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Effect of Anxiety on Emotional Intelligence among Working Women and Housewives

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ABSTRACT

The present study aimed to look at the effects of anxiety on emotional intelligence among working women and housewives. Moreover, this study was conducted in district Swabi before this study there were no studies conducted on these variables, it will also find out the relationship of these variables. Data was collected through cross-sectional research design from working women and housewives. The sample (N=100) comprised 50(50.0%) working women and 50(50.0%) housewives of district Swabi, informed consent was taken and questionnaires were filled including Beck anxiety inventory and Schutte self-report emotional intelligence test. Working women scored high on emotional intelligence ($t=2.41$, $p=0.01$), and housewife scored high on the anxiety scale ($t=2.02$, $p=0.04$), moreover this study revealed that emotional intelligence has a significant strongly negative correlation with anxiety ($r=-0.85$, $p<0.05$). The findings of the study showed that working women were more emotionally intelligent during fulfilling their responsibilities as compared to housewives. From this piece of work, it is concluded that housewives' intervention-based program should arrange to manage their life problems and responsibilities.

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1. INTRODUCTION

The successful management of life can be accomplished by developing emotional intelligence skills. Emotionally intelligent abilities are not inborn talents; rather, they are taught skills. Since emotions are action-oriented, the foundation of emotional intelligence is taking deliberate, cognitive steps to manage our own emotional responses as well as to comprehend people's reactions to an emotional situation. We must first admit our emotional state and its impact on our behavioural forms if our emotions regulated successful. The ability to organize one's emotions and those

of others, to initiate, to persist collected under stress, to sustain strong personal relations, and to realm a positive attitude in life are all examples of having emotional intelligence.

The ability to process one's own emotions is necessary for both the position of women as working women and housewives. Both have various issues and tasks to deal with in terms of responsibilities. Women play a very complex and significant function as wives, mothers, and other roles. She possesses a unique quality; in reality, women are subjects as well as objects within the framework of human life (Notosoedirdjo, 1999). The current study aimed to examine the effect of anxiety on emotional intelligence among working women and housewives. Due to their low status and the fact that no one thinks their work is essential or challenging, housewives may experience stress. The degree and complexity of this function are sometimes overestimated because women do not need any training, education, particular qualifications, or experience to fill it (Witkin-Lanoil, 1986).

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Women who are emotionally intelligent appear to be self-assured, express their emotions honestly, look good in themselves, are gregarious and friendly, express their emotions at a normal rate, and are able to cope with stress (Freudanthaler, 2005). Being emotionally intelligent is crucial for effective communication, empathy, overcoming obstacles, and conflict resolution. The way we act and interact with people are only two examples of how emotional intelligence affects different facets of our daily lives (Mayer et al., 1997). Five factors make up emotional intelligence: self-awareness, self-control, motivation, empathy, and social skills.

Self-Awareness

According to (Boyatzis, et al., 2000) having a profound grasp of one's emotions, strengths, flaws, needs, and motivations constitutes the first element of emotional intelligence. Deep understanding of one's own and other people's emotions is self-awareness. Self-aware people steer clear of the extremes of being overly critical and having unrealistic expectations. These people also understand how their emotions impact themselves, other people, and their ability to accomplish their jobs.

Self-Regulation

Self-regulation may be defining as is the ability to regulate one's feelings in different circumstances. Individual frequently converse with themselves in this way, which frees them from feeling like emotional prisoners.

Motivation

Motivation refers to the strong inner desire to accomplish a goal for the sake of accomplishing it. The internal drive that pushes someone to accomplish a goal is called motivation. Motivated people strive to surpass their own and others' expectations. People struggle with motivation; therefore, they always look for fresh angles to come up with better ways to complete their tasks. People with high levels of motivation maintain their optimism in the face of failure or adversity. A person who is motivated takes action to achieve their aims

Empathy

It's the fourth component of emotional intelligence, Empathic individuals are also effective in retaining talent because they are able to develop personal rapport with others.

Social Skill

Social skills is the last skill, used to communicate with others. Individual who has high social skills have more developed skills and know how to regulate own emotions while communicating with others. Anxiety is a feeling that is accompanied by tense feelings, worry-filled thoughts, and physical changes like elevated blood pressure. People that are anxious frequently have dull unpleasant ideas or worries. They could avoid specific situations because they are anxious. Excessive fear is a component of anxiety. Anxiety also refers to anticipating a future problem and is more commonly associated with tense muscles and avoidance behaviour. People may avoid locations and circumstances that could make them feel anxious, panicked, uneasy, afraid, or kidnapped as a result of this issue. Relationships in the workplace, classroom, and with friends

may be impacted. The most prevalent mental illness impacting a large portion of the population is anxiety disorder. An enormous amount of worry and stress is experienced by those who have it.

Anxiety differs from person to person and within a single individual throughout time in terms of both quantity and quality. "Anxieties vary greatly in intensity from a mere qualm in a transient situational conflict to a pervading distress that may effect of a person's social adjustment" In order to better understand the anxiety and despair experienced by 406 working and unemployed women in India (Khan et al., 2013) conducted a study the findings showed that positive life changes in working women are associated with depression, whereas positive life changes in nonworking women are associated with anxiety and negative life changes with depression.

2. LITERATURE REVIEW

External forces indirectly influence human behavior. A person's self-concept and self-deal are shaped by forces that, in a sense, exist outside of him and that pull and push him towards certain attitudes and choices. One of the fact we cannot state with certainty whether a person's actions are the direct result of internal or external causes. These factors typically work simultaneously and are frequently difficult to discern from one another. Despite the possibility that all these factors are interconnected and acting simultaneously, it is true that everyone is driven by both basic necessities and worry.

(Dhanabhakym, et al., 2014) discussed anxiety coping mechanisms in working and unemployed women. They found that working women utilize self-distraction more frequently as a coping mechanism than unemployed women, despite it being a surprisingly effective method for altering mood. Anxiety is a psychological state of mind that a person has because of their employment regarding anxiety, various psychologists have expressed varying opinions. Therefore, anxiety is a crucial component of an individual's performance and should be managed to prevent it from rising above a healthy level into an inappropriate range.

Anxiety differs from person to person and within a single individual throughout time in terms of both quantity and quality. "Anxieties vary greatly in intensity from a very mild to a very severe," (Khan et al., 2013) conducted a study result revealed that among working women's positive life changes are related to depression, whereas among nonworking women's positive life changes are related to some anxiety also determined that the household's normal income of the housewives was more than that of working women and housewives level of anxiety was more as compared to working women.

In comparison to working women, housewives were having an average of more children the stress of caring for more new-borns on their own was one of the reasons why having an average of more kids made housewives anxious. This is also revealed that the employed women could facilitate in this situation. According to (Dhanabhakym, et al., 2014) working women's stress levels and family issues are positively correlated. In married working women, conflict rise causes a rise in job stress. It has been found that women in high-demand professional roles are more likely to face work-family conflict and work stress.

Rationale of the Study

The proposed study rationale consists of knowledge and existing literature and understands that how differ emotional intelligence and anxiety among working and house wives. Psychological flexibility make contribution in emotional intelligence 100 of researches had previously been undertaken in several countries to investigate and determine the difference between emotional intelligence and anxiety among working and nonworking women. Not just in Pakistan but across the world. Emotional intelligence and anxiety have been one of the major concerns for researchers to explore and understand. It will investigate the relationship between working and house wives' emotional intelligence and anxiety. This current investigation is there for aimed at providing bases to later researches in identifying that how anxiety level is different among working and house wives and its impact on emotional intelligence.

Objectives of the Study

- To identify relationship between influence of anxiety and emotional intelligence of working women and house wives.
- To identify that whether anxiety will be negatively associated with emotional intelligence.
- To identify that whether level of emotional intelligence will be more in working women than house wives.

Significant of Study

The study aims were to developed awareness between house wives and working women about anxiety that how this anxiety effect emotional intelligence and it led to different psychological problems disturbance. Moreover, this study will help the level of anxiety and its relationship with emotional intelligence with further effect different domains of life.

Hypotheses

- There is significant difference of emotional intelligence and stress among working women and house wives.
- There is significant difference in level of anxiety and emotional intelligence of house wives and working women
- Anxiety and emotional intelligence are negatively correlated with each other.

3. METHODOLOGY

Research Design

Correlational research design will be used to investigate the relationship of anxiety and emotional intelligence of working women and house wives

Sample and Sampling Technique

The sample of the study consist of 100 volunteer women both working (n=50) and nonworking women (n=50). The sample was chosen from various areas of Swabi. Participants were asked to complete emotional intelligence and anxiety scale questionnaire. Random sampling technique were used for this study.

Inclusion Criteria

Only women of age 15-45+ were selected for the study. Only working women and house wife were taken for the study. Young adults who were below 15 years and adults above 50 years were not included in the study. Women who are not working or house wife are excluded.

Procedure

The study aimed is to describe the effect of emotional intelligence and anxiety among working and housewives. The data was obtained by administering Emotional test and anxiety scale. The survey was conducted by distributing questionnaire among (adults 15-45+). Participants of research were instructed about the purpose and objects of the study. They were guaranteed of the confidentiality of the material for research purpose not for any other reason and will be maintain confidentiality. Informed consent was taken from the participant of the study. They were instructed by the researcher to fill the questionnaires completely with great care and not to omit any of the items in the questionnaire of the research. Data was collected in two weeks from different adults both working and non-working women. The scoring was done in accordance to the description given in manual. For this study, the researcher used IBM SPSS software to analyse the data.

Instruments

The Beck Anxiety Scale (BAI) and the Schutte Self Report Emotional Intelligence Test (SSEIT) were used for data collection . Both the SSEIT and the BAI have undergone reliability and validity testing in earlier studies. A demographic section of the survey was created to collect data on the participants, including their age, work status, monthly income, and family structure.

Schutte Self-Report Emotional Intelligence Scale

Schutte and colleague developed self-reported survey to measure level of emotional intelligence in people. Scores of tests rag from 33 to 165. Higher measured scores are associated with high emotional intelligence and lower measured scores are associated with lower emotional intelligence the internal reliability of this 33-item test is 90, indicating internal reliability

Beck Anxiety Inventor Inventory

The Beck Anxiety Inventory (BAI) is a 21-questions inventory that can be completed in 5 to 10 minutes and measures the severity of anxiety in both children and adults. There are 21 questions in the BAI, and each one is graded from 0 (not at all) to 3 (very badly). More severe anxiety symptoms are indicated by higher overall scores. BAI's reliability was 0.75. (Beck, et al., 1988)

4. RESULTS & DISCUSSION

The present research was conducted to investigate the relationship between emotional intelligence and anxiety among working women and non-working women. The sample consisted of 100 participants both working females and non-working females from different areas of Swabi. The obtained data on emotional intelligence and anxiety was analysed by using statistical techniques such as independent sample T test, Pearson correlation and regression. As shown below:

Characteristics of Demographic Variables

Table 1
Frequency and percentage of participants

| | | | |
|-------------------------|-------------------|----|------|
| Age | 13-15 | 1 | 1.0 |
| | 15-30 | 48 | 48.0 |
| | 30-45 | 41 | 41.0 |
| | 45+ | 7 | 7.0 |
| | Prefer not to say | 3 | 3.0 |
| Household Income | Less than 25000 | 1 | 1.0 |
| | 25000-50000 | 27 | 27.0 |
| | 50000-100000 | 36 | 36.0 |
| | 100000-200000 | 6 | 6.0 |
| | More than 200000 | 1 | 1.0 |
| | Prefer not to say | 29 | 29.0 |
| Employment | Employed | 50 | 50.0 |
| | Un-employed | 50 | 50.0 |
| Family system | Nuclear | 48 | 48.0 |

Table 1 shows the descriptive statistics of study variable. Sample of study was of 100 participants. The sample was made up of 50% working females and 50% housewives. Age range from 13-15 years were 1.0%, 15-30 years were 48.0%, 30-45 years were 41.0%, 45+ years were 7% and prefer not to say were 3%. Participant salary

less than 25000 was 1%, 25000-50000 were 27%, 50000-100000 were 36%, 100000-200000 were 6% and prefer not to say were 29%. Employed participant were 50% and un-employed were 50%. Nuclear family were 48%, joint family were 48% and prefer not to say were 4%.

Independent Sample T Test

Table 2
Mean comparison of working and non-working women emotional intelligence and anxiety among participants (n=100)

| Variable | Working Women | | Non-working women | | t (8) | | 95%CL | | Cohn's d |
|----------|---------------|-------|-------------------|------|-------|-----|-------|------|----------|
| | M | SD | M | SD | p | LL | UL | | |
| Total | 122.2 | 16.67 | 121.9 | 12.9 | 0.4 | 0.1 | -3.71 | 5.31 | 0.03 |

The result in table 2 indicated significant difference of working and non-working women.

Table 3
Correlation between variables

| | Emotional intelligence | Anxiety |
|------------------------|------------------------|---------|
| Emotional intelligence | * | |
| Anxiety | -.87* | * |

Note: * Correlation is significant at the 0.05 level

Table indicated that Spearman's correlation of emotional intelligence and anxiety has a strongly negative correlation (r=-.87, p<0.05).

Discussion

The current study aims to examined how anxiety and emotional intelligence effects working and house wives. The capacity to identify and organize the emotions that cause us

to react in a certain way to situations or others is known as emotional intelligence. Individuals can better their lives by developing their emotional intelligence and learning how to actively take part in the development of their social skills. Women who are emotionally intelligent appear to be self-assured, communicate their emotions honestly, look good in themselves, are gregarious and kind, express their emotions at a good way, and can cope with stress. According to Back anxiety is a psychological and physiological condition that consists of physical, emotional, cognitive, and behavioural components.

The Beck Anxiety Inventory and the Schutte Self-Report Emotional Intelligence Questionnaire were each completed by 100 respondents. The hypnotized and discovered connections between emotional intelligence and better coping and the accompanying correlations between higher coping and lower anxiety serve as the primary foundation for the claimed association between higher emotional intelligence and lower anxiety. This study's first hypothesis

stated that "there would be a significant difference between housewives and working women with respect to their emotional intelligence and anxiety".

According to a study by Agha Khan University in Pakistan's north, anxiety affects women at a rate of 25% and anxiety coupled with depression at a rate of 17%. Another study conducted in Karachi revealed that 39.4% of females experience anxiety. According to a Peshawar survey, 52% of women in both working and non-working categories reported having anxiety showed a statistically significant correlation between women's worry and their educational attainment and the number of children they have. The study was conducted at the Shaukat Khanum Memorial Cancer Hospital and Research Centre in Lahore. There was no conclusive evidence of a relationship between women's anxiety and their family structure. Anxiety was found to be present in 74% of non-working women and 36% of working women.

Ferree (1976) and earlier studies by other authors have argued that women with jobs outside the home are generally happier and more satisfied with their lives than are full time housewives. Working women had higher self-esteem and less psychological anxiety than homemakers. Working women also reported better physical health than homemakers (Coleman, & Antonucci, 1976).

5. CONCLUSION

We conclude that anxiety play a negative role in every person's life because it is negative correlated with emotional intelligence. Emotional intelligence also plays an important role in different situations. In this study we also concluded that those women who have higher emotional intelligence have more successful life. Anxiety and emotional intelligence are both correlated to each other and have a role in one's life. In this study it is concluded when the anxiety occurs the individual tend to feel helpless, powerless, and incapable of overcoming the obstacles placed in front of them. When the person has low emotional intelligence, they cannot focus on his or her performances and when the person have high emotional intelligence they are self -motivated and focus on performances. It is concluded that influence of anxiety has inverse correlation.

Recommendation

The current research was conducted to identify the impact of influence of anxiety and emotional intelligence on among working and non- working women. Further research should be carried out on this topic for more reliable results. The research can be carried out for a qualitative study with different strategy and methodology.

Competing Interests

The authors did not declare any competing interest.

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