

Research Paper

Mood states among Government and non-government officers. A comparative study .

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Abstract :

Government and non-government officers are the back-bones of organizational community. The Moods & Emotions affects the system of work itself, because, emotions are a part of our everyday existence as they move through the body, affecting the state of mind & performance.

Negative emotions affect an individual's ability to focus confidently on producing creative and productive work results. So, researcher wants to understand that negative emotions which are inevitable part of organized life. For this purpose 60 officers working in Government & Non-Government. officers are taken into consideration as a research sample. After conducting the study it was concluded that there are significant differences among emotional states of Government & Non-government officers working in various organizations.

Introduction :

Moods and emotions affect our selection and the quality of our actions. Emotions are a part of our everyday existence as they move through the body, affecting our state-of-mind, performance, health and energy. Some recent research even suggests that all decisions are emotionally based, and that logic is used to provide a rational explanation for whatever decision is taken.

It is important to distinguish between moods and emotions. Emotions are responses to specific events however moods are long term emotions people can find themselves in, such as pessimism, optimism, melancholy, resentment and anxiety. Moods have a major bearing on a person's emotional response to what is happening around them. They underpin a person's morale, their desire for improvement, their commitment to the process of change, their ability to problem-solve and their creative and innovative thinking.

The most recent development in Psychology have been concerned with the Psychology of emotions. The emotional life was considered better than the rational life because it was directly connected with the body. Those theorist of antiquity and feeling at all as Psychology problems attributed them to a lower type of soul. The whole direction of our schooling in ethical problems and problems of correct behaviour has been very recently schooling in emotional inhabitation . The child must learn to control his loves and his hates, his fears and rages, his moods of excitement and depression despite the fact that civilization requires emotional control and emotional inhabitation most of who are honest with ourselves realize that were it not for the promise of certain emotional satisfaction.

Emotions are today considered as natural phenomenon exactly as worthy of psychological study of any other form of behaviour. As the age grow young and old both may regrets to infancy, to escape reality becoming dependent on others for care. Thus the emotional disturbances such as anxiety, depression, aggression, conflict, fatigue, guilt feeling etc. among use have been seen commonly. Some common emotional states are as follows:

1. Anxiety: Anxiety is unique among personality variable in its constructive and destructive potential without it the organism cannot survive yet can perpetuate the most

primitive and enables him to make maximum use of his resources.

The concept of anxiety has played a key role in human behaviour and adjustment. No condition has been a widely held to be at the route of human misery in the form of adjustive failures or even the positive accomplishments of mankind as anxiety. It has been found to be an important independent variable in explaining features of human behaviour influencing social interactions. A person with well developed feeling of insecurity faces even the normal uncertainties of life and the problems associated with adjusting new situations with confidant that he can handle them successfully. As a result he often fails thus adding to a lack of self confidence and increasing his anxiety.

2. Depression: Depression is the most common and troublesome mental disorder among older adults who are at higher risk because of changes in self concept and multiple losses they have likely experienced. Many older people have an increase in stressful life events occur, the more their sense of helplessness becomes reinforced. If they reach the point of believing that they have no control, then they loss the will and depress frequently.

3. Regression : According to freud there is a tendency to repeat these earlier modes of behaviour even though they might be inadequate in the present situation. In old age when a person feels that no one is caring for him and he is unable to face his problems then he adopts many ways to draw attention of others . This stage is called the stage of regression. In this stage a person behave like a child.

4. Fatigue: According to Eysenck (1972), " A condition resulting from previous stress which lead to reversible importance of performance and function affect the organic interplay and leads to disturb, the functional structure of the personality. It is generally accompanied by reduction in readiness to work and heighten sensation of strain ".

5. Guilt: Guilt is the emotional feeling associated with the realization that one has highly violated and important social moral. According to the Psycho analysis guilt may be imaginary in the matter instance it is assumed that the imagine guilt is symbolic of real repressed guilt.

6. Extraversion: An extrovert person has dominant intuition, enjoy anything new in the outer environment, is imaginative and innovative. Such a person is enthusiastic, imaginative,

and holds traditional values.

7.Arousal : Arousal can be defined as dimension representing in psychological state of organism. As arousal increases the individuals awareness of the environment and his behavioural efficiency also increases, but only upto a point at very high levels of all arousals awareness efficiency tends to break down.

8.Stress: When there is a mismatch between our expectations and reality, the aroused situation is called as Stress. (Selye)

In this research it was planned to compare the mood states of government and non-government officers working in the various places.

Objectives :

- 1.To study the anxiety level among government & non-government officers.
- 2.To study the stress level among government & non-government officers.
- 3.To study the depression level among government & non-government officers.
- 4.To study the regression level among government & non-government officers.
- 5.To study the fatigue level among government & non-government officers.
- 6.To study the guilt level among government & non-government officers.
- 7.To study the arousal level among government & non-government officers.
- 8.To study the extraversion level among government & non-government officers.

Hypothesis :

- 1.The level of anxiety would be high in non-government officers than government officers.
- 2.The level of stress would be high in non-government officers than government officers.
- 3.The level of depression would be high in government officers than non-government officers.
- 4.The level of regression would be high in government officers than non-government officers.
- 5.The level of fatigue would be high in government officers than non-government officers.
- 6.The level of guilt would be high in government officers than non-government officers.
- 7.The level of extraversion would be high in government officers than non-government officers.
- 8.The level of arousal would be high in government officers than non-government officers.

Methodology :

Sample :

A sample comprised of total 60 government and non-government officers. It includes 30 government & 30 non-government officers. The age of the subjects will be 25 to 45 years. Government officers working in Zilla-Parishad and collector office and non-government officers working in private sector or private institutions are taken into consideration.

Variables under study :

The following variables are considered in the present study.

1.Independent variable :

- (a). government officers.
- (b). non-government officers.

1.Dependent variable :

Eight mood states :

- (i) Anxiety , (ii) Depression, (iii) Fatigue, (iv) Guilt, (v) Arousal, (vi) Stress, (vii) Extraversion, (viii) Regression.

Tools used for data collection :

1.Mood states questionnaire : Dr. M. Bhargava and Dr. Kapoor .

a)Description of the test :

Researcher has used eight state questionnaire designed and prepared by Catell and curran (designed 1973 curran in press) published by National Psychological Corporation at Agra. The eight state questionnaire (8 sa) was specify for measuring eight important emotional states and moods.

Procedure for data collection :

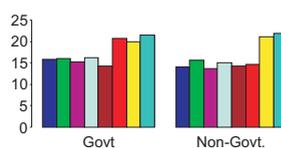
A mood state questionnaire was given to the 30 government & 30 non-government officers individually. Then, scoring procedure was completed as per the directions of the test.

Statistical Analysis :

Descriptive Statistics for eight mood states.

Sr. No	Personality States.	Type of Employee.	Mean	S.D.	N
1.	Anxiety.	Govt.	15.73	4.01	30
		Non-Govt.	14.06	3.48	30
2.	Stress .	Govt.	16.1	3.34	30
		Non-Govt.	15.7	3.04	30
3.	Depression.	Govt.	15.16	4.77	30
		Non-Govt.	13.76	3.55	30
4.	Regression.	Govt.	16.3	4.59	30
		Non-Govt.	15.1	3.87	30
5.	Fatigue.	Govt.	14.33	4.24	30
		Non-Govt.	14.33	3.37	30
6.	Guilt.	Govt.	20.66	8.26	30
		Non-Govt.	14.66	3.81	30
7.	Extroversion.	Govt.	20	3.93	30
		Non-Govt.	21.13	3.78	30
8.	Arousal.	Govt.	21.4	3.65	30
		Non-Govt.	21.9	3.64	30

Graphically Presentation of eight mood states of government and non-government officers.



Following table shows the differences between government and non-government officers for the dependent variable anxiety .

Table no. I

Sr. No	Personality States.	Type of Employee.	Mean	S.D.	N	t-value
1.	Anxiety.	Govt.	15.73	4.01	30	1.72 (N.S.)
		Non-Govt.	14.06	3.48	30	

df = 58, 0.01= 2.01

In the above table the mean value of the anxiety state of government and non-government officers on anxiety is 15.73 and 14.06 and S.D. 4.01 and 3.48 respectively, Obtained t-value is 1.72 which is not significant at both the level. Hence the hypothesis no. 01 i.e. “The level of anxiety would be high in government officers than non-government officers”, is rejected. Hence, the government officers are facing more anxiety than non-government officers.

Following table shows the differences between government and non-government officers for the dependent variable Stress.

Table no. II

Sr. No	Personality States.	Type of Employee.	Mean	S.D.	N	t-value
2.	Stress .	Govt.	16.1	3.34	30	0.5 (N.S.)
		Non-Govt.	15.7	3.04	30	

In the above table the mean value of the Stress state

of government and non-government officers on stress is 16.1 and 15.7 and S.D. 3.34 and 3.04 respectively, Obtained t-value is 0.5 which is not significant at both the level. Hence the hypothesis no. 02 i.e. "The level of stress would be high in non-government officers than government officers", is rejected. Hence, the government officers are facing more stress than non-government officers.

Following table shows the differences between government and non-government officers for the dependent variable 'Depression'.

Table no. III

Sr. No	Personality States.	Type of Employee.	Mean	S.D.	N	t-value
3.	Depression.	Govt.	15.16	4.77	30	4.12
		Non-Govt.	13.76	3.55	30	

In the above table the mean value of the Depression state of government and non-government officers on Depression is 15.16 and 13.76 and S.D. 4.77 and 3.55 respectively. Obtained t-value is 4.12 which is significant at both the level. Hence the hypothesis no. 03 i.e. "The level of Depression would be high in government officers than non-government officers", is accepted. On the basis of the mean it may be concluded that government officers are facing more Depression than non-government officers.

Following table shows the differences between government and non-government officers for the dependent variable 'Regression'.

Table no. IV

Sr. No	Personality States.	Type of Employee.	Mean	S.D.	N	t-value
4.	Regression.	Govt.	16.3	4.59	30	2.68
		Non-Govt.	15.1	3.87	30	

In the above table the mean value of the Regression state of government and non-government officers on Regression is 16.3 and 15.1 and S.D. 4.59 and 3.87 respectively. Obtained t-value is 2.68 which is significant at both the level. Hence the hypothesis no. 04 i.e. "The level of Regression would be high in government officers than non-government officers", is accepted. Hence, the government officers are facing more Regression than non-government officers.

Following table shows the differences between government and non-government officers for the dependent variable 'Fatigue'.

Table no. V

Sr. No	Personality States.	Type of Employee.	Mean	S.D.	N	t-value
5.	Fatigue.	Govt.	14.33	4.24	30	0 (N.S.)
		Non-Govt.	14.33	3.37	30	

In the above table the mean value of the Fatigue state of government and non-government officers on Fatigue is 14.33 and 14.33 and S.D. 4.24 and 3.37 respectively. Obtained t-value is 0 which is not significant at both the level. Hence the hypothesis no. 05 i.e. "The level of Fatigue would be high in non-government officers than government officers", is rejected. There is no difference between government and non-government officers on fatigue. Both the officers perceive equal level of fatigue while working.

Following table shows the differences between government and non-government officers for the dependent variable 'Guilt'.

Table no. VI

Sr. No	Personality States.	Type of Employee.	Mean	S.D.	N	t-value
6.	Guilt.	Govt.	20.66	8.26	30	3.6144
		Non-Govt.	14.66	3.81	30	

In the above table the mean value of the Guilt state of government and non-government officers on Guilt is 20.66 and 14.66 and S.D 8.26 and 3.81 respectively.

Obtained t-value is 3.6144 which is significant at both the level. Hence the hypothesis no. 06 i.e. "The level of Guilt

Table no. VII

Sr. No	Personality States.	Type of Employee.	Mean	S.D.	N	t-value
7.	Extroversion.	Govt.	20	3.93	30	1.14(N.S.)
		Non-Govt.	21.13	3.78	30	

Table no. VIII

Sr. No	Personality States.	Type of Employee.	Mean	S.D.	N	t-value
8.	Arousal.	Govt.	21.4	3.65	30	0.5645 (N.S.)
		Non-Govt.	21.9	3.64	30	