

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.

INTRODUCTION

In this increasingly advanced era, the cost of living is increasingly higher in many ways. Along with these conditions, many people want to get decent work in the future (Papalia, 2002). This of course also applies to women who currently have the same opportunities as men in various available fields. This condition illustrates that there has been a cultural shift from traditional society to modern society which has had an impact on opening up opportunities for women to work and pursue their careers. As time goes by, it can be seen that more and more women are occupying certain positions in various agencies and companies. A survey conducted by Thornton (2017) shows that Indonesian women are among the highest in the world to fill positions in companies.

This development has contributed to the fading of social roles between men and women, especially for women who are already married. Nowadays, many women are married but still work (Santrock, 2002). This is done as a way to continue to be able to support decent economic conditions in meeting all the needs of the household together with their partner. However, there are also women who choose to work as a form of realizing the career they want. Unmarried career women have freedom by not being tied to marriage so they feel more free in carrying out their activities (Santrock, 2002). This was discovered by researchers through short interviews with six women who worked in Jakarta.

Career women who are married will have anxiety about the condition of their family. Based on short interviews conducted with 5 married career women, they stated that they had a dilemma

and were worried that their families, especially their children, would be neglected if they spent more time working. For working women who also have the status of a wife and housewife, it makes it difficult for her to simply escape from her family environment. She is also required to continue to serve her family, especially her husband and children, so it can be said that in pursuing a career, a woman has heavier burdens and obstacles when compared to men (Hastuti, A.P., 2018). Besides that, one of the biggest challenges for career women is the perception of lack of time, that there is a very large difference between the time they have and the number of tasks that must be done (Tasnim, M., Hossain, M.A., & Enam, F., 2017). On the other hand, he realizes that by working he will be able to help the family's economy in meeting increasing needs (Hermayanti, D., 2014).

An imbalance in dividing time between tasks that must be done and fatigue due to the increasing workload will certainly have an impact on the physical and psychological conditions experienced by married career women (Greenhouse, J.H., Collins, K.M., & Shaw, J.D., 2002). Physically, he will be so tired that he tends to appear lethargic (Hae, I.P., & Kusumiati, R.Y.E., 2020). This is also a result of less than optimal time spent resting and tends to experience sleep disorders. The thing that has the most influence on career women who are married is their lack of interest in doing activities they enjoy. Of course, this is a result of the time that tends to be spent more at work so it is very unlikely to be able to do other activities. This description is a description of the level of anxiety experienced by career women who also choose to work (Max Hamilton, 1959).

The anxiety experienced in meeting household needs if one does not work and the anxiety experienced physically will certainly have an impact on the psychological condition of career women who are married. Career women who are married have difficulty accepting themselves, they become individuals who always think about their past regarding the decision to marry at an age when they should be able to develop their careers further (Ryff, 1995). Apart from that, the physical anxiety experienced, such as sleep disturbances, causes subjects to have poor emotional control. Of course, it will have an impact on the relationships he has both within his family and with his co-workers. He became a person who was less warm with others.

Another psychological impact felt by career women who are married is that they are less able to take advantage of opportunities to develop their abilities as a result of the fact that they tend to have little free time. As a result, the activities he carries out tend to be monotonous and he lacks the desire to achieve even higher levels (Tasnim, M., Hossain, M.A., & Enam, F., 2017). Even though they feel negative psychological impacts, basically career women who are married are able to carry out their work or duties independently. The existence of this description provides an illustration that the description of the psychological conditions felt by individuals when carrying out their roles as career women and those who are married tends to be low. In other words, that he becomes less prosperous psychologically.

Various anxiety reactions will hinder an individual's efforts to express themselves fully and will be less able to carry out their duties optimally. Low levels of anxiety can play a role in helping individuals to always be alert in determining an action or attitude. However, if the anxiety experienced is very large, it will actually hinder the individual from carrying out activities, establishing relationships with other people and developing themselves (Lestari, 2017).

Based on the previous explanation, anxiety levels can be a factor that is believed to influence psychological well-being (PWB). When a career woman who is married has a low level of anxiety, this will make the individual have a prosperous psychological condition.

From the description above and considering the results of initial interviews with several career women, both those who are not married or already married, it shows that they do not yet have a prosperous psychological condition (PWB). This can also indicate that career women who are married have a high level of anxiety as a result of the workload and time not being distributed equally. The existence of this phenomenon and previous research that has examined factors that can influence a person's PWB, So, based on this background, researchers are interested in conducting research with the aim of finding out more about the level of anxiety of career women who are married.

OBJECTIVES AND METHOD

The main aim of this research is to determine the effect of anxiety levels on psychological well-being in career women who are married. The subjects of this research were 33 married career women in the Jakarta area. This research uses a quantitative method with an anxiety level scale and a psychological well-being scale as measuring tools. The anxiety level scale uses the HARS scale which includes 14 symptoms, which include feelings of anxiety, tension, fear, sleep disorders, intelligence disorders, feelings of depression, somatic (muscle) symptoms, somatic (sensory) symptoms, cardiovascular symptoms, respiratory symptoms, gastrointestinal symptoms, urogenital symptoms, autonomic symptoms, and behavior at interview. The psychological well-being scale is based on the theory put forward by Ryff (Ryff, 1995) psychological well-being with 6 dimensions, namely self-acceptance, positive relationships with other people, independence, mastery of the environment, life goals, and personal development. The scale proposed in this study uses a Likert model where the items on the HARS scale use statements with five answer choices: 0 (none), 1 (mild), 2 (moderate), 3 (severe) and 4 (very severe). The psychological well-being scale also uses a Likert scale with Strongly Disagree (STS), Disagree (TS), Agree (S), and Strongly Agree (SS). The score will move from 4 to 1 and the scale is presented in the form of positive statements and negative statements. Data were analyzed using simple linear regression analysis.

RESULT AND DISCUSSION

The hypothesis in this research states that anxiety levels have a negative effect on psychological well-being in career women who are married. This negative influence provides an understanding that the higher the level of anxiety one has, the lower the level of psychological well-being one has. The results of the hypothesis in this study support previous research which stated that anxiety levels have a negative effect on a person's psychological well-being (Huppert, 2005). In other words, the level of well-being of career women who are married cannot be achieved by the level of anxiety or stress they experience.

A person with a high level of anxiety will experience changes in negative emotions which will ultimately affect the level of psychological well-being that he has. In this modern era, household needs will continue to increase. This condition makes a married woman choose to work both inside and outside the home. This provides an additional role that a mother must play. Having additional roles, both as a housewife and as a career woman, certainly has its own pressures or obstacles. The inability to overcome the obstacles experienced in this dual role will certainly increase the risk of excessive anxiety and ultimately will have an impact on the level of well-being that one has that is less likely to be achieved. Liwarti (2013) states that psychological well-being refers to a person's feelings regarding daily life activities which can

be influenced by negative feelings (anxiety, life dissatisfaction, feeling depressed) and also positive mental feelings or conditions such as potential realization and actualization. Career women who are married and have low levels of anxiety will tend to achieve a high level of psychological well-being. On the other hand, married career women who have high levels of anxiety will tend to have low psychological well-being.

In this research, it is known that in general the level of anxiety of career women who are married is classified as medium and high, followed by the level of psychological well-being which is classified as medium and low. Career women who are married and have high levels of anxiety will have low psychological well-being. Career women who are married and have low levels of anxiety will have high psychological well-being. According to Ryff (Ryff, 1995) psychological well-being is a state of well-being with the characteristics of self-acceptance, positive relationships with other people, independence, mastery of the environment, purpose in life, and personal development. In more detail, psychological well-being is a psychological condition that individuals are aware of and feel when carrying out the process of self-evaluation and self-assessment which then has implications for self-acceptance, positive relationships with other people, independence, mastery of the environment, life goals and personal development in life. facing situations and challenges in carrying out her role both as a housewife and as a worker or what is called a career woman. Career women who are married tend to find it difficult to distribute their time fairly to do work both at home and in the office where they work. This makes it difficult for him to develop his potential. Moreover, for women who work to help support the family's economy, fatigue due to the demands of many things to do makes women very limited in establishing relationships in a wider environment.

The demanding tasks that must be carried out by career women who are married definitely require a lot of energy. However, if a lot of energy has been expended accompanied by obstacles in carrying out different tasks, it will tend to have a negative impact on a person's emotional condition. Of course, this will make it difficult for someone to build positive relationships with other people both in the family and work environment. This can be a picture of a person's psychological well-being tending to be medium or low according to the results of existing research.

On the other hand, the results tend to illustrate that moderate levels of psychological well-being can be influenced by the ability to work independently in doing many jobs. This is in line with findings made by Salvucci and Taatgen (2011), who stated that women are able to carry out several tasks simultaneously as well as complex work. A low level of anxiety as a result of minimal obstacles in carrying out tasks as a working woman and as a housewife, will make a person have a greater chance of experiencing high psychological well-being. This level of anxiety does not only refer to limitations or obstacles in carrying out a task, but is also related to the condition of oneself being tired from work and also conditions beyond one's control, such as worrying about the condition of children who are left at home when they go to work. The results of this research are also in line with research conducted by Lopez, Hidalgo, Bravo, et al (Wells, 2010), "Psychological Well-being, Assessment, Tools and Related Factors". In this research, it is known that psychological well-being is positively related to life satisfaction, self-esteem and self-control and negatively related to depression. Women who have multiple roles or tasks with low levels of stress or anxiety will have the opportunity to experience psychological well-being. Vice versa, married career women who have high levels of stress will find it difficult to prosper in their lives.

CONCLUSION

There is a negative influence between the level of anxiety on psychological well-being in career women who are married. This shows that the higher the level of anxiety, the lower the level of psychological well-being in career women who are married. On the other hand, the lower the anxiety, the higher the level of psychological well-being in career women who are married. Psychological well-being is generally classified as moderate. For this reason, what can be done is to dig deeper into aspects or dimensions of psychological well-being such as self-acceptance, positive relationships with other people, independence, mastery of the environment, life goals, and personal development. Then look at what things have the most influence on the psychological well-being felt by career women who are married. With this description, it can provide awareness for those who read it to better understand the conditions they each experience with all the demands of work so that they are able to have high psychological well-being.

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