



ANXIETY DEPRESSION AND STRESS AMONG EMPLOYEES FROM KERALA BASED ON THEIR TYPE OF MIGRATION

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ABSTRACT

AIM: Depression is a mood disorder in which individuals experiences extreme unhappiness, lack of energy and several related symptoms(Baron,2004).Anxiety is an emotion characterized by feelings of tension ,worried thought and physical changes like increased blood pressure (APA,2000).Stress is our responses to events that disrupt, our physical and psychological functioning (Lazarus and Folkman ,1984;Taylor,1991).The aim of the study was to analyses depression, stress and anxiety among employees from Kerala based on their type of migration. **Methods:** The quantitative studies were conducted on 137 samples from Kerala, outside Kerala and employees who working outside India via online followed by purposive sampling and all samples are working employees. Depression, Anxiety and Stress scale (Levibond & Levibond,1995)were used to collect data which contain 42 items. The study population of 137 employees comprised of 62 employees who working inside Kerala, 22 employees who working outside Kerala and 53 employees who working outside India. The data were analyzed by Kruskal-Wallis Test. **Result:** The result proves that there is no significant difference in the level of stress among employees from Kerala based on their work place. There is no significant difference in the level of depression among employees from Kerala based on their migration. There is no significant difference in the level of anxiety among employees based on their type of migration.

Key words: Depression, Anxiety, Stress.

INTRODUCTION:

Depression is a mood disorder. Depression experience truly profound unhappiness and they experience it much of the time Depression is a mood disorder in which individuals experiences extreme unhappiness, lack of energy and several related symptoms (Baron,2004).Anxiety is a emotion characterized by feelings of tension worried thoughts and physical changes like blood pressure(APA,2000).Anxiety disorders usually have recurring intrusive thoughts or concern. Stress is a feeling of emotional stain and pressure. Stress is our responses to events that disrupt, our physical and psychological functioning (Lazarus and Folkman ,1984;Taylor,1991).Stress is very natural. Stress may occur through job security, relationship issues, employees experience more stress compared to non-employees.

Definition of key words:

Depression is a mood disorder in which individuals experiences extreme unhappiness, lack of energy and several related symptoms (Baron, 2004).

Anxiety is an emotion characterized by feelings of tension, worried thought and physical changes like increased blood pressure (APA, 2000).

Stress is our responses to events that disrupt, our physical and psychological functioning (Lazarus and Folkman ,1984;Taylor,1991).

Review of literature:

Verma.S (2020) conducted a study on Depression ,Anxiety, Stress and socio-demographic correlation among general Indian public during Covid-19 reflect that the prevalence rates of depression, anxiety, stress and their socio-demographic correlation among Indian population during the lockdown. Depression stress and anxiety among Indian population during lockdown were relevant.

Mucci, N (2019) conducted a study on Migrant workers and Psychological Health: A Systematic Review reflected that migrant workers shows an increase in the incidence of serious, psychotic, anxiety and post- traumatic disorder due to a series of socio-environmental variables such as loss of social status, discrimination, an suppressions from the family. It is very difficult to underline, common points and differences of the various studies because they differed significantly by type of sector of work, social context (culture, religion, legislation) are involved.

Rajasenana,D (2016) conducted a study on Socio-economic and Psychological dimensions of migration- induced exclusion of the elderly in Kerala, India and empirical analysis. The purposes of the study are to link the multi furious problems of the elderly in a socio-economic and psychological frame work. The empirical result derived from the study shows that the migration- induced exclusion is all pervasive in Kerala. The elderly left behind years for the presence of their children rather than the emigration and concomitant remittances.

RATIONALE:

After reviewing the literature researcher found that there is no research related with anxiety, depression and stress among employees from Kerala based on their type of migration.

METHODS:***Problem***

Is there any difference between anxiety, depression and stress among employees from Kerala based on their type of migration.

Aim

To understand the level of anxiety, depression and stress among employees from Kerala based on their migration.

Variables:

1. independent variables: based on their type of migration (category)
2. dependent variables : anxiety, depression and stress

Hypothesis:

Three hypotheses are formulated:

1. There will be no significant difference in the levels of anxiety among employees from Kerala based on their type of migration.
2. There will be no significant difference in the levels of depression among employees from Kerala based on their type of migration.
3. There will be no significant difference in the levels of stress among employees from Kerala based on their type of migration.

Research design:

The research was quantitative in nature and used as a between group research design. If there is a significant difference in the level of anxiety, depression and stress among employees from Kerala based on their type of migration.

Research sample:

Purposive sample method was used for this study .The study sample comprised of 137 employees. In which 62 employees who working inside kerala,22 employees who works in outside Kerala and 53 employees who working outside India.

Sampling criteria

Inclusion criteria:

- Willingness of participants via online
- only considering working employees

Exclusion:

- those who are not willing
- only working employees from Kerala

Tools:

The following tools were administered individually for collecting the required data

- Depression, Anxiety and Stress Scale (DASS) (Lovibond SH & Lovibond PF,1995)

Procedure:

The purpose of the study has explained to participants via online and their willingness to participate in the study was ascertained. The Depression, anxiety and Stress Scale (DASS) (Lovibond SH & Lovibond PF,1995) were given to the sample through proper instruction one after the other. Responses were collected from the participants. The scoring for both the assessment was done and interpreted according to the manual.

Analysis of the data:

The collected data were analyzed using following statistical testes. The statistical analysis was carried out using the Statistical Package for Social Science (SPSS) Version 20 was used for analysis.

1. Mean, standard deviation
2. Kruskal-Wallis Test

Ethical issues:

1. Research was taken only after approval from the department.
2. Confidentiality has been used only for research purpose.
3. Data collection has been used only for research purpose.

RESULT

Data analysis and its interpretation: The main purpose of the study was to investigating the influence anxiety, depression and stress among migrant employees based on their place of working. For this purpose investigator formulated three hypotheses. Results are shown in below given below.

Table: 1 Shows that the mean significant value of anxiety depression and stress among employees from Kerala based on their type of migration using Kruskal-Wallis Test

Variable	category	N	mean	Sig
Anxiety	EMPLOYEES WORKING INSIDE KERALA	62	71.35	.344
	EMPLOYEES WHO WORK IN OUTSIDE KERALA	22	76.43	
	EMPLOYEES WHO WORK IN OUTSIDE INDIA	53	63.17	
	TOTAL	137		
Depression	EMPLOYEES WORKING INSIDE KERALA	62	67.57	.690
	EMPLOYEES WHO WORK IN OUTSIDE KERALA	22	75.66	
	EMPLOYEES WHO WORK IN OUTSIDE INDIA	53	67.97	
	TOTAL	137		
stress	EMPLOYEES WORKING INSIDE KERALA	62	68.42	.639
	EMPLOYEES WHO WORK IN OUTSIDE KERALA	22	76.11	
	EMPLOYEES WHO WORK IN OUTSIDE INDIA	53	66.73	
	TOTAL	137		

Table 1 shows that the type of migration difference on depression, anxiety and stress among employees from Kerala based on their gender that were analyzed through kruskal-Wallis test .The significant value of anxiety among employees from Kerala across their type of migration is .344 which is not significant at the 0.05 level of significance so the first null hypothesis is accepted. Thus there is no significant difference on the level of anxiety among migrant employees from Kerala based on their type of migration. The significant value of depression among employees from Kerala across their type of migration is .690 which is not significant at the 0.05 level of significance so the second null hypothesis is accepted. Thus there is no significant difference in the level of depression among migrant employees from Kerala based on their place of working. The significant value of stress among employees from Kerala across their type of migration is .639 which is not significant at the 0.05 level of level of significance so the third null hypothesis is accepted.

Thus there is no significant difference in the level of stress among employees from Kerala based on their type of migration.

The mean value of **anxiety** of employees who work outside the Kerala are 76.43, the means value of anxiety of employees who work inside Kerala are 71.36 and mean value of anxiety of employees who work outside India are 63.17. Therefore employees who work outside the Kerala have first position in the level of anxiety. Employees who work inside the Kerala have second position in the level of anxiety. Employees who work outside India have 3rd position in the level of anxiety.

The mean value of **depression** of employees who work outside the Kerala are 75.66, the means value of depression of employees who work inside Kerala are 67.91 and mean value of depression of employees who work outside India are 67.57. Therefore employees who work outside the Kerala have first position in the level of depression. Employees who work outside India have 2nd position in the level of depression. Employees who work inside Kerala have 3rd position in the level of depression.

The mean value of **stress** of employees who work outside the Kerala are 76.11, the means value of stress of employees who work inside Kerala are 68.42 and mean value of depression of employees who work outside India are 66.73. Therefore employees who work outside the Kerala have first position in the level of stress. Employees who work inside the Kerala have second position in the level of stress. Employees who work outside India have 3rd position in the level of stress.

Major findings:

- There is no significant difference in the level of anxiety among employees from Kerala based on their type of migration.
 - There is no significant difference in the level of depression among employees from Kerala based on their type of migration.
 - There is no significant difference in the level of stress among employees from Kerala based on their type of migration.
- The employees those who are working outside Kerala have **high level** of **anxiety**. Employees who work inside the Kerala have **second position** in the level of anxiety. Employees who work outside India have **3rd position** in the level of anxiety.
 - The employees those who are working outside Kerala have **high level** of **depression**. Employees those who are working outside India have **2nd position** in the level of depression. Employees who work inside Kerala have **3rd position** in the level of depression.
 - The employees those who are working outside Kerala have **high level** of **stress**. Employees who working inside Kerala has **second position** in the level of stress. Employees who work outside India have **3rd position** in the level of stress.

Implication

- As the result of study indicates employees those who are working outside Kerala have high level of depression, anxiety and stress comparing to other counter parts. So we can plan some innovation for them.
- Study can be useful for the welfare of all the people those who have anxiety, depression and stress.

Limitation:

- Sample size was small.
- Samples collection was restricted only to the keralates
- Only quantitative research methods are used

Scope for further study

- Further research can be done among large population.
- Qualitative research methods can be done for improving the quality of the paper.

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