

## DEGREES OF ANXIETY IN WORKING MOTHERS

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### ABSTRACT

Every career woman who is married is required to be able to carry out her duties and roles optimally and in a balanced manner. Psychological well-being really helps career women who are married so that they can continue to carry out their duties and roles optimally. Psychological well-being can be achieved if you are able to understand the factors that cause it, one of which is the level of anxiety. This research aims to determine the effect of anxiety levels on the psychological well-being of career women who are married in the Jakarta area. This research involved 33 career women who were married. The measuring instruments used in this research are the HARS scale and the psychological well being scale. The results of simple regression analysis show that the level of anxiety has a negative influence on the psychological well-being of career women who are married. The level of anxiety has a negative influence on psychological well-being. The implication of this research is that it can provide information so that career women who are married have awareness of the factors that cause anxiety so that they can overcome them in order to have high psychological well-being in the midst of conditions that require many tasks in the family environment and workplace environment.

**Keywords:** Degree, Anxiety and Working Mothers.