

Abstract

Title : The Relationship Between Daily Anxiety
and work Efficiency

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The works of Sarason et al. and of Levitt on anxiety and of Steers and others on work efficiency serve as a conceptual framework of the hypotheses of this study that :

- (1) Private sector personnel have a moderate level of anxiety;
- (2) Private sector male and female personnel do not possess different levels of the macro anxiety;
- (3) Private sector personnel with different ages do not possess different levels of the macro anxiety;
- (4) Private sector personnel with different work experiences do not possess different levels of the macro anxiety;
- (5) Private sector personnel with different marital statuses do not possess different levels of the

macro anxiety;

(6) Private sector personnel with different levels of education do not possess different levels of the macro anxiety;

(7) Private sector male and female personnel do not possess different levels of the state anxiety;

(8) Private sector personnel with different ages do not possess different levels of the state anxiety;

(9) Private sector personnel with different work experience do not possess different levels of the state anxiety;

(10) Private sector personnel with different marital statuses do not possess different levels of the state anxiety;

(11) Private sector personnel with different levels of education do not possess different levels of the state anxiety;

(12) Private sector male and female personnel do not possess different levels of the trait anxiety;

(13) Private sector personnel with different ages do not possess different levels of the trait anxiety;

(14) Private sector personnel with different work experiences do not possess different levels of the trait anxiety;

(15) Private sector personnel with different marital statuses do not possess different levels of the

trait anxiety;

(16) Private sector personnel with different levels of education do not possess different levels of the trait anxiety;

(17) Macro anxiety is negatively related to work efficiency;

(18) State anxiety is negatively related to work efficiency; and

(19) Trait anxiety is negatively related to work efficiency:

Data used in this study were drawn from a questionnaire mailed to 300 private sector administrators and employees of twenty companies. And from an analysis of the data via the utilization of mean (\bar{x}), standard deviation, alpha coefficient, split half, item analysis of t-value, reliability test, difference test, and Pearson's r in order to test the aforementioned 19 hypotheses, it was found that:

(1) Private sector personnel possess a moderate level of the macro and state anxieties vis à vis a high level of the trait anxiety. Overall, suffice it to say that private sector personnel possess a moderate level of anxiety. This finding reflects that hypothesis No.1 is confirmed;

(2) Female personnel possess a higher level of

the macro anxiety than that of their male counterparts.

This finding reflects that Hypothesis No.2 is rejected;

(3) Personnel who are 31 years old and higher possess a higher level of the macro anxiety than that of their counterparts who are less than 31 years of age.

This finding reflects that Hypothesis No.3 is rejected;

(4) Personnel with different work experiences do not possess different levels of the macro anxiety. This finding reflects that Hypothesis No.4 is confirmed;

(5) Married personnel possess a higher level of the macro anxiety than do their counterparts who are still single. This finding reflects that Hypothesis No.5 is rejected;

(6) Personnel whose education level is below a Bachelor's Degree possess a higher level of the macro anxiety than do their counterparts whose education level is a Bachelor's Degree. This finding reflects that Hypothesis No.6 is rejected;

(7) Female personnel have a higher level of the state anxiety than do their male counterparts.. This finding reflects that Hypothesis No.7 is rejected;

(8) Personnel with 31 years of age and higher possess a higher level of the state anxiety than do their counterparts whose ages are below 31 years. This finding reflects that Hypothesis No.8 is rejected.

(9) Personnel with different work experiences do

not possess different levels of the state anxiety. In other words , work experiences are not related to state anxiety. This finding reflects that Hypothesis No.9 is confirmed;

(10) Married personnel possess a higher level of the state anxiety than do their counterparts who are still single. This finding reflects that Hypothesis No.10 is rejected;

(11) Personnel whose education is below the level of a Bachelor's Degree possess a higher level of the state anxiety than do their counterparts whose education level is a Bachelor's Degree. This finding reflects that Hypothesis No.11 is rejected;

(12) Female personnel have a higher level of the trait anxiety than do their male counterparts. This finding reflects that Hypothesis No.12 is rejected;

(13) Personnel with 31 years of age and higher have a higher level of the trait anxiety than do their counterparts who are below 31 years old. This finding reflects that Hypothesis No.13 is rejected;

(14) Personnel whose work experiences are below 16 years have a higher level of the trait anxiety than their counterparts whose work experiences are 16 years and higher. This finding reflects that Hypothesis No.14 is rejected;

(15) Married personnel have a higher level of the

trait anxiety than do their counterparts who are still single. This finding reflects that Hypothesis No.15 is rejected;

(16) Personnel whose education level is below a Bachelor's Degree possess a higher level of the trait anxiety than their counterparts who education level is a Bachelor's Degree. This finding reflects that Hypothesis No.16 is rejected.

(17) Personnel with low macro anxiety possess a high level of work efficiency, or vice versa. This finding reflects that Hypothesis No.17 is confirmed;

(18) Personnel with low state anxiety possess a high level of work efficiency, or vice versa. This finding reflects that Hypothesis No.18 is confirmed and

(19) Personnel with low trait anxiety possess a higher level of work efficiency, or vice versa. This finding reflects that Hypothesis No.19 is also confirmed.

From the above findings, it is evidently clear that they are very beneficial for the improvement of the work efficiency of personnel in the private sector, especially the finding resulting from the relationship between and among variables of the socioeconomic characteristics (independent variables) and different types of anxiety and work efficiency (dependent variables).