



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

TO STUDY THE EFFECT OF WORRY ON QUALITY OF LIFE OF BUSINESSMAN

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ABSTRACT

The sensation of recurring nervous thoughts or worries connected to business-related issues might be operationalized as worry. Preoccupation with money matters, market swings, stress at work, or any other element might be examples of it. that make the businesspeople under study feel uncomfortable or distressed emotionally. superiority of life may be defined as a multifaceted concept that includes many elements that support a person's general sense of well-being and contentment in life. In the context of researching businesspeople, it could encompass elements like financial stability, interpersonal connections, work-life balance, physical health, and psychological well-being. The goal of the study subject is to look into and comprehend the connection between businessmen's quality of life and anxiety. For the present study, the data is collected from 100 Delhi based entrepreneurs. Two scales used in this study are The Brief Measure of Worry Severity (BMWS) for measuring worry and the WHOQOL-BREF (World Health Organization Quality of Life-BREF) for measuring quality of life. The correlational value between the two variables was -0.89 which signifies a high negative correlation. This means that worry and quality of life are indirectly proportional, if worry increases, then quality of life decreases and vice versa.

KEYWORDS: worry, quality of life, businessman, generalized anxiety disorder, health

INTRODUCTION

The American Psychological Association (APA) defines worry as the emotional and cognitive experience of fixating on or foreseeing possible risks or unfavorable future events. It entails a recurring pattern of uneasy ideas and worries that can impair a person's ability to operate on a daily basis, their general mental health, and their overall well-being. An overwhelming sensation of anxiety, uncertainty, and dwelling on one's worries are common traits of worry, regarding the possible occurrences in the future. Usually, it entails foreseeing and preparing for possible issues, risks, or unfavorable consequences, even in circumstances where there may not be much of a threat. According to the American Psychological Association (APA) worrying is a typical human reaction to stress and uncertainty. But excessive or persistent worry can have a number of detrimental effects, including heightened anxiety, trouble focusing, disturbed sleep, poor decision-making, and decreased quality of life. According to the American Psychological Association, comprehending and resolving excessive utilizing a variety of treatment modalities, including cognitive-behavioral therapy (CBT), anxiety which seeks to recognize and alter unhealthy thought patterns and coping mechanisms. While excessive worry can be problematic, a moderate level of worry can occasionally serve as a motivator for problem-solving and taking preventive action. It is important to distinguish between productive and excessive worry in order to maintain psychological well-being. Other interventions, such as relaxation techniques, mindfulness practices, and stress management strategies, can also help individuals manage and alleviate excessive worry. It is noteworthy that the American Psychological Association (APA) acknowledges that not all worry is detrimental.

Worry is classified as a cognitive symptom by the Diagnostic and Statistical Manual of Mental Disorders (DSM) and is defined as excessive and uncontrolled thinking about possible future occurrences or circumstances. It is a crucial component of anxiety disorders and belongs under that group. In generalized anxiety disorder (GAD), people worry excessively and frequently struggle with to regulate their thoughts, which results in a chronically high level of worry. This concern is usually accompanied by bodily signs like weariness, tense muscles, and restlessness, irritation and trouble focusing. In order to detect Generalized Anxiety Disorder, one needs last for a minimum of six months and cause difficulties in day-to-day living. It's crucial to remember that the DSM gives professionals recommendations for diagnosing mental illnesses, such as worry, based on certain standards and symptomatology.

According to Sigmund Freud, worry is an indication of anxiety that originates in the subconscious. He thought that suppressed feelings and unfulfilled desires are the root causes of concern. Rational Emotive Behavior Therapy (REBT) originator Albert Ellis thought that anxiety was a product of unreasonable reasoning. He maintained that anxiety frequently results in overly pessimistic predictions about the future and dwelling on the worst-case circumstances. Well-known for his studies on positive psychology, Martin Seligman states that worry can be understood as a product of learned helplessness. He recommended that long-term exposure to unpredictable or unfavorable circumstances might cause pessimism and ongoing concern.

Quality of life is defined by the World Health Organization (WHO) as an individual's assessment of their place in life, taking into account their objectives, aspirations, standards, and worries, as well as the culture and value systems in which they live. It includes a range of features of life, encompassing one's bodily and mental health, social interactions, and general contentment with life. The World Health Organization (WHO) use a multifaceted methodology to evaluate quality of life, accounting for social interactions, environmental influences, psychological and physical aspects. They acknowledge that subjective metrics, such as an individual's subjective assessment and perception about their lives are crucial for determining and comprehending the quality of their lives. Good physical and mental health, access to healthcare, education, work opportunities, suitable housing, a clean and safe environment, and supportive social interactions are all factors that, according to the World Health Organization (WHO), lead to a greater quality of life. Furthermore, individual variables qualities like fortitude, a good view of oneself, and the capacity to handle obstacles in life also come into play a major part. It's crucial to remember that everyone's quality of life is different depending on social, cultural, and economic variables, communities and nations. Consequently, evaluations for the quality of life should take into account the unique circumstances and viewpoints of the people being examined. Examining elements like a person's physical and

mental well-being, interpersonal connections, financial stability, ease of access to opportunities and resources, stress levels, and general life satisfaction are common ways to gauge someone's quality of life. There are several methods available to evaluate one's quality of life, including self-report surveys, interviews, as well as observation.

Aristotle highlighted that the secret to achieving a great quality of life is to live a life of virtue and moral perfection. He held that living sensibly and developing one's values are the paths to genuine pleasure and fulfillment. Abraham Maslow is renowned for his hierarchy of needs, which covers needs related to self-actualization, esteem, safety, love, and physiology. Maslow contends that meeting one's basic needs comes before achieving any other goals and the highest goal is of self-actualization for an improved standard of living. The economist and philosopher Amartya Sen is credited with popularizing the idea of "capabilities." He contends that an individual's capacity to accomplish desired goals and live a fulfilling life should also be taken into consideration when determining their quality of life. Sen highlighted the significance of political and social variables in facilitating people to use their strengths in an efficient manner.

OBJECTIVES

The objective of the research topic is to investigate and understand the relationship between worry and the quality of life of businessmen. The specific goals of the research include:

1. To examine the levels of worry experienced by businessmen in different aspects of their lives.
2. To assess the overall quality of life of businessmen.
3. To identify any patterns or correlations between worry and specific aspects of quality of life.

METHODOLOGY

SAMPLE

Data is collected from the 100 Indian nationality business people between ages 25-70years, of both gender, from all different kinds of business background with business as a profession.

PSYCHOLOGICAL TOOLS

1.The Brief Measure of Worry Severity (BMWS)

The psychological assessment tool called the Brief Measure of Worry Severity (BMWS) is used to gauge how severe a person's worry symptoms are. Its purpose is to offer a prompt and accurate assessment of an individual's level of worry. The BMWS is made up of a number of items or queries that evaluate different facets of anxiety, like the frequency, intensity, and duration, and the disruption of worry in an individual's life. Likert scales are used to rate the items; normally, on a scale of 0 to 4 or 0 to 5, where respondents indicate how much they agree or disagree with every assertion. The scale captures the subjective experience and impact of worry on day-to-day functioning by accounting for both cognitive and emotional components of worry. Statements such as "I find it difficult to control my worrying" or similar examples like "Worrying affects my ability to concentrate." are evaluated in this test. The BMWS is an effective instrument for research and clinical settings. In research, it can be used to gather data on worry severity, compare groups, and track changes over time. In clinical settings, it can aid in the assessment of worry-related disorders, such as generalized anxiety disorder (GAD), and assist in treatment planning and monitoring progress.

2.The WHOQOL-BREF (World Health Organization Quality of Life-BREF)

The World Health Organization (WHO) created the WHO Quality Of Life instrument (WHOQOL) which is a condensed form used to assess people's quality of life. This brief version, WHOQOL-BREF, has 26 questions that evaluate four aspects of well-being: social, psychological, physical, and environments, as well as relationships. The domain of physical health investigates a person's perception of their own health, encompassing their capacity to carry out regular tasks, their level of energy, and the existence of discomfort or pain. It also takes into account how content they are with their sleeping habits and their reliance on medical care. The domain of psychological well-being is concerned with the emotional and cognitive states of an individual. It assesses their ability to focus and enjoy life, as well as their positive and negative emotions, self-esteem, body image, and spirituality. The communal relationships domain investigates a person's contentment with their social, personal, and assistance as well as the capacity to have satisfying and meaningful social interactions. It evaluates their level of social participation and their level of satisfaction with their sexual life. The environmental domain considers the physical safety and security of a person's home, as well as their availability to healthcare, transportation, and recreational opportunities. It also takes into account how happy they are with their financial situation and the chances they have to acquire new knowledge and abilities.

RESULTS AND DISCUSSION

S.no	Variable	Mean	sd	Correlational Coefficient (r)
01.	Worry	12.5	1.04	-0.89
02.	Quality of Life	85.4	1.06	

The present study is aimed to examine the levels of worry experienced by businessmen in different aspects of their lives, assess the overall quality of life of businessmen and finally to identify any patterns or correlations between worry and specific aspects of quality of life. The results of this study provide important information about the relationship between worry and businessmen's quality of life. This discussion will delve deeper into each target and their respective outcomes, as well as the implications of the negative correlation identified in the study:

The first goal of the study was to examine the worry levels of businessmen in different aspects of life. The average total worry score, on a scale of 0 to 3, was 12.5. These results suggest that, in general, entrepreneurs experience moderate levels of worry. Although not alarming, this level of concern is notable because it shows that business people are facing worries and insecurities in life. It aims to evaluate the entrepreneur's overall quality of life on a scale of 1 to 5. The average total score for quality of life is 85.4, indicating that on average business people report quality of life at a fairly positive level. This suggests that, despite concerns, their overall health was not seriously compromised. However, it is important to note that these are averages and individual differences in quality of life may exist. The most notable result of this study is the strong negative correlation between the Brief Anxiety Scale (BMWS) and the Brief WHO Quality of Life Scale (WHOQOL-BREF), with a correlation coefficient of -0.89. This negative correlation implies that as businessmen's worry levels increase, their overall quality of life tends to decrease. Conversely, when worry levels decrease, quality of life tends to improve. This is a notable and intriguing trend that highlights the detrimental impact of worry on the well-being of businessmen. The negative correlation

between anxiety and quality of life highlights the importance of combating worry in this population. Strategies aimed at reducing worry levels, such as cognitive-behavioral interventions and stress management techniques, may be beneficial in improving the entrepreneur's overall health.

Stress reduction can be achieved by focusing on the present and letting go of worries about the past or future by using mindfulness techniques and meditation. Engage in regular physical fitness as it can help reduce stress and anxiety by releasing endorphins, the body's natural mood lifters. Maintain a healthy diet, get enough sleep, and avoid excessive alcohol and caffeine intake, as these can increase stress. Developing effective problem-solving skills will help you tackle problems that cause you anxiety rather than allowing them to persist. Constant exposure to negative news and social media can cause fear and panic. Set limits on media consumption and prioritize positive content. Share your doubts with trusted colleagues, family members, or a therapist. Talking about your concerns can give you a sense of calm and perspective. Learn to say no to commitments or situations that cause unnecessary stress and anxiety. Focus on what you're grateful for each day, as this will shift your perspective and ease worries about things that may not be going as planned. To avoid being overwhelmed by deadlines or responsibilities, organize your tasks and prioritize them. To calm your mind and body when feeling anxious, try breathing techniques such as progressive muscle relaxation, or visualization. Focusing on various aspects of well-being is essential to improving quality of life. Here are some tips for improving your quality of life: maintain a healthy diet, get enough exercise, get enough sleep, and schedule regular check-ups with healthcare professionals. To reduce stress and boost emotional acuity, try mindfulness, yoga, or yoga. If required, seek medical attention or counseling. Foster meaningful relationships with coworkers, coworkers, and other individuals. Spend time with loved ones and engage in activities that promote social interaction. Set goals for personal growth and pursue hobbies that challenge and inspire your mind. Continually improve your skills and find opportunities for improvement and self-improvement. Strive for a healthy balance between work, play, and personal time. Set goals to discourage burnout and prioritize activities that bring joy and fulfillment outside of work. Manage your finances wisely, budget effectively, and plan for the future. If possible, seek professional assistance and limit unnecessary debt or overspending. Connect with nature, spend time outdoors, and cultivate a healthy living environment that promotes wellness and well-being. Identify your values, values, and sense of purpose by exploring them. Engage in activities that promote spiritual growth, whether through faith, contemplation, or other forms of contemplation. Invest time in activities you enjoy, whether it's playing sports, exploring new interests, or participating in recreational activities. Find ways to give back to your community or support causes that are meaningful to you. To have a positive effect on others and the society as a whole, please volunteer, donate, or volunteer.

CONCLUSION

This study highlights the inverse relationship between worry and quality of life among businessmen. This depicts that worry and quality of life are inversely proportional, as the worry increases, the quality of life decreases and vice versa is also true. Therefore, to live a quality life, it is important to manage worry. The study's findings have implications for both psychological interventions and future research aimed at understanding and improving the well-being of individuals working in high-stress jobs.

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