

## COMPARATIVE STUDY ON ANXIETY AMONG SLUM WOMEN'S AND NON SLUM WOMEN'S

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### ABSTRACT

*Anxiety is a physiological and psychological state characterized by cognitive, somatic, emotional, and behavioural components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, apprehension, or worry. Anxiety is a generalized mood state that occurs without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an external threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable.*

*The present study deals with the level of Anxiety among slum and non slum women`s of kalabuaragi district, The researcher tried to find out the significance difference in the selected psychological variable among the slum and non slum women`s of the Kalaburagi. One hundred women`s sample for the study, randomly selected from the Kalaburagi city Karnataka, the Research tool A. K. P. and L. N. K. Sinha`s Comprehensive Anxiety test. This widely used test has sound reliability (test retest 0.85 and internal consistency (0.92) and validity (0.62). having the 90 items to measure the anxiety. The collected data scrutinized with help of SPSS statistical tool and also used the statistical techniques like mean, SD, t-value are used to prove the research hypothesis of the study.*

*Key word – Anxiety, women`s.*

### INTRODUCTION

**Anxiety** is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat, whereas anxiety is the expectation of future threat.

Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder.

People facing anxiety may withdraw from situations which have provoked anxiety in the past. There are various types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face mathematical anxiety, somatic anxiety, stage fright, or test anxiety. Social anxiety and stranger anxiety are caused when people are apprehensive around strangers or other people in general. Furthermore, anxiety has been linked with physical symptoms such as IBS and can heighten other mental health illnesses such as OCD and panic disorder. The first step in the management of a person with anxiety symptoms is to evaluate the possible presence of an underlying medical cause, whose recognition is essential in order to decide its correct treatment. Anxiety symptoms may be masking an organic disease, or appear associated or as a result of a medical disorder.

Anxiety can be either a short term "state" or a long term "trait". Whereas trait anxiety represents worrying about future events, anxiety disorders are a group of mental disorders characterized by feelings of anxiety and fear.<sup>[10]</sup> Anxiety disorders are partly genetic but may also be due to drug use, including alcohol, caffeine, and benzodiazepines (which are often prescribed to treat anxiety), as well as withdrawal from drugs of abuse. They often occur with other mental disorders, particularly bipolar disorder, eating disorders, major depressive disorder, or certain personality disorders. Common treatment options include lifestyle changes, medication, and therapy.

**Hillemeier** et al. (2007) studied the mental health among rural women of reproductive age, with particular attention given to rural area type and farm residence. The result indicates that farm residence was associated with higher mental health score, and the most isolated rural residence was associated with less diagnosed depression or anxiety.

## **METHODOLOGY**

The present study tried to reveal the influence of the residential area on the anxiety among the slum and non slum women's of the Kalaburagi district. The residential area also has the influence on the level of anxiety of sample groups.

## The objectives

- To measure the anxiety level among the slum and non slum women`s of Kalaburagi district.
- To compare the anxiety among the sample groups of the study.
- To find out the influence of residential area on the anxiety level among the women`s.

## The hypothesis

- There would be significance difference among the slum and non slum women`s of Kalaburagi district.
- There would be influence of residential area on the anxiety level among the sample groups.

## Sample of the study

The sample for the study selected from the Kalaburagi district, fifty women`s from the slum areas and fifty women`s from non slum areas of the district, both sample were selected in simple random method. The women groups were taken all the needful information about the anxirty scale and the investigator used asked the oral questions from the illiterate slum women`s. and also filled the questionnaire himself based on the reply given by the slum women`s.

## Tool

*A. K. P. and L. N. K. Sinha's Comprehensive Anxiety test. This widely used test has sound reliability (test retest 0.85 and internal consistency (0.92) and validity (0.62). having the 90 items to measure the anxiety.*

## Statistical Techniques

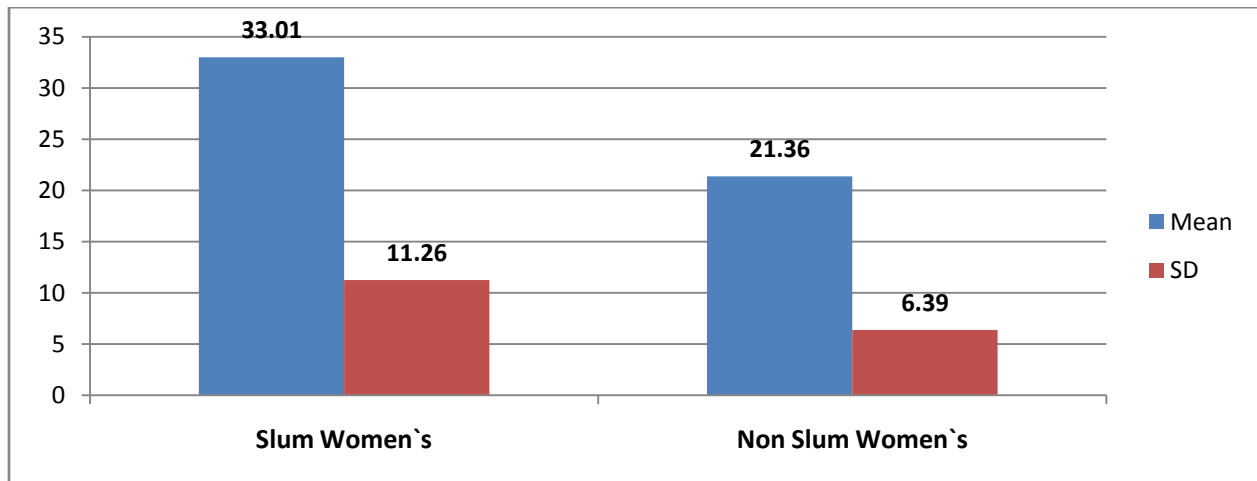
Mean, SD, t-test are used in the study to prove the research hypothesis of the study.

**DATA ANALYSIS**

Table showing the mean, SD, t value of slum and non slum women`s of Kalaburagi district.

Sample Groups	N	Mean	SD	t-Values
Slum Women`s	50	33.01	11.26	6.891**
Non Slum Women`s	50	21.36	6.39	

Significance at 0.01 levels



The slum women`s are more anxious in the study due to the residential area the uncomfortable and unstable situation facing in the slum area of the Kalaburagi district. The non slum women`s are having the less anxiety due to the residential area because of safe and stable felling in the residential area. The study reveals the influence of the residential area on the anxiety of the sample group.

**CONCLUSION**

The slum women`s are more anxious than the non slum women`s of the Kalaburagi district, the study revealed that the residential area also had the influence on the anxiety among the sample of the study.

## REFERENCES

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