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A descriptive study to assess emotional problems among working women from the selected organizations of Pune city

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Abstract

Introduction: Emotional problems are interconnected with all life situations, in the present Indian scenario women are more prone to emotional problems. It is seen that women are facing problem in both professional and personal life. It is said that “The chief index of emotional hygiene is the ability to bear tension “Aim of the study: To assess knowledge regarding emotional problems among working women from the selected organizations of Pune city.”

Objectives of the study: To assess emotional problems among working women.

Material and method: The research approach adopted for the study was quantitative approach and the research design was descriptive survey method with 70 adults. Non-probability purposive sampling method was used and data collected through semi structured interview technique. Assessment of emotional problem among samples were done from December 2022 to February 2023. Consent was taken from the samples before data collection, for filling the questionnaire.

Result: The majority of samples had anxiousness i.e. 66%, strong dependency need 52%, being out of control 58% and worried 60.80%, overall 42.% of samples had moderate, 31.20% mild & 26.80% emotional problems.

Conclusion: The study concluded that the emotional problems main obstacles of working women.

Keywords: Knowledge, emotional problem & working women

Introduction

Emotional problems are interconnected with all life situations, in the present Indian scenario women are more prone to emotional problems. It is seen that women are facing problem in both professional and personal life. It is said that “The chief index of emotional hygiene is the ability to bear tension. “Aim of the study: To assess knowledge regarding emotional problems among working women from the selected organizations of Pune city”^[1].

Need for the study

The present study statement: “A Descriptive Study to Assess Emotional Problems among Working Women from the selected Organizations of Pune City.”

Material and Methods: The research approach adopted for the study was quantitative approach and the research design was descriptive survey method with 70 adults. Non-probability purposive sampling method was used and data collected through semi structured interview technique. Assessment of emotional problem among samples were done from December 2022 to February 2023. Consent was taken from the samples before data collection, for filling the questionnaire.

Section I: Demographic Data

Finding of demographic variables, shows that, out of 250 samples majority of samples i.e. 52.4% were in the age group of 25-35, 61.6% were married, 41.6% were graduate, 65.6% were working private sector, out of 250 samples, 90% were from middle class, 51.6% were doing full time job and 55.2% were working for 7-8 hours per day, were as 48% were having below 20,000 income per month.

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Section: II**Table 1:** Item analysis of emotional problems among working women, N=70

| Sr. No | Items | Frequency | Percentage |
|--------|----------------------------------|-----------|------------|
| 1. | Anxious | 165 | 66.00% |
| 2 | Angry | 60 | 24.00% |
| 3 | Fearfulness | 65 | 26.00% |
| 4. | Lack of concentrate on the work, | 120 | 48.00% |
| 5 | Strong dependency need | 130 | 52.00% |
| 6. | Unsatisfied with my job | 55 | 22.00% |
| 7. | Unhappiness for my job | 60 | 24.00% |
| 8. | Irritability | 75 | 30.00% |
| 9. | Helpless | 20 | 8.00% |
| 10. | Being out of control | 145 | 58.00% |
| 11. | Frustration | 102 | 40.80% |
| 12. | Boredom. | 113 | 45.20% |
| 13. | Forgetfulness | 89 | 35.60% |
| 14. | Worry | 152 | 60.80% |
| 15. | Unable to take decisions | 90 | 36.00% |
| 16. | Negative thinking | 45 | 18.00% |
| 17. | Lack of focus | 75 | 30.00% |
| 18. | Loneliness | 20 | 8.00% |
| 19. | Blame self | 50 | 20.00% |
| 20. | Feel inadequate | 123 | 49.00% |
| 21. | Conflicts | 30 | 12.00% |

Table No 1 shows that, majority of samples had anxiousness i.e. 66%, strong dependency need 52%, being out of control 58% and worried 60.80%,

Table 2: Assessment of emotional problems among working women N=70

| Scoring | Frequency | Percentage |
|-----------------|-----------|------------|
| Mild (0-7) | 78 | 31.20% |
| Moderate (8-14) | 105 | 42.00% |
| Severe (15-21) | 67 | 26.80% |

Table No 2 shows that 42% of samples had moderate, 31.20% mild & 26.80% emotional problems.

Discussion

This study conducted shows that, majority of samples had anxiousness i.e. 66%, strong dependency need 52%, being out of control 58% and worried 60.80%,

A study conducted by Savita Malhotra *et al.*, supports above finding, on Women and mental health in India: An overview shows that depression, anxiety, and somatic complaints social adjustment irritability, restlessness, anxiety, tension, migraine, sleep disturbances, sadness, dysphoria, and the lack of concentration occur more frequently during the premenstrual and menstrual phase^[2, 3]. Depressive disorders account for close to 41.9% of the disability from neuropsychiatric disorders among women, an estimated 80% of 50 million people affected by violent conflicts, civil wars, disasters, and displacement are women and children, lifetime prevalence rate of violence against women ranges from 16% to 50%^[4].

Conclusion

The study was conducted on emotional problems among working women, this research is important because it shows how far women can cope up with the situation and her problems, as they are at both ends of the spectrum—either

focusing on their family or their job. The main goal of conducting this research was to understand and make aware on emotional problems and coping among working women.

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Conflict of interest

The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

Ethical approval

Ethical approval was obtained from the Institutional Review Board, College of Nursing, and Pune. Every subject was explained about the study, and the research purpose and their written consent were obtained. The study did not collect the name of the respondents on the questionnaire form to ensure confidentiality. Voluntary participation and privacy were ensured during data collection.

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