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## A Comparative Study of Anxiety among Working and Non-Working Women During Post- COVID Period

**Abstract :** The Post-COVID-19 period has significantly impacted the psychological well-being of individuals across the globe, with women being particularly vulnerable due to increased social, economic, and familial responsibilities. The present study aim to difference in Anxiety being among working and non working women during post-covid period in District Nalanda Bihar. A total sample of 70 female 35 working women and 35 non working women has selected purposive sampling. Anxiety Test (SCAT) was administrated selected sample for collection of information. The collected data was statistically calculated and interpreted by applying Mean, SD and t test. The findings of the study provide insight into the differences in anxiety levels between working and non-working women during the post-COVID period. The findings of the study provide insight into the differences in anxiety levels between working and non-working women during the post-COVID period.

**Keyword :** Anxiety, Working Women, Non-Working Women, Post-COVID Period, Mental Health.

**Introduction :** The outbreak of the COVID-19 pandemic has had a profound impact on global mental health, leading to a significant rise in psychological distress, anxiety, and stress among individuals. The pandemic not only posed a threat to physical health but also disrupted social, economic, and occupational structures, thereby affecting overall psychological well-being (**World Health Organization, 2020**). In the post-COVID period, although the immediate health crisis has subsided, its psychological consequences continue to persist, particularly among vulnerable groups such as women. Women are often more susceptible to anxiety due to their multiple roles and responsibilities,

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including caregiving, household management, and professional commitments (Almeida et al., 2020). During and after the pandemic, these responsibilities increased substantially, leading to heightened emotional and psychological strain. Studies have shown that women reported higher levels of anxiety and depression compared to men during the COVID-19 period (Xiong et al., 2020; Wang et al., 2020). Employment status is an important determinant of mental health among women. Working women often experience stress due to work-life balance, job insecurity, and increased workload, especially in the post-COVID context where remote work and job uncertainties became common (Kniffin et al., 2021). On the other hand, non-working women may experience anxiety due to financial dependence, social isolation, and lack of professional identity (Matud, 2017). Thus, both groups face distinct but significant psychological challenges. The post-COVID period has created a unique context in which the traditional roles of women have been further complicated. For working women, the blending of professional and domestic roles has increased psychological burden, while non-working women have faced increased domestic responsibilities and reduced social interaction (UN Women, 2020). These contrasting experiences make it essential to compare anxiety levels between working and non-working women in the post-pandemic scenario. Previous research has highlighted that social support, economic stability, and employment status play a crucial role in determining mental health outcomes (Taylor, 2019). Lack of adequate support systems during the pandemic further exacerbated anxiety among women. Moreover, uncertainty regarding health, finances, and future prospects has contributed to sustained anxiety even after the pandemic (Pfefferbaum & North, 2020). Despite the growing body of research on mental health during COVID-19, limited studies have specifically focused on comparative analysis between working and non-working women in the post-COVID period, particularly in the Indian context. Cultural expectations, gender roles, and socio-economic conditions in India may further influence anxiety levels among women (Gopal et al., 2020). The present study aims to examine and compare the levels of anxiety among working and non-working women during the post-COVID period. Understanding these differences is essential for developing targeted interventions and policies to promote women's mental health and well-being.

**Methodology :** The primary objective of this research is to conduct a comparative study of Anxiety among Working and Non-Working Women during Post- COVID Period. The specific aims are follows.

Objectives :

- To assess the level of anxiety among working women during the post-COVID period.
- To assess the level of anxiety among non-working women during the post-COVID period.
- To compare the anxiety levels between working and non-working women.

**Hypothesis :**

- There is no significant difference in anxiety levels between working and non-working women during the post-COVID period.
- There is a significant difference in anxiety levels between working and non-working women during the post-COVID period.

**Tools Used :** Sinha Anxiety Comprehensive Test (SCAT) this test was developed by A.K.P. Sinha and L.N.K Sinha. There were 90 items are in the test.

**Statistical Treatment of Data :**

The collected data were analyzed with the help of various statistical measures such as :  
Mean, SD , t-Test.

**Table No. 1**  
**show Comparison of Anxiety among Working and Non Working Women during Post - Covid Period.**

Group	N	Mean	SD	T Value	Df	Level of Significance
Workingwomen	35	132.04	6.782	1.34	68	> 0.05(Not significant)
Non working Women	35	135.50	13.570			

Table 1. indicates the result of the present study reveal a there is no statistically significant difference in anxiety level between working and non working women during the post -covid period. The mean anxiety score of non working women (M= 132.50 SD=13.570) was found to be slightly higher than that of working women (Mean=132.04 SD=6.782) indicating comparatively higher anxiety among non-working women. However an independent samples t-test confirm that difference was not statistically significant ( $t=1.34$ ,  $df=68$ ,  $p> 0.05$ ). These findings suggest that employment status does not play a significant role in influencing anxiety levels among working and non working women during the post -covid period.

These findings are consistent with earlier research, which suggests that anxiety during and after the COVID-19 pandemic has been shaped by common stressors such as uncertainty, health concerns, and disruptions in daily life, affecting individuals irrespective of their employment status (Xiong et al., 2020; Wang et al., 2020). Furthermore, previous studies highlight that factors such as social support, coping mechanisms, and environmental conditions may play a more influential role in determining anxiety levels than employment status alone (Vindegaard & Benros, 2020; Matud, 2017).

**Discussion :** The main purpose of the present study was to compare the anxiety levels between working and non-working women during the post-COVID period. The results revealed that there is no significant difference in anxiety levels between the two groups. This means that both working and non-working women experienced almost similar levels of anxiety. One possible reason for this finding is that the post-COVID situation affected all individuals in a similar way. Both groups of women faced common stressors such as fear of illness, financial problems, changes in daily routine, and increased family responsibilities. As a result, the overall level of anxiety remained similar in both groups. Working women experienced stress due to job pressure, work-from-home challenges, and difficulty in balancing work and family life. On the other hand, non-working women faced increased household responsibilities, reduced social interaction, and financial dependence, which may also have contributed to their anxiety. Although the sources of stress were different, their overall impact on anxiety appears to be similar. Another important factor could be social support. Family and emotional support may have helped both working and non-working women to cope with anxiety. In addition, individual differences such as coping ability and personality traits may also influence anxiety levels. Thus the findings of the study suggest that employment status alone is not a major factor in determining anxiety levels among women during the post-COVID period. Instead, anxiety is influenced by a combination of social, psychological, and environmental factors.

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