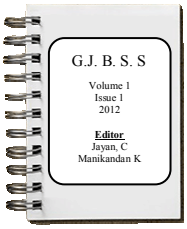
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Submissiveness, Anxiety and Maladjustment among Women

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Abstract

The present study investigates the relationship of Submissiveness, Anxiety, and Maladjustment among a sample of 300 Women. State-Trait Anxiety Inventory, Mathews Maladjustment Inventory and Submissive Behavior Inventory were used to collect data. Correlation, one-way ANOVA followed by Scheffe's test was used for analyzing the data. Results revealed that there exists significant correlation between Submissiveness, Maladjustment and State-Trait anxiety of the subjects. The different levels of Submissiveness significantly influence maladjustment as well as State anxiety of the subjects.

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When we observe the behavior of women in their family settings it can be see that many of them are submissive to their counterpart and family. This can be also seen in their psychological aspect like anxiety and adjustment. Submissiveness may have the problem and yet may be unwilling to be for fright about that problem. Submissiveness or passive behavior means 'shying away'. Some believe that a submissive should never disagree with any person, identified to them as a dominant, that such behavior of disagreement is indicative that they are poorly behaved and in fact a submissive one.

Submissive behavior may be viewed as non hostile, non cohesive behavior characterized by considering the power of authority feeling of others, while defining or studying up for one's own feeling and be life (Deluty, 1979). Submissive can go in to an anxiety state or panic which may causes them to thrash with in bondage to the point of significant injury. Submissive behavior can be shown in every level of people according to varied level due to several reasons and also seen individual differences are there. Some couples only engage in submissive during some sexual interactions. Uncertainty, apprehension, powerlessness, anxiety and fear are the notable features of submissive behavior. Submissive behavior occurs due to several reasons they are, dominance of the other person, due to love and anxiety. There are different types of submissiveness; one among them is sweet submissiveness.

If a person is truly disposed to act or respond in a particular way then personality should display at least some stability over time. Some psychologists caution that this assumption must be understood in the light of several distinction or one thing, most disposition psychologists distinguish between an individual's enduring disposition (eg: traits) and various temporary disposition or state that result from such transient condition as fatigue, stress or sudden changes in fortune. In the case of anxiety, for eg: Spielberger draws a distinction between trait anxiety or A-Trait, "the disposition to respond to situations that are perceived as threatening," and he state of anxiety or A-State "a condition of the organism characterized by the subjective feelings of apprehension and heightened autonomic nervous system activity.

State anxiety may be conceived of as a complex, relatively unique emotional condition or reaction that vary in intensity and fluctuates overtime. More specifically A-State consists of unpleasant, consciously perceived feelings of tension, apprehension, with associated activation or arousal of autonomic nervous system. It may be noted that this conception is comparable in many respect to the definition of anxiety as an emotion al state as suggested by Freud (Cattel, 1997). When A-State reactions are experimentally induced by stressful stimulation, the particular index by which strength of these reactions is to be evaluated must be specified; Changes in heart rate, blood pressure, galvanic skin response. And muscle action potential been used as physiological indicants of state anxiety (Spilberger, 1977).

Trait anxiety refers to relatively stable individual difference in anxiety proneness – is; to differences in the disposition to perceive a wide range of stimulus situations as dangerous or threatening A-Trait may also be regarded as the reflecting individual differences in the frequency and the intensity with which A-states have been manifested in the past and in the probability that such states will be experienced in the future. As a reactive disposition Trait anxiety remains latent until activated by the dangers associated with the specific situation.

Maladjustment is the inability to react successfully and satisfactory to the demands of one's environment though the term applies to a wide range of biological and conditions, it often implies an individual's failure to meet social or cultural expectations. In psychology the term generally refers to the unsatisfactory behavior patterns that cause anxiety and requires psychotherapy.

Maladjustment have different aspects, the five major aspects of maladjustment are anxiety, depression, mania, inferiority, paranoia etc. *Anxiety*: feeling of impending doom, fear, worry of future, perspective, palpitation, tremor, being upset. *Depression*: worry, suicidal thoughts, disinterest, feeling of guilt, sense of failure, hopelessness, despair, emptiness. *Mania*: restlessness, lack of self control, lack of restraint, over activity, quick temper, getting in to trouble, over talkativeness, impulsivity. I*nferiority*: feeling of smallness, sensitiveness, shyness, self consciousness, lack of self confidence, easily hurt. *Paranoia:* suspiciousness, feeling of being persecuted, exploited and misunderstands, not trusting others, getting into quarrels.

Maladjustment is the inability of the individual to develop pattern of behavior making for success in his environment (Chaplin, 1975). The major theories of psychological maladjustment, such as those of Freud and Horney, agree that childhood experience is of primary importance in the development of neurosis. It is reliable, therefore, that almost all of the causal kind of research about children.

Man and Gilbert (1997) explores the construct and measurement of submissive behaviors and their association with psychopathology by using two self-report scales were designed to measure the frequencies of *(a)* typical submissive behaviors (SBS) and *(b)* passive withdrawal and amative strategies focused on conflict de-escalation (CDS). Results found that there was a positive relationship between the SBS and the SCL-90-R, including interpersonal sensitivity and unexpressed hostility. Some forms of submissive behavior, especially those associated with passive withdrawal and inhibition, are associated with a wide range of psychological problems. The result find out that, some forms of submissive behaviour, especially those associated with passive withdrawal and inhibition, are associated with a wide range of psychological problems.

Women are the soul of every society and they plays crucial role in every aspect of human life. The tolerance and adjustment of women has helps every family to maintain a better and peaceful life. Women's patience adjustment is rendering fuel to the smooth functioning of society. Studies reveals that women are submissive than men and this submissive behavior

may causes maladjustment and that effect their social interaction and interpersonal behavior in the day to day affaires.

The review of literature reveals that they are very limited number of studies in terms of "Submissiveness, Anxiety and Maladjustment among women", especially in Indian context. The results of the results of the study will bring some lights in the relationship of submissiveness, anxiety and maladjustment of women. It may contribute to our understanding of the psychology of women.

Objectives

1. To find out the relationship of submissiveness, anxiety and maladjustment among women.
2. To know the influence of submissiveness on State Anxiety and certain selected demographic variables on submissiveness.

Hypotheses

1. There will be a significant correlation among submissiveness, anxiety and maladjustment.
2. There will be a significant main and interaction effect of anxiety and certain demographics on submissiveness.

Method

Participants

Participants of this study consist of 300 women with different age, religion and socio-economic status and both married and unmarried, randomly selected from different district of Kerala. Their age ranges from 20-68, and all the participants were females belonging to Hindu, Muslim and Christian religion. The characteristics of the participants are presented in table 1.

Table 1

Characteristics of the participants

Variables		Frequency	N	Percentage
Age	20 - 40	254	300	84.70
	40 - 60	45		15.30
Education	Up to +2	72	300	24.00
	Degree	56		19.00
	PG	102	300	34.00
	Others	70		23.00
Birth order	First born	106	300	35.30
	Second born	101		33.70
	Later born	93		31.00
Marital status	Single	192	300	64.20
	Married	108		35.80

Instruments

1. State-Trait Anxiety Inventory: The State-Trait Anxiety Inventory (STAI) is comprised of separate self-report scales for measuring two distinct anxiety concepts: state anxiety (A-state) and trait anxiety (A-Trait). Although originally developed as a research instrument for investigating anxiety phenomena in "normal" (non-psychiatrically disturbed) adults, the STAI has also been found to be useful in the measurement of

anxiety in junior and senior high school students, and in neuropsychiatric, medical, and surgical patients. The STAI A-Trait scale consists of 20 statements that ask people to describe how they generally feel. The A-state scale also consists of 20 statements, but the instructions require subjects to indicate how they feel at a particular moment in time. The reliability of the test has been established by the method of Cronbach Alpha, and the alpha coefficient obtained is .83 to .92.

2. Mathew Maladjustment Inventory: This inventory was developed by Mathew (1987) to measure five major aspects of maladjustment namely 1) Anxiety, 2) Depression, 3) Mania, 4) Inferiority, and 5) Paranoia. The test is applicable to anybody aged above 15 years. Split-half reliabilities corrected for alteration and found to satisfactory. Since the test measures somewhat comprehensively, different types of maladjustment, the test can be said to possess a high degree of content validity. A selection of 30 items from this test, forming a scale of maladjustment in the Mathew temperament scale, correlation .68 with Neurotism scale of a Malayalam adaptation of the EPI.
3. Submissive Behavior Inventory: The submissive Behavior inventory was developed by Subramannian and Manikandan (2012) to measure submissiveness behavior of individuals. Submissive behavior means shying away from saying what he or she really means and not seeking to achieve his or her needs, particularly someone else has conflicting needs. The submissive behavior inventory consists of 18 items with response category as write '0' if you feel Never, write '1' if you feel Rarely, write '2' if you feel Sometimes, write '3' if you feel Mostly, and write '4' if you feel Always. The sum of each item in the scale yield total submissiveness score of the participants. The reliability of the test has been established by the method of Cronbach Alpha, and the alpha coefficient obtained is 0.79. So the scale can be reasonably reliable. Since the test is based on theoretical assumptions, the scale can be said to have construct validity.

Results and Discussion

To assess the relationship of variables under consideration, Pearson product moment correlation was calculated and details of correlation coefficients of submissiveness, anxiety and maladjustment are given in table 2.

From table 2 it can be seen that the inter correlation of the variable submissiveness were significantly and positively related to each other. The variable anxiety (State and Trait) was found to be significant relation with submissiveness. The variable maladjustment and its components was also correlated with submissiveness.

To know the influence of Submissiveness on State and Trait anxiety and Maladjustment, the responses of the subjects were analyzed using ANOVA. Since the submissiveness was a continuous variable, based on the principle of mean ± ½ SD the Submissiveness was categorized in to three groups. There were 101(37.7%) participants belongs to low submissive group, 112 (37.3%) belongs to average group and 87 (29.00%) participants belongs to high submissiveness group. Using one-way ANOVA the variance was estimated and the results are presented in the table 3.

Table 2

Correlation of variables under study (N=300)

variables	SBOT	STAT	TRAT	ANXI	DEPRE	MANIA	INFER	PARA	TOT
SBOT	-								
STAT	.284**	-							
TRAT	.355**	.716**	-						
ANXI	.299**	.415**	.398**	-					
DEPRE	.231**	.443**	.334**	.565**	-				
MANIA	.140**	.242**	.242**	.413**	.443**	-			
INFER	.296**	.255**	.252**	.464**	.457**	.410**	-		
PARA	.265**	.312**	.330**	.482**	.439**	.416**	.445**	-	
TOT	.333**	.461**	.418**	.797**	.756**	.680**	.733**	.722**	-

*p< .05 **p< .01

Note: SBOT=Submissive behavior, STAT=State anxiety, TRAT=Trait anxiety, ANXI=Anxiety, DEPRE=Depression, MANIA=Mania, INFER=Inferiority, PARA=Paranoia, TOT=Total Maladjustment

Table 3

Summary of one-way ANOVA of State-trait-anxiety, Maladjustment and its components by Submissiveness

Variables	Sum of squares		Mean sum of square		Total	F
	Between group	Within group	Between group	Within group		
State Anxiety	2049.23	34243.11	1024.61	115.29	36292.347	8.88**
Trait Anxiety	2367.95	23665.72	1183.98	79.68	26033.680	14.85**
Anxiety	142.31	3094.76	71.15	10.42	3237.80	6.82**
Depression	289.55	6465	144.77	20.79	6465.930	6.96**
Mania	47.26	2165.25	23.63	7.29	2212.520	3.24*
Inferiority	220.49	2810.04	11.025	9.46	3030.547	11.65**
Paranoia	156.50	2728.08	78.25	9.18	2884.587	8.51*
Total maladjustment	3742.283	45169.384	1871.141	152.085	48911.667	12.30**

*p< .05, **p< .01

The result of one-way ANOVA of State anxiety by submissiveness revealed that there exist significant difference among low, average, and high submissiveness groups on anxiety experienced at present (F = 8.88, p< .01). It can be also seen that there exist significant difference among the mean score of low, average, and high submissiveness group on Trait anxiety (F=14.85, p< .01). While analyzing the result it can be seen that anxiety level of low, average, and high submissiveness group were significantly differs (F=6.82, p< .01). The mean score on depression the three groups were found to be significantly varied (F=6.96, p< .01). From the result it can be inferred that there exist significant difference among the mean scores of low, average, and high submissiveness group on mania (F=3.24, p< .05). The mean value of

low, average, and high submissiveness group on inferiority reveals that there exists significant difference (F=11.65, p< .05). From the result it can be seen that there exist significant difference among the mean value of low, average, and high submissiveness group on paranoia (F=8.51, p< .05). The total maladjustment mean values of the three submissive groups were also found to be significantly differ (F=12.30, p< .01).

To know which group of submissiveness significantly differ on state anxiety and trait anxiety, maladjustment and its components, comparison of mean score of submissiveness were compared using Scheffe's test and the results are presented in the table 4

Table 4

Comparison of mean scores (Scheffe's Procedure) of State anxiety, Trait anxiety and Maladjustment by Submissiveness

Submissive Groups	Scheffe's F							
	State Anxiety	Trait Anxiety	Anxiety	Depression	Mania	Inferiority	Paranoia	Total
Low-Average	5.77	0.80	0.80	5.56	0.01	8.62*	3.38	3.38
Low- High	15.07**	22.19**	3.00	18.88**	2.37	26.29**	16.59**	16.59**
Average-High	8.25*	2.14	0.87	4.63	2.54	5.82	5.78	5.78

*p< .05, **p< .01

From table 4, it can be seen that the participants with low submissiveness and those with high submissiveness significantly differ (F=15.07, p< .05) on their state anxiety. The mean score of low group is 11.06 and the mean score of high group is 10.19. From this it can be observed that low submissive participants are experiencing more state anxiety than the high submissive group. With regard to trait anxiety the participants with low submissiveness and those with high submissiveness significantly differ. The mean score of low group is 39.12 and the mean score of high group is 45.97. From this it can be observed that low submissive participants are experiencing more trait anxiety than the high submissive group.

Among the maladjustment variables the participants with different level of submissiveness has no significant difference on their level of anxiety. The mean score of low group is 2.77 and the mean score of high group is 3.81. In the case depression the participants with low submissiveness and those with high submissiveness significantly differ (F=18.88, p< .01). The mean score of low group is 3.43 and the mean score of high group is 5.91. From this it can be observed that low submissive participants are experiencing more depression than the high submissive group. Participants with different level of submissiveness do not have any influence on their expression on mania. The mean score of low group is 3.30 and the mean score of high group is 4.16. From this it can be observed that low submissive participants are experiencing more mania than the high submissive group. Participants with low submissiveness and those with high submissiveness significantly differ (F=26.29, p< .01) and low with average submissiveness (F=8.26, p< .05) on their inferiority. The mean score of low group is 3.29 and the mean score of high group is 5.45. From this it can be observed that high submissive participants are experiencing more inferiority than the other submissive groups. Participants with low submissiveness and those with high submissiveness significantly differ (F=16.59, p< .01) on their Paranoia. The mean score of low group is 2.29 and the mean score of high group is 4.11. From this it can be observed that high submissive participants are experiencing more paranoia than the other submissive groups. Participants with low submissiveness and those with high submissiveness significantly differ (F=16.59, p< .01) on their total maladjustment. The mean score of low group is 14.95 and the mean score of high

group is 23.90. From this it can be observed that low submissive participants are experiencing more total maladjustment than the high submissive group.

Conclusion

The study is primarily designed to analyze submissiveness, anxiety and maladjustment among women. The variable anxiety both state and trait was found to be significant correlation with submissiveness. The variable maladjustment and its components were also found to be related with submissiveness. The result of one way ANOVA of state anxiety by submissiveness revealed that there exist significant difference among the mean score of low, average, and high submissiveness groups on their anxiety experienced at present. From the analysis, it can be seen that the participants with low submissiveness and those with high submissiveness significantly differ on their state anxiety. From this it can be observed that low submissive participants are experiencing more state anxiety than the high submissive group.

The participants with low submissiveness and those with high submissiveness significantly differ ($F=22.19$, $p< .01$) on their trait anxiety. And the low submissive participants are experiencing more trait anxiety than the high submissive group. A participant with different level of submissiveness has no significant influence on their level of anxiety.

Participants with low submissiveness and those with high submissiveness significantly differ ($F=26.29$, $p< .01$) and low with average submissiveness ($F=8.26$, $p< .05$) on their depression, inferiority, paranoia, and total maladjustment. From this it can be observed that high submissive participants are experiencing higher inferiority, paranoia than the other submissive groups.

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