CHAPTER VI
SUMMARY AND CONCLUSIONS

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SUMMARY AND CONCLUSIONS

SUMMARY

Problem

The problem of the present investigation was to study the relationship between level of anxiety and masculine, feminine androgynous and undifferentiated sex-role orientations in working women. As a comparison group non-working women were also studied. Sex-role orientation was also studied in relation to some socio-economic and demographic variables of age, number of children, income level and family types.

Hypotheses:

1. The level of anxiety varies among women of different sex-role orientations. Androgynous women would have the lowest level of anxiety, while the undifferentiated would have the highest level of anxiety.

2. The level of anxiety varies among women of different:
3. The level of anxiety varies in relation to:

(a) Age and occupational status
(b) Age and number of children
(c) Age and family types
(d) Age and income level
(e) Occupational status & number of children
(f) Occupational status and family types
(g) Occupational status and income level
(h) Number of children and family types
(i) Number of children and income level
(j) Family types and income level

4. The level of anxiety varies in relation to sex-role orientation and

(a) Occupational status
(b) Age groups
(c) Number of children
(d) Family types
(e) Income level
Sample

Data was collected from a total of 200 individuals from Ahmedabad city. The sample was predominantly married adult females, mainly from urban background. 100 working women and 100 non-working women were included in the sample. They were from the age group ranging from 20 to 45 years.

Within this framework the sample has taken through a house to house visit. No special sampling procedure was adopted. On analysis of the personal data gathered from the subjects the sample was classified into certain groups.

| 1. Age Groups       | 20-30 years | 100  |
|                     | 30-45 years | 100  |
| 2. Number of children | None or one | 99   |
|                     | Two or more | 101  |
| 3. Family Types     | Nuclear     | 121  |
|                     | Joint       | 79   |
| 4. Income level     | High        | 125  |
|                     | Low         | 75   |
Tools Used:

The Bem Sex-Role Inventory (BSRI) (Bem, 1981) was used to classify the sample into different sex-role orientation groups. The BSRI is a standardised paper pencil measure of psychological androgyny. The measure consists of sixty personality characteristics twenty of the characteristics are stereotypically feminine and twenty are stereotypically masculine. The BSRI also consists of twenty neutral characteristics that serve as filler items.

These are randomized and are presented to individuals who are asked to indicate on a 7 point scale the extent to which each of the 60 characteristics describe herself.

The Sinha W-A self analysis form, anxiety scale (1968) was used to measure the level of anxiety. it consisted of hundred items of 'Yes-No' type. The maximum score possible is 100 and the minimum score is zero. Higher score is indicative of anxiety.

Statistical Analysis:

The scores obtained on the two scales, of masculinity and femininity were used to classify the sample. The classification was made on the basis of a median split on the masculinity and femininity dimension. This scoring system yielded four groups.
1. Masculine (above median on masculinity dimension, below median on femininity dimension).

2. Feminine (above median on femininity dimension, below median on masculinity dimension).

3. Androgynous (above median on both masculinity and femininity dimension).

4. Undifferentiated (below median on both masculinity and femininity dimensions.

The scores obtained on the anxiety scale were also processed in terms of central tendency measure mean ($\bar{x}$). The 't' test was used for testing the significance of mean difference between groups.

To study the level of anxiety in relation to sex-role orientations the 'F' analysis of variance was used.

To study the level of anxiety in relation to other independent variables 2 x 2 factorial analysis of variance for unequal observations in cells was used. To study the level of anxiety in relation to sex-role orientations and other independent variables 4 x 2 factorial analysis of variance for unequal observations in cells was used.
CONCLUSIONS:

1. No particular sex-role orientation was predominant in the sample.

2. There is no difference in the sex-role orientations of working and non-working women.

3. There is no difference in the sex-role orientation of women having none or one child or two or more children.

4. There is no difference in the sex-role orientations of women living in nuclear families and those living in joint families.

5. There is a significant difference in the level of anxiety of women in different sex role orientation groups.

6. The anxiety level of the androgynous women in the lowest and the anxiety level of the undifferentiated women is the highest.

7. There is a significant difference in the level of anxiety of women in different age groups.
8. The anxiety level of women in the age group 31-45 years is lower than that of the women in the age group 20-30 years.

9. There is no difference in the anxiety level of working and non-working women.

10. The anxiety level does not vary with age and occupational status.

11. There is no difference in the anxiety level of women having none or one child or two or more children.

12. The anxiety level does not vary with age and number of children.

13. There is no difference in the anxiety level of women in nuclear families and women in joint families.

14. The anxiety level does not vary with age and family types.

15. There is no difference in the anxiety level of women in the high income and women in the low income group.
16. The anxiety level does not vary with age and income levels.

17. The anxiety level does not vary with occupational status and number of children.

18. The anxiety level does not vary with occupational status and family types.

19. The anxiety level does not vary with occupational status and income level.

20. The anxiety level does not vary with number of children and family types.

21. The anxiety level does not vary with number of children and income level.

22. The anxiety level does not vary with family types and income level.

23. The anxiety level does not vary with sex-role orientation and age.

24. The anxiety level does not vary with sex-role orientation and occupational status.

25. The anxiety level does not vary with sex role orientation and number of children.
26. The anxiety level varies with sex-role orientation and family types.

27. The anxiety level of the androgynous women in nuclear families is the lowest and undifferentiated women in joint is the highest.

28. The anxiety level does not vary with sex-role orientation and income level.

Limitation and Suggestion:

1. The sample selected was confined only to the urban areas of the Gujarat state. The rural areas have not been included, therefore the results are not applicable to rural area, also there might be state to state differences.

2. The study was made on an exclusive female sample. So results are not applicable to males.

3. Working women selected from jobs like teachers, doctors, nurses, telephone operators, engineers, architects, managers, typists etc. No women from unskilled or manual jobs were included, hence nothing can be said of their orientation from this study.
4. Women with none or one child were considered together as a group and compared with women with two or more children. A study could be made to compare childless women with women with children.

5. The income of the husbands were considered to decide the income levels. A study could be made considering total family income.

Applicability:

The two domains of masculinity and femininity are both fundamental to the development of personality. In a modern complex society, the pressure for social change attendant upon rapid scientific and technological advances, the social estrangement and alienation of individuals are some of the stress that serve to induce feelings of anxiety. Limiting a person's ability to respond in one or the other of the two complementary domains. Thus, seem tragically and unnecessarily destructive of human potential.

Conflicts arising out of sex-role stereotyping can be resolved both at the individual level and at the social level. At both levels the role of the mental health professionals is important.
Individual personality development is a prominent problem in our competitive society. For fully effective and healthy human functioning both masculinity and femininity must each be tempered by the other, and the two must be integrated into a more balanced and truly androgynous personality. The competition may be dealt with more successfully by androgynous personality than by the stereotypic masculine or feminine personality.

Community Awareness:

In the present social set up, there has been an evident change in female roles, but relatively marginal change in the male roles is noted. It is therefore obvious that women are taxed with the responsibility of playing a dual role. This results in role confusion and conflicts.

In order that the above attitude in society does not persist, it is desirable that parents, instead of socializing children from the very beginning, to stick to social stereotypes for their own sex, should develop in their children more androgynous personality. This is advisable and also seems more practical.
Therapeutic Use:

Contemporary psycho-therapists often encourage patients to awaken their submerged "other" selves to achieve healthy wholeness. In therapy if not in life, men are supposed to cry and solicit affection, and women are helped to express anger.

Mental health professionals should be aware of effect sex-role orientation can have on mental health and make use of this for their therapatic efforts. Lest individuals with anxiety problems may not be effectively treated.