

**ANXIETY AND DEPRESSION: COMPARATIVE STUDY BETWEEN
WORKING AND NON-WORKING MOTHERS**

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ABSTRACT

Now a day the mothers are not only restricted their involvement on domestic chores, procreation of children and their nurturing with family care and attention. A significant number of mothers are working and they are maintaining their dual of as employee and household keeper with financial assistance to their families. The working mothers are mostly in anxiety and depression regarding their method of child care as they are absentees for a long time. The present study had been conducted to find out the differences in degree of felt depression and anxiety pattern of working & non-working mothers. A total of 60 mothers (30 working mothers , 30 non-working mothers) were studied. The result showed that that there were significant differences in degree of depression & both anxiety of working mothers' group. But no significant difference was noticed in case of anxiety & depression pattern of non-working mothers' group.

KEYWORDS: *Mother, Anxiety, Depression, Child Care, Household Work.*

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