

Analysis of Job Anxiety Level among Doctors

Abstract: This study examined job anxiety of male & female doctors in Jaipur. Doctors were tested (N=200) on various factors of job anxiety. It was predicted that job anxiety of female doctors will be significantly higher than male doctors. Scores indicate that there is significant difference between job anxiety of male & female doctors.

Keywords: Job Anxiety, Doctors

Introduction: Anxiety is an emotion which is found in every human being. The degree differs from person to person. Anxiety in milder form is healthy as it motivates the person to achieve the desired goal. But if it exceeds beyond limits then there's a serious threat to person's survival. Job anxiety is another type of anxiety which can endanger person's work capacity & adjustment with colleagues & boss. Job anxiety refers to anxiety at workplace. It can lead to maladjustment at workplace, several behavioral problems which can finally result in carelessness in treating patients which can endanger their lives.

Job anxiety is a recognized problem in healthcare sector & doctors are considered to be at greater risk of stress or anxiety. Doctors have higher degree of psychological morbidity, suicidal tendencies & alcohol dependence than controls of comparable social class. Depression & anxiety are also another form of stress that contributes towards deterioration of health. Employees develop various symptoms of stress that can harm job performance, health & even threaten the ability to cope with the environment. In service organizations where demands are high employees are exposed to a broad range of stressors & these stressors could have a deep impact on their mental health. One factor is satisfaction with one's work, but other relevant factors are the level of stress, fatigue, and overcrowding & weekend work schedules. All these factors contribute to determine the quality of life at work that an individual experiences. Workers are forced to cope with more frequent changes in their work. Changes in the organization of work dictate new roles & relationships which will have a direct impact on jobs & staff.

Materials & Methods: A controlled study was carried out on male-female doctors aged between 30-65 working in government & private hospitals in Jaipur (Rajasthan), India. Questionnaire method of data collection was adopted. Job Anxiety Scale by Shrivastav & Sinha was used to gather data.

Objective: 1) To find the relationship between job anxiety on job satisfaction of male-female doctors.

2) To compare the job anxiety of male & female doctors.

Hypothesis: 1) There'll be a significant relationship of job anxiety on job satisfaction of male-female doctors.

2) Significant difference between job anxiety of male & female doctors.

Results: Statistical Comparison on "Job Anxiety" among Male and Female Doctors respondent in Rajasthan

Job Anxiety	Male	100	30.15	8.821	.882			.000
	Female	100	36.48	14.046	1.405	6.330	3.816	

The table –4.36 reveals that Mean, Standard Deviation & Standard Error of “Job Anxiety ” among Male and Female respondent in Rajasthan, i.e. Male group was 30.15 ± 8.821 , and Female Group was $36.48 \pm 14.046, 1.405$ respectively. The ‘t’ value found was 3.816 which has been found insignificant at .05 level. Our null hypothesis is accepted.

Discussion: In the present study it was found that job anxiety among doctors in Jaipur, Rajasthan (India) manifested this discovery, is also strengthened by previous studies done in other countries. The results of this study show a high level of job anxiety in doctors, especially females. The main sources of job anxiety being extra family responsibilities on female doctors. They have to manage their work as well as family. Sample size of this study was 200 (100 Male & 100 Female). The mean score of female doctors is 36.48 & that of male doctors is 30.15. There is significant difference found between male & female doctors. Female doctors reported more job anxiety than their male counterparts. Other studies also indicated that female doctors have more job anxiety than doctors.

Conclusion: It is clear that there is existence of job anxiety among female doctors. Indian cultural background is still playing an important role in the mindset of people i.e. for females family comes first seconded by professional commitments. On the basis of above mentioned table & facts it can be said that there is significant difference between job anxiety of male & female doctors. Female doctors have high level of job anxiety than male doctors. Hence, the hypothesis is accepted.

References:-

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