

*A Comparative Study of Anxiety, Depression and Stress during
Pregnancy in Working and Non-Working Women*

Authors

Pal Rubika Rudra, Research Scholar, Department of Psychology, Eklavya University, Damoh;

Jha Dr. Dheeraj, HOD Psychology Govt.S.S.N.M.W. College Narsinghpur,

Pandey Dr. Vandana, Assistant Professor, HOD Psychology, Eklavya University, Damoh;

Abstract- The present study investigated difference between anxiety, depression, and stress in working and non-working during pregnancy. 50 Working women and 50 non-working total 100 pregnant women were selected by purposive and convenient sampling from different clinics of gynaecologist in Kolkata city (West Bengal) with her/him and subject's consent. To collect the data Depression Anxiety Stress Scale (DASS-42) developed by Lovibond and Lovibond (1995), to measure the negative emotional states of depression, anxiety and stress was administered on sample of the study. Data were analysed by Statistical Mean (M), standard deviation (S.D.) and critical ratio or t-test for large sample. According to results we can conclude that There is a significant difference between Depression, Anxiety and Stress in Pregnancy phase of working and non-working women. Research found Mild level of depression, moderate level of anxiety and moderate level of stress in working and non-working women during pregnancy phase.

Key words- *Anxiety, Depression, Stress, Pregnancy*

Introduction -A woman's pregnancy is a life-changing and frequently difficult time that is marked by profound changes in her body, mind, and emotions. While expecting a child provides happiness and excitement, there are other stresses and worries that come with it as well, which can have an adverse effect on pregnant moms' mental health. Pregnant women frequently struggle with psychological problems including stress, anxiety, and depression, which can have an impact on the development of the fetus as well as the mother.

There are particular difficulties associated with balancing a profession and raising a family, particularly in modern countries where more and more women are entering the workforce. Pregnancy plus professional obligations can put additional strain on working women, which can

increase stress, anxiety, and depressive symptoms. On the other hand, women who do not work may have distinct stresses, such monetary reliance, social seclusion, or an absence of planned daily routines, all of which may exacerbate psychological discomfort during pregnancy.

The relationship between mental health and work status during pregnancy is intricate and multidimensional. Many studies have shown that social support from their employment and a feeling of purpose may be beneficial for working women and serve as protective factors against mental health problems. But the office may also be a stressful place to work, especially if pregnant workers don't receive enough support or flexibility. However, since they have fewer social connections and are not as financially independent, non-working women may also be more vulnerable to mental health problems while having more time to recover and get ready for childbirth.

Stress, anxiety, and depression during pregnancy increase the chance of unfavourable outcomes for both the mother and the unborn child. Anxiety during pregnancy has a negative impact on fetal neurodevelopment and the health of the unborn child, as well as a shorter gestation period. Pregnancy-related anxiety is very strong. Lower birth weight babies have developmental repercussions and are linked to chronic stress, racism exposure, and depression symptoms in pregnant moms. More research should be done on these unique risk variables and the routes they lead to different birth outcomes.

This study compares the levels of stress, anxiety, and depression that pregnant women who work and those who do not in order to investigate and evaluate these differences. In order to give insights that might influence treatments and support systems targeted to the requirements of pregnant women based on their job position, the study looks at these psychological aspects in an effort to pinpoint specific characteristics that lead to mental health issues in both groups.

Vyas (2019) examined the levels of anxiety, sadness, and stress in both working and non-working women. It was predicted that there would be a notable difference in stress, anxiety, and depression between working and non-working women. In contrast to women who are not employed, working women with lower socioeconomic status demonstrated more symptoms of anxiety, stress, and depression. However, there was no discernible difference in the symptoms of working and non-working conditions among women in higher socioeconomic status.

Zeab and Ali (2018) investigated the differences in depression experienced by Pakistani women who work and those who do not. There were 125 working and 125 non-working women in the sample. The age range of the target group was 28 to 45. The results demonstrated that Pakistani working women scored lower on the depression scale than did non-working women. The age score's standard deviation was (SD=4.129) and mean was (M = 34.126). The average depression score for women who were not employed was 14.28, whereas the average depression score for women who were employed was 10.26. The results show that working women experience depression at a lower rate than non-working women.

Schetter and Tanner (2012) said that stress, anxiety, and depression during pregnancy are risk factors for unfavourable outcomes for both moms and their offspring. Pregnancy-related anxiety has negative effects on fetal neurodevelopment and infant outcomes, as well as a shorter gestation period. Anxiety for a certain pregnancy is very strong. Lower birth weight babies have developmental ramifications and are linked to maternal depression symptoms, racism exposure, and long-term stress during pregnancy. More research is required on these discernible risk variables and the associated pathways leading to different birth outcomes.

Hamid et.al (2008) discovered the frequency of symptoms of sadness and anxiety during pregnancy. In the obstetric clinic at FMH (Fatima Memorial Hospital), a sample of one hundred pregnant women underwent screening as they awaited their prenatal check-up. The results showed that, on the anxiety and depression scales, respectively, 39% and 18% of the 100 pregnant women scored higher than the cut-off. The percentages of anxiety and depression in the control group were 28% and 12%, respectively. The T-test findings revealed a substantial difference in the anxiety and sadness levels between the two groups. Pregnant women are more likely to experience anxiety than their closely matched co-workers.

OBJECTIVES –

1. To comparison between Anxiety of working and non-working during pregnancy.
2. To comparison between Depression of working and non-working during pregnancy.
3. To comparison between Stress of working and non-working during pregnancy.

HYPOTHESIS –

1. There will be a significant difference between anxiety of working and non-working women during pregnancy.
2. There will be a significant difference between Depression of working and non-working women during pregnancy.
3. There will be a significant difference between Stress of working and non-working women during pregnancy.

VARIABLES –Independent variable: Working and Non-working.

Dependent variable:Anxiety, Depression and Stress.

Control variable:Pregnancy phase

Research Methodology –

SAMPLE –50 Working women and 50 non-working pregnant women were selected by purposive and convenient sampling from different clinics of gynaecologist in Kolkata city (West Bengal) with her/him and subject's consent.

Psychological Tools –To collect the data **Depression Anxiety Stress Scale (DASS-42)** developed by Lovibond and Lovibond (1995), to measure the negative emotional states of depression, anxiety and stress was administrated on sample of the study.

StatisticalTools –Data were analysed by Statistical Mean (M), standard deviation (S.D.) and critical ratio or t-test for large sample.

Results and discussion***Difference between depression in working and non-working women during pregnancy phase.***

Phase	Group	Number	Mean	S.D.	critical ratio	p-value
Pregnancy	Working	50	10.36	6.83	0.83	>0.05
	Non-Working	50	9.30	5.92		

Above table shows the result of “Difference between depression in working and non-working women during pregnancy phase.” There is no significant difference between means. Mean values of Depression in Pregnancy phase of working and non-working women are 10.36 and 9.30. Similarly, there is no significant difference between means. Calculated critical ratio value is 0.83 which is not significant at 0.05 level of significance because critical ratio value is less than minimum value 1.96 at 98 degree of freedom and 0.05 level of significance.

Therefore, we can say that there is no significant difference between depression in working and non-working women during pregnancy phase.

Difference between Anxiety in working and non-working women during pregnancy phase.

Phase	Group	Number	Mean	S.D.	critical ratio	p-value
Pregnancy	Working	50	12.96	8.17	2.89	<0.05
	Non-Working	50	9.28	3.74		

Above table shows the result of “Difference between Anxiety in working and non-working women during pregnancy phase.” There is a significant difference between means. Mean values of Anxiety in Pregnancy phase of working and non-working women are 12.96 and 9.28. Similarly, there is a significant difference between means. Calculated critical ratio value is 2.89 which is significant at 0.05 level of significance because critical ratio value is greater than minimum value 1.98 at 98 degree of freedom and 0.05 level of significance.

Therefore, we can say that there is a significant difference between Anxiety in working and non-working women during pregnancy phase.

Difference between Stress in working and non-working women during pregnancy phase.

Phase	Group	Number	Mean	S.D.	critical ratio	p-value
Pregnancy	Working	50	18.22	7.65	2.58	<0.05
	Non-Working	50	14.66	6.00		

Above table shows the result of “Difference between Stress in working and non-working women during pregnancy phase.” There is a significant difference between means. Mean values of Stress in Pregnancy phase of working and non-working women are 18.22 and 14.66. Similarly, there is a significant difference between means. Calculated critical ratio value is 2.58 which is significant at 0.05 level of significance because critical ratio value is greater than minimum value 1.98 at 98 degree of freedom and 0.05 level of significance.

Therefore, we can say that there is a significant difference between Stress in working and non-working women during pregnancy phase.

Conclusion –

There is a significant difference between Depression, Anxiety and Stress in Pregnancy phase of working and non-working women. Research found Mild level of depression, moderate level of anxiety and moderate level of stress in working and non-working women during pregnancy phase.

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