of the Kashmir division and tried to find out the problem of anxiety among the women in Srinagar. The sample consisted of 55 down town non-working educated women and 55 civil line non-working educated women from district Srinagar. The data for the present investigation was collected with the help of Sinha's Comprehensive Anxiety Test (SCAT). From nineties onwards downtown has become the centre of all violent forces. These situations arouse the feeling of insecurity in downtown women leading to high stress and anxiety. Urban women are under tremendous social pressure and economic constraint. These problems add to her mental tensions. It was revealed that the anxiety level of women belonging to down town area was 68% whereas anxiety level of women belonging to civil lines was 52%. It was also found that there is significant difference between mean scores of Anxiety of women belonged to down town and civil line areas. Further it was found that 60% urban women generally remain in anxiety.*

**Key words:** *Anxiety, disorder, women urban*

### **I.INTRODUCTION**

Since ages, women continue to feel to be a weaker section of society. In spite of the opportunities throne open to her in various fields along with some labour saving gadgets in the house, she still seeks a place as an independent and honorable human being, and the concept of equality has exercised a powerful emotional appeal in the struggle of women to free them from age old oppression. During the last decades, industrialization urbanization, increasing level of education, awareness of rights, wider influence of media and westernization has changed the status and position of women.

Urbanization may have brought many facilities and comforts for urban women. It triggered a chain of new problems for her. The problems challenges faced by urban women are more complex in nature. The urban women these days are caught between devil and deep sea. The problems of urban women to combine the different roles of a wife, a mother and working women are multiple; which can be categorized under heads as

psychological adjustment, social and economic problems. An urban women is under tremendous social pressure. The dowry demands of urban women are very high. In Kashmir, now- a- days a new trend has emerged which is that a girl is having a government job is much in demand in suitor ship. Another main problem of urban women is violence such as sexual harassment in the streets, local places, on public transportation, on the way to work and school, in the parks and in the overcrowded neighborhoods. Not only women's physically safety but also their dignity is at risk. Moreover, the adverse use of modern science and technology in the cities have resulted a weapon against the women, by the women and for the women. The cybercrimes, high rate of female feticide in cities and other allied problems makes one to ponder into the conditions of urban women.

Anxiety is an emotion and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from anxiety disorder. Everyone feels anxious now and then. It's a normal emotion. For example, you may feel nervous when faced with a problem at work, before taking a test, or before making an important decision. **Anxiety disorder** is different, though. They are a group of mental illnesses, and the distress they cause can keep you from carrying on with your life normally. For people who have one, worry and fear are constant and overwhelming, and can be disabling. But with treatment, many people can manage those feelings and get back to a fulfilling life. Anxiety disorder is an umbrella term that includes panic disorder, panic attack, chest pain, palpitations and heart attack. All anxiety disorders share some general symptoms like panic, fear, and uneasiness, sleep problems, not being able to stay calm and still, cold, sweaty, tingling hands or feet, shortness of breath, dry mouth, nausea, heart palpitations, tense muscles and dizziness

## II. REVIEW OF RELATED LITERATURE

**Shibli et al. (2015)** revealed that there is no significant relationship between anxiety and academic achievements. **Teh et al. (2015)** found that there are significant associations between ethnicity and total family income per month with stress. No other factors have been found to be significantly associated. So, depression, anxiety and stress have a high detrimental effect to individual and society, which can lead to negative outcomes including medical dropouts, increased suicidal tendency, relationship and marital problems, impaired ability to work effectively, burnout and also existing problems of health care provision. **Saleem et al. (2015)** showed that Death Anxiety Scale-Urdu (DAS-U) has adequate reliability and validity. Factor analysis showed multifaceted structure for the DAS-U, bearing in mind the psychometric characteristics; it can be used in researches about death anxiety. **Males Costello et al. (2003)**, found that adolescent Females report a greater number of worries, more separation anxiety and higher levels of generalized anxiety. **Robichaud et al. (2003)**, found that Female reported more worry than Male. Female outnumber Male in each illness except for OCD, in which both sexes have an equal likelihood of being affected.

### III.STATEMENT OF THE PROBLEM

“Urban women under the shadow of problems (A study of anxiety among women in Srinagar city)”

#### OBJECTIVES

1. To study the anxiety of urban women in district Srinagar
2. To compare the problem of anxiety of urban women belonging to civil line and downtown areas of district Srinagar.

#### HYPOTHESIS

There exists a significant difference in anxiety of downtown women and civil line women of district Srinagar

#### METHODOLOGY AND DESIGN

The study has been completed through the descriptive method of research.

#### SAMPLE

The sample for the study was randomly collected from both urban down town and urban civil line areas. The sample consisted of 55 down town non-working educated women and 55 civil line non-working educated women

**Table 1: The breakup of the sample is given as under**

Area	Number
Down town women	55
Civil line women	55
Total	110

#### DESCRIPTION OF THE TOOLS

As the researcher planned a descriptive study, keeping in mind the objectives of the study therefore, the data for the present investigation was collected with the help of Sinha's Comprehensive Anxiety Test (SCAT). This questionnaire is an English version and it consists of 90 items

#### ANALYSIS AND INTERPRETATION

**Table 2: Level of anxiety**

Area	Number	Anxiety
Downtown women	55	68%
Civil line women	55	52%
Both	50	60%

From the above table, it reveals that anxiety level of women belonging to down town area is 68% whereas anxiety level of women belonging to civil lines is 52% women. The table also depicts that 60% urban women generally remain in anxiety.

**Table 3: Mean comparison of Downtown and Civil line Women**

Group	N	Mean	Std. Deviation	t-value	Level of Sig.
Down town women	55	34.48	14.56	4.45	Significant at 0.01 level
Civil lines Women	55	23.12	13.88		

According to the table, the mean scores of Anxiety between down town and civil lines of district Srinagar are 34.48 and 23.12 respectively. The results show that women of down town area have more Anxiety (34.48) than women belong to civil lines (23.12). The “t” value difference between the two groups is 4.45, which is significant at 0.01 levels. Therefore it can be said that there is significant difference between mean scores of Anxiety of women belonged to down town and civil line areas.

#### IV.DISCUSSION

The present research paper conducted by the investigator in the district Srinagar of the Kashmir division and tried to find out the problem of anxiety among the women in Srinagar. The investigation revealed that 60% urban women generally remain in anxiety. Therefore it can be said that there is significant difference between mean scores of Anxiety of women belonged to down town and civil line areas. The study also revealed that the anxiety level of urban women belonging to down town area was high as compared to urban women belonging to civil lines. However socioeconomic challenges, political conflict put down town women under severe strain. From nineties onwards downtown has become the centre of all violent forces. These situations arouse the feeling of insecurity in downtown women leading to high stress and anxiety. Urban women are under tremendous social pressure and economic constraint. These problems add to her mental tensions. It is clear that in Srinagar district women are facing a number of problems in psycho-social cultural areas which hampers their day to day lives.

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