

# ANXIETY AND DEPRESSION AMONG TEACHERS, DOCTORS AND BANK OFFICERS IN DISTRICT RAHIM YAR KHAN

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## ABSTRACT

**Background:** Anxiety and depression among professionals is increasing due to multiple reasons. **Objective:** To determine the level of anxiety and depression among teachers, bankers, and doctors in district Rahim Yar Khan. **Methodology:** This was a cross-sectional study conducted by using convenient sampling technique. The study subjects were teachers, bankers, and doctors working in government schools, hospitals and public or private banks. The sample size was 446. We used a validated Urdu version of Hospital Anxiety Depression Scale. Anxiety was defined as a feeling of worry, nervousness, or unease about something with an uncertain outcome. Depression was defined as a state of low mood and aversion to activity that can affect person's thought behavior, feelings, and sense of well being. According to HADS, person's scoring  $\geq 11/22$  is said to be in state of anxiety obliged depression. **Results:** Total respondents from the three categories were 446 including, 235 teachers, 117 doctors and 94 bank officers. Results showed that none of the group has a case of anxiety or depression according to these criteria. However, considering the level of anxiety and depression score, the level of score was higher in bankers as compared to that in other groups, and the difference was significant. ( $p < 0.05$ ). **Conclusion:** This study showed that none of the three professional groups, teachers, doctors, and bankers in Rahim Yar Khan were suffering from anxiety or depression and female bankers have relatively higher level of anxiety and depression scores.

**Key Words:** Anxiety, Depression, Professionals, Doctors, Teachers, Bankers.

## INTRODUCTION

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure while people with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide.<sup>1,2,3</sup> Anxiety and depression are common globally and expected to rise further. Doctors, teachers and bank officers are considered as highly qualified people in their respective areas.<sup>4</sup> Although they belong to different professions, requirements and working environment do influence them regarding their mental satisfaction.<sup>5</sup>

Psychological illness of professional effects performance adversely.<sup>6</sup> Anxiety and depression are usually consequences of stress at work place. which is otherwise not managed by person or continue for prolonged period of time, from months to years.<sup>7</sup> Usually depression starts with stress, at works place is when the demands of the job are greater than the person's ability to cope resulting unreduced level of productivity.<sup>8,9</sup>

Progressive organizations help their staff to meet the challenges of increased demands, reduced staffing, fear and increased levels of negativity before it is too late. Some of the approaches that

could improve the situation include training and development, having good policies and procedures in this area and focusing on employee engagement.<sup>10,11</sup> Specifically hazards like physical and psychological well-being of doctors working in emergency units are in jeopardy and doctors are exposed to infectious agents, work load and poor patients satisfactions resulting violence.<sup>12,13</sup>

This study was conducted in to assess the level of anxiety and depression among professionals like teachers, doctors and bankers working in district Rahim Yar Khan.

## METHODOLOGY

This was a cross sectional study and 446 respondents were selected from three categories of highly qualified professionals teachers, doctor and bankers. They included 235 teachers, 117 doctors and 94 bank officers. These respondents were selected through convenient sampling technique. Researchers used an instrument that was already internationally recognized Hospital Anxiety Depression Scale (HAD). This tool contained mixed items on anxiety and depression but they were labeled by sign marks for summing up their scores. Scores ranged from 0-18 and score above 12 was decided to take as severe case. Descriptive and inferential statistics was used to analyze data. Mean value of scores and standard deviation were calculated. These means were also used in t-test and ANOVA test to see significant

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difference among groups on the basis of profession and gender informed verbal consent was taken from every study subject. SPSS version 20 was used for data analysis.

## RESULTS

Out of 446, 235 (52.69%) were teachers, 117(26.23%) doctors and 94 (12%) were bankers. The age range of study subjects showed that 56.5% of the respondents were from age group of 30-40 years, 34.97% from 41-50 years and 8.52% from the age group of 51-60 years. Bank officers showed higher level of anxiety (M=10.01, SD=3.30) than doctors (M=7.31, SD= 3.90),  $p=.000$  which indicates significant difference of means.

**Table I: Depression among teachers, doctors and bank officers**

Category	Mean	SD	F-value	df	p-value
Teachers	6.55	3.56	6.577	2	.002
Doctors	7.39	3.53			
Bank officers	8	3			

Table I shows depression level among three groups of respondents. Bank officers showed higher level of depression (M=8, SD=3) than teachers (M=6, SD= 3) and doctors (M=7.39, SD=3.53),  $p=.002$  for ANOVA test which indicates significant difference among groups.

**Table II: Anxiety among teachers, doctors and bank officers**

Category	Mean	SD	F-value	df	p-value
Teachers	8.42	3.80	13.580	2	.000
Doctors	7.31	3.90			
Bank officers	10.01	3.30			

Table II shows anxiety level among three groups of respondents. Bank officers showed higher level of anxiety (M=10, SD=3.30) than teachers (M=8.42, SD= 3.80) and doctors (M=7.31, SD=3.90),  $p=.000$  for ANOVA test which indicates significant difference among three groups.

**Table III: Depression among males and females professionals**

Category	Mean	SD	t-value	df	p-value
Male	7.42	3.22	2.201	444	.028
Female	6.69	3.73			

Table III shows depression level among males and females. Males showed higher level of depression (M=7.42, SD=3.22) than females (M=6.69, SD= 3.73),  $p=.028$  which indicates significant difference of means.

**Table IV: Anxiety among male and females professionals**

Category	Mean	SD	t-value	df	P-value
Male	8.04	3.70	2.462	444	.014
Female	8.93	3.94			

Table IV shows anxiety level among males and females. Females showed higher level of anxiety (M=8.93, SD=3.94) than males (M=8.04, SD= 3.70),  $p=.014$  which indicates significant difference of means.

## DISCUSSION

This study assessed anxiety and depression among professionals. In this study females showed higher level of anxiety as compared to males. Males showed slightly higher level of depression as compared to females. There are lot of interpersonal relations when it comes to gender, such as the discrimination against gender in an academic setting.<sup>14</sup> This is very prominent in females, where girls can face increased expectations to conform to the standards set forth by society, to pursue feminine type activities and occupations.<sup>15</sup> Breaking the social norm can also lead to depression, the more intelligent a girl is, the more likely she is to become depressed.

This positive correlation could be attributed to the more intelligent girls being able to out-perform the boys yet get punished for doing so. Being depressed as a female adolescent can have consequences in the long run in terms of social functioning, career, and enjoyment of life.

Theoretically, if one were to be depressed in high school, then their grades would suffer. If their grades were to suffer, then their chances of entering a good college would dwindle. If they cannot enter a top-notch college, then they might not be able to get the career they want, and with that they would not be able to enjoy their job and feel like they have missed out on life.

In current study teachers scored second among three groups as for as anxiety depression are concerned. Although pay is relatively better workload is less and long holidays are there schools are good as work places. Even then teaching now is one of the most

stressful occupations in the country. This is shown by a study that 40 % of teaching staff set to leave their jobs within five years in Britain's education system. This study showed that bank officers feel higher level of anxiety and depression as compared to teachers and doctors. Same types of results were found in another study conducted abroad. Generalized Anxiety Disorder and Major Depression occur among bank workers and they are related to socio-demographic, health and occupational correlates. These findings suggest the need to adopt a holistic approach in developing effective prevention strategies, which may include the promotion of occupational mental health and stress management programs among vulnerable occupational groups for enhancement of health and productivity. A study showed that self reported depression among women physicians was high.<sup>15</sup> These findings are similar to our study, anxiety and depression were high. Similarly another study showed high anxiety and depression among doctors.<sup>16</sup>

## CONCLUSION

This study showed that none of the three professional groups, teachers, doctors and bankers in Rahim Yar Khan were suffering from anxiety or depression and female Bankers have relatively higher level of anxiety and depression scores.

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