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Role of Anxiety in the Work-life Balance: A Comparative Study of Working Men and Women in Urban Spaces

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ABSTRACT

In the contemporary world men and women have been victimized by non-physical yet potent and inescapable reality of the modern-day existence, such as, stress, fear psychosis, tension, anxiety, frustration and paucity of time. Most psychologists are trying to find out the reasons for unhealthy mental state of human beings and the factors that affects their conditionings which results in poor quality of life. Many results have been brought forth due to psychologist's incessant and tireless research regarding the impact of these psychological factors of human society. They have also succeeded in concluding, with varying degree of success and certitude about the significance of individuals' internal capabilities in dealing with the rigors of modern contemporary life style.

Key Words : Anxiety, Working women and men, Family, Distress, Work-load, Work-life balance

INTRODUCTION

With the inventions of modern machinery devices and gadgets, such as, cell phones, laptops, Nano-technological equipment etc., it seems that people have captured the entire globe in their own fist. Also, the world has become globally connected like never before. But these gigantic leaps and quantum feats have invited plenty of obstructions and distractions in people's mental life. It has also created psychological problems leading to poor and deteriorating mental health. So, the contemporary men have replenished themselves in the flood of scientific inventions with the help of material wealth and resources, but can hardly breathe happiness in this whirlwind of capitalist and consumerist modern world. Many psychological monsters of this modern society have made it almost impossible to allow man to enjoy sound sleep and live their lives in peace and happiness with grateful joy. A psychologist has rightly said that if we closely look into any of these above-mentioned factors, we will find a man in the center, everywhere. Therefore, perhaps while man is responsible for its technological advancements which has led to rapid growth of ambitions and expectations that could simulate its own disastrous fall or crackdowns. This is one of the greatest fall-outs of the anthropocentric progression of the developmental model pursued and rationalized on the basis of romanticized individualism that reinforces the dictum of neoliberal economic order.

In order to bring out better results in the field of psychological study and to emphasize their stabilized social lives, enforced and categorized in and by their own social settings of life. However, despite the limitation set by the social settings, men have been observed to be capable to adapt and transform their internal strengths through their own works. This adaptive internal capabilities is synonymous to the process of staying in tune with the rapid changes in the living conditions of modern life which in turn has brought about multiple changes in human's social life. These changes sometimes replaced the older modes of life, but for the most part, it seems to be as 'old wine in new bottle'. Even with this status quo mode of changes, men have by and large successfully competed for their basic desires and survival needs.

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In the process of upward mobility of social standards and values, people have continued to look forward to achieve their utmost needs of the lives. In other words, through the material growth and technological developments, humans have been trying to standardize its social strata and norms by the changing what ever they gained throughout the evolution of human civilization. In the process of modernization, the changing patterns of human lives, technological advancement and education had drastically changed the human society through transforming the nature of human practices and experiences. The consequences of modern capitalist society, where mode of social relations and means of production have been drastically and irrevocably changed. No doubt such ongoing changes have affected women at large which undeniably constructed a major component of the human society.

The new discourse has been established where, unlike a century or so ago, women are at the center and their agencies have started to flourish. This new discourse has had a great impact on the disciplines such as psychological study of human society as well as other field of study. Now, the gender issues have become crucial for the researchers which means gender insensitive approaches could amount to lopsided validation of research to their findings or outcomes.

However, the social positioning and categorization of women continue to progressively change. However, it must be pointed out that their status, identity, fixed roles and duties in the society which by and large has remained static have been realigned on the basis of new modern ways of livelihood and survival. They are rather encouraged to come out of the kitchen in order to keep pace with the overall progress and in pursuit of individual needs in the consumerist world. The backward societies, in general, that had always confined women and their role within the domain of domestic life of society, hesitate to watch them outside spaces such as offices and other public spheres. Women are viewed as a threat to the existing social hierarchy and social structure. Despite all the changes in the contemporary modern world, most societies essentially still remain patriarchal in character that is unwilling to give up the hegemony of masculine power, which at the same time attempts to provide space for the women as a collectivity as well as an individual.

However, while such a move is lauded as progressive and empowering for the women, the most crucial aspect that gets masked/drowned out is the price that womenfolk have to pay. While the progressive patriarchal society has reluctantly allowed women in the public domain which in theory, provide them with the opportunities to prove their mettle in the work-place and become equal partners of men in contributing to the growth and success of a country's economy and development. Nonetheless, the socio-cultural domain is still not conducive and welcoming to women's supposed transgression into new roles and identity against the traditionally validated position. In other words, women empowerment remains an uncharted territory for the womenfolk. Modern working women have the added responsibility and burden of her work-place. In addition, women are still expected to perform the traditional household roles assigned, which are validated as standard norms supposedly sustained by the patriarchal nature of the society at large. In otherwords, women are viewed as the proverbial super-woman- a capable and efficient home-maker who is aware of her responsibilities and is an epitome of perfection in her traditionally assigned roles, and also at the same time, a career-woman, who is driven, focused and goal oriented: someone who can seamlessly and effortlessly slip in and out of both these roles. Furthermore, not being able to perform well in either front amounts to failure for career-women the choice of pursuing a career is voluntary and an individual decision, but that of a home-maker is traditional and therefore unavoidable. In catering to such unrealistic and unreasonable socio-cultural demands, working-women have most often than not found themselves inadequate at one front or the other. Over time, in trying to juggle between the near impossible set of demands at work-place and the domestic- household, contemporary modern women have fallen prey to various forms of psychological disorders in varying degrees.

Review of literatures:

In the context given above, Guiding Light (1984)[1] highlights the relationship between working mother's anxiety, depression, hostility levels and their perceived career and family role commitments. He argues that "women who place career roles over family roles scored significantly higher on anxiety than those for whom family

1. Light, H.K. (1984). Differences in Employed Women's Anxiety, Depression and Hostility Levels according to Their Career and Family Role Commitment, Psychological Reports, pp.167

roles are more important. It is, indeed, that career committed mothers who are more at risk."

S. Khanna (1992)[2] pointed out about the life stress among working and non-working women in relation to anxiety and depression. He found that "anxiety is significantly and negatively related to positive life changes among non-working women while depression is found to be significantly and positively related to positive life changes in working women and negative life changes in non-working women. "These results suggest that in Indian context, among working women positive life changes are related to depression, whereas among non-working women positive life changes are related to anxiety, and negative life changes to depression.

Hardy and Barkham (1994)[3] found a significant" associations between anxious-ambivalent attachment patterns and reported anxiety about work performance and relationships at work. Whereas, avoidant patterns are associated with concern over hours of work and difficulties in relationships at home and with social life.

M C Lennon (1994)[4] argues that "full-time housework involves more autonomy, more interruptions, greater physical efforts, more routine, fewer time pressures and less responsibility for matters outside one's control than paid work. Whereas, compared to full time employed women, homemakers benefit from having less responsibility for things outside their control. As such, employed women appear to benefit from having less routinized work than the homemakers."

Apparently, large numbers of non-professional women work not by choice as compared to the professionally employed women. This in turn results to lower level of motivation and confidence which in turn is indicator of low life satisfaction and higher level of anxiety. Many comparative studies of working and non-working mothers, show a positive statistically significant relationship with anxiety score. In this regard, traditional role theories suggest that "women who are trying to maintain several roles would be expected to experience negative stressful feelings.

Additionally, it has been concluded by various studies that women whether working or non-working cope with anxiety in a physiologically more economical way but at a higher psychological cost" (Mukhopadhyay, 1996)[5] .This feeling creates a number of physical and psychological problems for them.

Anxiety: Perception and Implications:

Anxiety is a vague term. The word finds itself grouped with synonyms like uncertainty and apprehension. It derives from the Latin word anxiety as, which means 'to choke' or 'to cause distresses. In psychology, the feeling of anxiety accounts for behavioral, affective and cognitive responses to the sense of danger or threat. There are certain traditional interpretations to understand the nature and causes of anxiety; it has been defined, according to Hayes, more specifically as a socio-physiological reactivity of particular events with uncertain but potentially human made aversive outcomes. On the other side, a well-known psychologist P. Tyrer argues that anxiety could be defined as unfocused futuristic worries that are not completely connected to the recent stressful events of human minds.

Here, the above mentioned psychologists concentrate their argument with the definitions of uncertainty as a pervasive concept that is still debated throughout the institutions of psychology. So to say, these types of interpretations not necessarily always in agreement continue to pose a challenge in analyzing these non-physical issues related to uncertainties which per se affects all human minds, off course with varying degrees. At the least, the concept of uncertainty helped in understanding the basic characteristic of anxiety and establishes a common link between the concepts of uncertainty and the nature of human minds. For instance, human lives do not follow a particular set of course, though, it is presumed that uncertainty is a familiar theme of society and social structures and social relations, and

2. khanna, S. (1992). Life Stress among Working and Non-working Women in Relation to Anxiety and Depression, in Psychologia, pp.67
3. Hardy, G.E. and M. Barkham. "The relationship between interpersonal attachment styles and work difficulties" in Human Relations, 1994.
4. Lennon, M.C. (1994). Women, Work and Well-being: The Importance of Work-Conditions, Journal of Health & Social Behaviour, pp.78
5. Mukhopadhyay, S. (1996). Anxiety Level and its Temporal Change among Working Mothers in Calcutta, The Journal of Social Psychology, pp—21

hence it is related to everyone. Therefore, common masses are unable to differentiate between the varying degrees of anxiety that pervade the humans' lives and how anxiety affects the chances to lead a good life, which basically means physical and mental well-being and fulfillment material and other specific needs.

The popular understanding of anxiety in public domain indicates that unregulated pursuit of self-interest could cause anxiety. In this sense, the richest, in material sense, wants to become richer and they always focus on achieving that target. They continuously think about it, sometimes in a stress or tension, begin to over think about it that increase the degree of anxiety in individual's mind. While on the other side, the opposite strata of them i.e., the poor and working class of society want to uplift the socio-economic status of their lives. They begin to think about the material growth in individual's life, but in most cases they used to over think about that and showing too much concerns about the tasks or jobs that is uncertain and futuristic in approach.

Given the above, with both the rich and the poor equally vulnerable to extreme anxiety and its relations to material condition, anxiety is apparently one of the most common and prevalent forms of the supposed mental disorders. It is an encompassing feeling which might take the form of uneasiness, worry, fear, apprehension, or a combination of any of these.

JK Trivedi and PK Gupta have rightly argued that anxiety is a normal human condition which help us with our response and performance, if the emotion is experienced in moderation. However, when there is excessive anxiety, it has an adverse impact on the persons' performance and mental health (an overview of Indian research in anxiety disorders- book name).

As already mentioned earlier, anxiety is one of the most common form of supposed mental disorders, this gives rise to the pertinent question- what does it cost the individual and the society? Charles H Elliot and Laura L Smith (Overcoming anxiety- book name, page11) have enumerated the cost an individual pays owing to anxiety. They are-

a) It takes a physical toll on the individual which manifests itself in the form of many life-style related disorders and ailments like chronic headache, migraine, high blood pressure, hypertension etc.

b) It takes a toll on children. Children tend to learn by observing others, especially the elders around them. Parents play an important role in childrens' learning process. They learn by observing their parents, especially during the phase of early socialization. Anxious kids suffer from low self-esteem and are often unable to pay attention in school. This affects their performance and hampers their growth.

c) Anxious people face relationship problems. They either withdraw emotionally or they become clingy and emotionally dependent on others, in most cases their partners.

d) People with anxiety disorders miss work more often than others. Also, they aren't optimally productive at work. This leads to loss of productivity for the company and by extension for the economy. At a personal level, such people tend not to have job satisfaction which hampers their prospects of career growth.

The impact of anxiety and related disorders are greater and more pronounced on the womenfolk as compared to men, largely because of the ever-elusive mirage the work-life balance and harmony they chase after and try to maintain. It takes a toll on their psychological health. Given all the development made in health science, spreading awareness about mental disorders is desirable as the masses remain ignorant about anxiety and its negative fallouts.

Anxiety and the urban working spaces:

According to the psychological point of view, these working women are the hallmark of contemporary upper-middle class, quite often, middleclass educated society. In context of developing countries like India, such a woman is often looked up as stereo type –'urban based modern woman' –who functions within the overall social structure which inhibits her from serving in the public domain such as offices and public places. Besides, the male dominated society is still not unable to accept women's rolepositively as a leading family member, more so because in the household they always have to look after their children and house, family relations and society etc. Practically, it may true that women are indispensable in certain aspect of child care such as breast feeding. Otherwise, male could be equally good in performing the responsibility of child. However, women continue to be confined to their traditionally assigned role as a home-maker.

The emergence of modern educated women in corporate sectors and at some extent in socio-political and government institutions is a phenomenon prevalent among women in urban areas. But for the society at large

still view women as docile body character and as a part of private property in a male dominated family system. The current discourse on women empowerment points out that the society tacitly reinforces the notion of docility of women. For instance, we see, a woman who used to contest panchayat election from the female reserved seat, generally, she could not able to participate in public meetings and gatherings and some other political activities related to the election campaigns. In fact, the husband of the female candidate and the male family members usurps the acts to represent her in every spheres of society. Feminist argues that such evidence highlights the power structure and the entire body politics is dominated by man who are not willing to let go of the vantage point. It could be argued thtthe woman candidate even after winning could still feel like a looser. Despite the new role in public space which has its own specific demands such women are still expected to accept the dependency to her husband in every socio-political and cultural spheres of the society.

Nonetheless, In 26 Jan 1950, Post-independence India adopted universal franchise. As a result, women were provided with a window to participate in the political process. Since then, gender studies have captured the changing position of women in Indian societies. As a matter of fact, in comparison to other South Asian countries, it is observed that rule of law with respect to women rights in India that foster equality and liberty of women as same as with their male counterparts, are better codified as constitutional rights.

Given the above, it is still relevant to discuss how the notion that categorizes women as a secondary citizen in respect to the men. Historical antecedents across the globe indicates that such notion were enforced through to age old social practices and wherein political spaces were largely dominated by men under a patriarchal social order affected endemically with intermittent violence. Since then, effort towards women empowerment driven by the spread of education has become worldwide and has resulted to tangible improvement in the social and political position of women. As a result, legislative measures and constitutional amendments were affected and codified as an act. The fundamental aim of such measures gradually delegalized all the unwarranted prejudices and traditional practices that treats women as secondary being.. To put it otherwise, women have now begun to participate freely in the political, economic, social and cultural sphere of the society and the society at large has benefited the outcome of utilizing their productive capacity. Thus, women are vital agency for the sustainable development of the human kinds.

It is observed, the executive and non-executive women working in various role and who does multiple range of tasks are determining the growth and development of organization. For instance, there are several professional cum executive jobs that is headed by women representatives in every sphere of public domain such as jobs like ambassadors, cabinet ministry jobs, women engineers and scientists, women police officers, and magistrates, women executives in corporates and social services and so on.

In fact, most of the men still disregard the status of women, men are worried about curtailment of their hegemony over the domestic affairs. Whereas, working men and women in real sense complement each other and the state considers both to be equal before law without any considerations. This means the question of survival and livelihood would be eased through cooperation between them which in turn could enable holistic growth and development of the society.

Although most working women works as minimum wage laborer, they are expected manage domestic needs and at the same time cater to individual needs and fulfill other social requirements. The reality is that working women had more pressure and stress than male counterparts because of the unconditional affiliations with domestic works and the outer world as well. Here, it is important to notice that the real status and roles of rural working women are not different from the urban. It has been observed that rural women remains preoccupied with engages domestic, farming and agricultural related works.

Anxiety and the work-life balance:

It has been observed that the workplace and work environment as a whole continue to be hostile towards young mothers who have to shoulder dual responsibilities which lead to decrease productivity. Some researchers state that working mothers works in academic field were found to suffer from slow progress. In fact, prevalence of depression and anxiety as such have been observed to be higher among women during the active period of their life and especially during reproductive period age (20-40) who forms a significant proportion of the workforce.

Women whether experiencing motherhood or not, they continue to work even after marriage. For instance,

when both the spouses work, it may be necessary for the woman to retain her job if she has to avail insurance benefits and if she wants to retire with better retirement benefits. T. Bajaj and S. Sachdeva studied about anxiety among working and non-working women. The authors argue that:

"The working women are selected from three occupational sectors, i.e. nurses, school teachers and bank employees. Results reveal that in the lower age group, working women exhibited significantly higher anxiety, whereas in the higher, age group, non-working women show more anxiety. Overall, working women exhibit slightly more anxiety than non-working women, but the difference is not significant."[6]

Bakhshi (2004) studied the impact of occupational stress on home environment; an analytical study of working women of Ludhiana city to examine working conditions of selected categories of working women; and, to analyze the impact of occupational stress on home environment as perceived by the respondents. Results of the study revealed that the impact of stress on house care is high and, while the impact of stress on social and leisure life reveal that they prefer to go for outing. The effects of stress, miscellaneous work shows that there is no significant difference.

Barnett (2004) pointed out that "employment has positive benefits on the mother. It is also assumed that the roles of a mother and wife have relatively less stress as they are natural roles, whereas the role of employee, being unnatural, is regarded as highly demanding."

Effects of anxiety among working men and women:

Relentless competition has become an unavoidable feature of the contemporary society. For instance, given the pressure to succeed, modern-day, seems a lot of students and aspirants who are unbale to clear the university entrance examinations are vulnerable to psychotic trauma, such form of anxiety, could be either unilateral or multi-dimensional in nature. In fact, anxiety is a kind of psychological problem and it is generally defined as worry, tension, stress and frustration and other psychological problems like hysteria. Aforementioned kinds of psychological problem are associated with anxiety.

A state of prolong emotional imbalance and over thinking increases the level of anxiety, which could get reflected in terms of negativity rather than positive perception of the perceived reality, and a person suffering high level of anxiety could become imaginative and isolative in nature, feel unprotected, unsecured and distressed that causes further anxiety. A well-known psychologist stated that:

Anxiety is like an economic cancer, if it continues, it will drag you into such a financial desert where you will suffice in dust of your own remorse. So stop worrying and start living. It is quite easy.[7]

Five decades earlier, Sigmund Freud explored the facts about the problems of anxiety among the people. He stated that:

The problem of anxiety is a noble point, linking up all kinds of most important questions; a riddle, of which the solution must cost a flood of light upon our whole mental life.[8]

The problem of anxiety has become an important concept in the field of psychology, it refers to arousal caused by a threat to one's well-being. In case of adjustment the anxiety is subject to several factors such as parental control, socialization and conservative values and collision with one's selfishness may interrupt or deflect the course of patterned behavior. In other words, adjustment at times could alter one's character and thought process. Thus, amputated and unconsummated reaction is inevitable part of human existence.

As human beings, it is quite obvious to normalize the facts that a person feels anxious, worried, stress, tension and fears during his or her whole period of life. Anxiety and its degree vary with time and space. Nonetheless, it is observed that anxiety is a widely prevalent mental stated and its causes are deeply rooted in human's life. In other words, a normal degree of anxiety

6. Bajaj, T and S. Sachdeva, "Anxiety among Working and Non-working Women", in *Indian Journal of Mental Health*, 2004, 45(2), p-234

7. See, Silent Night, Dr D. Jim Reeves and Dr C. Essakiappan, *Optimistic and Pessimistic Adolescence: A Comparison of Physical Fitness and Psychological Variables* , Hamburg: Anchor Academic Publishing, 2015, p-97

8. See, Freud, Sigmund, *The Problems of Anxiety*, New York: W. W. Norton inc., 1936 (English Translation by Henry Alden Bunker), pp-128-29.

could happen within a healthy normal human mind. Anxiety is just a part of life. It helps us cope with the stress we may encounter in daily routine.

The *Oxford English Dictionary's* definitions about the anxiety, the meaning of anxiety is as simple as:

It is a kind of painful uneasiness of mind concerning some impending or anticipated ill. An anxiety reaction is a state of apprehension without an apparent object, in which attempts are made to discharge internally generated tension and to reduce anxiety through increased bodily activity.[9]

Here, it is noticeable that the essential aspects of anxiety arises out of an internal and subjective condition. It also indicates at certain point, a danger or threat that comes from within the person itself, rather than relying solely on any kind of tangible external dangers.

The behavioral effects of anxiety may include withdrawal from situations that have provoked anxiety in the past. Anxiety can also be experienced in ways which include changes in sleeping patterns, nervous habits, and increased motor tension like foot tapping. B. W. Smith argues about the effects of anxiety and depression on women and states that:

The emotional effects of anxiety may include feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching and waiting for signs and occurrences of danger and feeling like your mind is gone blank as well as "nightmares/bad dreams, obsessions about sensations, "*Deja vu*", a trapped in your mind feeling, and feeling like everything is scary.[10]

The cognitive effects of anxiety may also include thoughts about suspected dangers, such as fear of dying. An observation says that "If you fear that the chest pains as deadly heart attack or that the shooting pains in your head are the result of a tumor or aneurysm. You feel an intense fear when you think of dying or you may think of it more often than normal or can't get it out of your mind" (Source - NSW HSC Online, 1987–2008).

It could be pointed out that the main reason for the higher level of state anxiety among the working women is due to the fact that working women had to deal with multiple work roles, demands and pressures. Working women doing tasks at their workplace and also at home are exposed to continuous stress and several other situational stresses. Besides, they may experience limited family and social support which add to the anxiety and stress among working women. Thus, greater exposures to hardness of reality tend to increase the amount of situational anxiety in the working women. On the other hand, working men are concerned with their field work only. Therefore, they have an enough time to interact with the family members and other companions in the society. Thus, the working men have less scope to deal with external stressful situation.

However, the monotonous daily activities, lack of social life and leisure time for oneself could be the main reasons for the higher level of trait anxiety among working men. In other words, single role creates less pressure in their life and situation and therefore, the state anxiety is less prominent. This finding is also supported by the studies of well-known scholars, such as Hoffman (1986), the Kessler and the MacRae (1982).

The aforementioned scholars reveals that there is mean difference of both state and trait anxiety scores between the two groups. Thus, it could be assumed that there is significant difference between the state and the trait anxiety among working men and women of Gurugram. Both the state and the trait anxieties were more prominent in case of working women than among the men who were working professionally. This could be due to the fact that employed mothers expressed greater feeling of inadequacy and exhibit higher levels of guilt and anxiety about their roles (Field, 1964).

In fact, women have more responsibilities in household, domestic conflicts, abusive relationships, and, enjoyed less, fewer rights, less social and economic freedom. Not only these, but also inability to escape social and cultural pressures and other factors as well has become the root causes of anxiety working women.

Thus, it could be concluded that both working men and women reported anxiety as per the Hypothesis 1 which states that "there would be higher level of anxiety among working women compared to working men", is therefore, not accepted.

9. See, Oxford English Dictionary and Oxford English Thesaurus, London: Oxford University Press, 2002 and Maurice Waite (ed.) version in 2008 (Fourth Edition).

10. Smith, B. W and A. J. Zautra, "The Effects of Anxiety and Depression on Weekly Pain in Women in Arthritis" in *Pain*, 138(2), 31st August, 2008, pp-354-61.

Outcomes of the research:

Recently, the research works on psychology, critically analyzed the socio-economic degradations of a family through the prism of psychological perspective. The research work clearly indicates that the emergence of new middle class mostly migrated to the urban for better opportunities. It further elaborated that the outlook moves upward social mobility, changed its socio-psychological conditionings, new way of lifestyle and adapted the individual's personality and state of mind according to the material and mental needs. Thus, several emerging psychological problems surrounds the individual's mental space, and ultimately, these problems became monsters for their private life that slowly affected the human mind become the major reasons for degradations and isolations.

In earlier period, the working women were not on the prime scene of the society, i.e., in the work space, and they were never allowed opportunity to compete with their male counterpart. The old age social mentality and working has not changed so far, patterns such as women primarily confined to domestic affairs, the social order, limitation of responsibilities and performing duties for development works only among the men and working women were treated as the subsidiary. It is cleared that the rights of a male and a female were never equal and justice has not delivered is proven through the historical development of any society.

In fact, in the contemporary, womens' are empowered through various means like the affirmative actions, womens reservation policy. The pace of development of society is expanding based on needs a large amount of labour force for the market as well as the trade and commerce. In most cases, the talents and contributions of working women were not given much attention in the field of development progress of any society.

However, in recent times, the mindset and attitudes towards working women has transformed and reshaping in direction of modernity with the pace of technological growth of the human civilization across the world. It has impacted the psychological health and behavior which were major obstacles thereby disrupting the mental peace and happiness among the working men and women of the urban masses and generating a new form of live.

At the same time, the parents, mainly in urban areas, do not discriminate between their children on the basis of favoring the male child over the girl. This significant progress of the society could be seen through the lens of gender line. The girls are encouraging and given priority to access education, games and sports, and, all sphere of the activities as same as the boys are getting in the society. Women are encouraged to show their capabilities and talents in different aspects of their lives, in every nook and corner of the society. Not only these, there are several factors to be pointed out the working conditions and circumstances in urban areas that affects individual's mental and physical health, which ultimately become deciding the future course of actions.

Conclusion:

With the pace of advancement made in the field of science and technology, the social patterns have undergone tremendous changes. The daily need of life has multiplied. Therefore, it is unlikely that all the needs could be satisfied with only man's income. This means meeting the ever increasingly need of modern facilities would require participation of women too. Given this, women are also expected to contribute in augmenting the material comfort of the household. At the same time women are expected to continue to look after the household chores and children has now undergone a change. Women has come out of the kitchen/house to work in various fields and profession, either out of choice or necessity or both.

By doing so, it could be assured that the financial problems of family is minimized to a great extent. However, the burden of domestic work remains the same. Women who work outside are also required to make many adjustments in allocation of time and this often contribute to stress and anxiety. In short, such a situation could a metamorphosis in her personality which may not necessarily be positive. Mental disorders, such as depression and anxiety disorders are relatively common and this in turn explains work disability which could be more harmful than chronic conditions such as cardiovascular diseases.

Anxiety is a generalized mood condition that can mainly occur without an identifiable triggering stimulus. As such, it is distinguished from fear, which is an emotional response to a perceived threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is related to situations perceived as uncontrollable or unavoidable. An alternative view defines anxiety as "a future-oriented mood state in which one is ready or prepare to cope with upcoming negative events". It suggests that it is a distinction between future versus

present dangers.

Physical effects of anxiety may include heart palpitations, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, stomach aches, or headaches. The body prepares to deal with a threat: blood pressure and heart biting increase, sweating increase, blood flows to the major muscle groups increase, and immune and digestive system function inhibited (the *fight or flight* response). External signs of anxiety may include pale skin, sweating, trembling, and pupillary dilation. Someone who has anxiety might also experience a sense of dread or panic.

Cognitive effects of anxiety may include thoughts about suspected dangers, such as fear of dying. One may fear that the chest pains such as a physical symptom of anxiety that are a deadly heart attack or that the shooting pains in your head as another physical symptom of anxiety which is the result of a tumor or aneurysm. One feel intense fear when you think of dying, or one may think of it more often than normal, or can't get it out of mind. Behavior can be affected in the form of withdrawal from situations where unpleasant effects of anxiety had been experienced in the past. It can also be affected in such a way which include changes in sleeping patterns, nail biting and increased motor tension.

In the face of increasing stress of life in modern society, theories on anxiety has proliferated in manifold trajectories. Nonetheless, the definitions of the concepts have broadly based on observations or introspective reports by subjects, normal or pathological. Some definitions have only a conceptual basis while others are rooted in the physiological or behavioral changes observed in the experimental situations.

The role of women in the society is constantly in a state of flux and is forever being questioned. For centuries, women have struggled to find their rightful place in a predominantly working men-oriented world. Literature provides a porthole into the lives, thoughts and actions of women during certain periods of time in a fictitious form, yet often truthful in many ways. Women have a great part to play in the progress of a given country. It is probably due to this crucial, though delayed realization, that governments across the world are focusing more than ever before on women and their issues so as to ensure a better quality of life. Some of the notable steps include: equal pay for equal work; better work-force participation being encouraged, either through reservation policy or through other modes of affirmative actions. Moreover, due importance must be given to their health– maternal, menstrual as well as in general– right from their birth till they become mothers; maternity leaves and benefits. However, policy makers need to also focus more on the psychological well-being of the women worker. More importantly, a nation can't realizeits true development potential by excluding women from the productive process and contribute in the nation building process as a rightful participant.

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