

A Comparative Study to Assess the Anxiety Among Teenage of Homemaker Mothers and Employed Mother at Selected School, Dehradun

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Abstract: *Introduction: Anxiety is one of the most common mental health concerns for children and adults, affecting upwards of 20% of children and adolescents over the lifespan. Anxious youth are often quiet and well behaved, and thus frequently go unnoticed by their parents, teachers, and coaches. Alternatively others can be disruptive and being labeled as having attention deficit disorder. Parents often say that from a very young age, they knew there was something different about their child, but did not immediately recognize it as an anxiety problem. As a result, parents of anxious teens are often confused about what to do, as well as frustrated, and overwhelmed. Methodology: A quantitative research approach was used to assess the anxiety. The research design selected was comparative design, Non-randomized convenient sampling technique was used and sample size are 100. The study was conducted at Shri Guru Ram Rai Public school, Race course, Dehradun . Spence Children's Anxiety scale used as tool for data collection. Reliability is 0.68. The collected data was analyzed and interpreted by using descriptive and inferential statistics. Results: Homemaker Mothers Teenage: There is significant association between anxiety among teenage of homemaker mothers with Father education ($X^2_6 = 16.80$), and Mother education ($X^2_6 = 20.63$) as the calculated value > Tabulated value (12.59) at $P < 0.05\%$ and there is no significance association between other demographic variables with age, gender, religion, no. of siblings, education, father's occupation as the tabulated value is greater than calculated value at the significance level of 0.05. There is significant association between anxiety among teenage of employed mothers with Mother education as the calculated value ($X^2_4 = 10.28$) > Tabulated value (9.49) at $P < 0.05\%$. The study concludes that there is a significant difference in anxiety among teenage of homemaker mothers and employed mother.*

Keywords: Anxiety, Teenage, Homemaker Mothers, Employed Mothers

1. Introduction

Anxiety is one of the most common mental health concerns for children and adults, affecting upwards of 20% of children and adolescents over the lifespan. Anxious youth are often quiet and well behaved, and thus frequently go unnoticed by their parents, teachers, and coaches. Alternatively others can be disruptive and being labeled as having attention deficit disorder. Both scenarios result in youth failing to receive the help they desperately need. Sadly, untreated anxiety can lead to depression, missed opportunities in career and relationships, increased substance use, and a decreased quality of life. Parents often say that from a very young age, they knew there was something different about their child, but did not immediately recognize it as an anxiety problem. Some waited for their child to "grow out of it", and other parents viewed the anxious behaviors as normal as, they, too behaved in a similar way. As a result, parents of anxious teens are often confused about what to do, as well as frustrated, and overwhelmed.

2. Problem Statement

"A Comparative study to assess the anxiety among teenage of homemaker mothers and employed mothers at selected school, Dehradun"

3. Aim

To assess the anxiety among teenage of homemaker mothers and employed mothers at selected school, Dehradun.

4. Objectives of the study

- 1) To assess the anxiety among teenage of homemaker mothers.
- 2) To assess the anxiety among teenage of employed mothers.
- 3) To compare the anxiety of homemaker mothers and employed mothers teenage.
- 4) To find out the association of level of anxiety with their selected demographic variables among teenage of homemaker mothers and employed mothers.

5. Methodology

A quantitative research approach was used to assess the anxiety. The research design selected was comparative design, Non-randomized convenient sampling technique was used and sample sizes are 100. The study was conducted at Shri Guru Ram Rai Public school, Race course, Dehradun. The conceptual framework was based on Roy's adaptation model . Spence Children's Anxiety scale used as tool for data collection. The research tool consisted of two sections; Section A is demographic variable and section B is related to anxiety scale. The content validity done by five experts in field of Nursing and Medical. Reliability is 0.68. The collected data was analyzed and interpreted by using descriptive and inferential statistics.

6. Results

Homemaker Mothers Teenage

The frequency and percentage distribution of teenage depicts that majority (60%) of subjects are of 12 years of age, (22%) are of 13 years of age and remaining (18%) are of 14 years of age. All the samples are 50 in number out of which maximum percentage (56%) are females and remaining

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(44%) are females. The highest percentage (84%) of subjects belongs to Hindu Religion, (10%) are of Muslim Religion, (6%) are of Sikh Religion and remaining (0%) subject belongs to Christian Religion. The majority (52%) of subjects have 1 Sibling, (40%) of subjects have 2 sibling, (2%) are having more than 2 siblings and remaining (2%) of subjects have no sibling. The majorities (40%) of subject are in 8th Standard, (32%) are in 6th standard and remaining (28%) are in 7th standard. Education status of father explains the maximum (46%) having intermediate education, (36%) are having graduation and above, (16%) are having primary education and remaining (02%) are illiterate. If we analyze fathers occupation, highest percentage (44%) are government employee, (32%) are in private job, (22%) are self-employed and remaining (02%) subject unemployed. Mother education status explains the maximum (46%) have intermediate education, (30%) have graduation and above, (22%) have primary education and remaining (02%) have illiterate. The 100% of subjects are homemaker.

There is significant association between anxiety among teenage of homemaker mothers with Father education ($X^2_6 = 16.80$), and Mother education ($X^2_6 = 20.63$) as the calculated value $>$ Tabulated value (12.59) at $P < 0.05\%$ and there is no significance association between other demographic variables with age, gender, religion, no .of siblings, education, father's occupation as the tabulated value is greater than calculated value at the significance level of 0.05.

Employed Mothers Teenage

The frequency and percentage distribution of teenage depicts that majority (42%) of subjects are of 12 years of age, (34%) are of 13 years of age and remaining (24%) are of 14 years of age. All the samples are 50 in number out of which maximum percentage (56%) are males and remaining (44%) are females. The highest percentage (88%) of subjects belongs to Hindu Religion, (08%) are of Muslim Religion, (04%) are of Sikh Religion and no subject belongs to Christian Religion. The majority (36%) of subjects have 1 Sibling, (32%) of subjects have 2 sibling, (24%) are having no sibling and remaining (8%) of subjects have more than two siblings. The majorities (38%) of subject are in 8th Standard, (36%) are in 7th standard and remaining (26%) are in 6th standard. Education status of father explains the maximum (56%) having graduation & above, (26%) are having Intermediate, (18%) are having primary education no one are illiterate. If we analyze fathers occupation, highest percentage (48%) are in private job, (44%) are in govt. job, (08%) are self-employed and (00%) subject unemployed. Mother education status explains the maximum (52%) have graduation & above, (44%) have intermediate, (04%) have primary education and no one is illiterate. The 100% of subjects are employed.

There is significant association between anxiety among teenage of employed mothers with Mother education as the calculated value ($X^2_4 = 10.28$) $>$ Tabulated value (9.49) at $P < 0.05\%$ and there is no significance association between other demographic variables with age, gender, religion, no. of siblings, education, father's education and Father's occupation as the tabulated Value is greater than calculated value at the significance level of 0.05.

7. Recommendation

- A Similar study may be conducted on a larger sample for wider generalization.
- An Experimental study can be conducted to find out the factors associated with anxiety.
- The study may be conducted at different setting.

8. Conclusion

The study concludes that there is a significant difference in anxiety among teenage of homemaker mothers and employed mothers.