

Anxiety and the Accounting Profession

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What is R.A. 11036?

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What is Anxiety?

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Anxiety is...

- A feeling of **worry, nervousness, or unease**, typically about an imminent event or something with an uncertain outcome.
- **Disproportionate levels** characterized as a nervous disorder seen through a state of excessive uneasiness and apprehension, typically with compulsive behavior or panic attacks.
- Physical symptoms include **pain, pounding heart or stomach cramps**.

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Key Reasons of Anxiety

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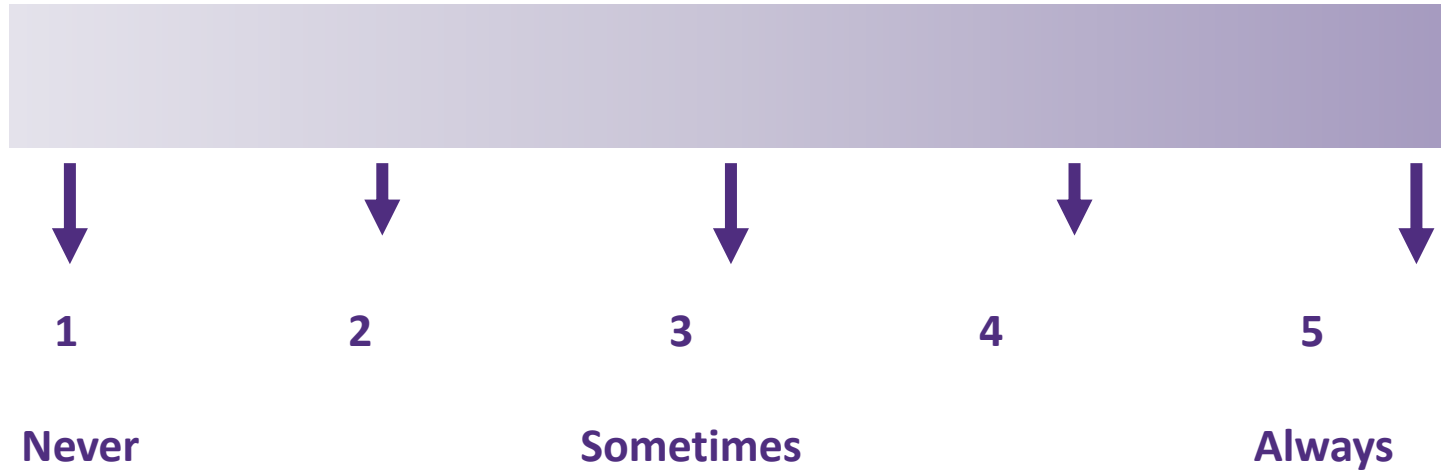
Top 3 Professional Anxiety Triggers:

- **43%** - Heavy workload and deadlines (business is moving faster, crunch deadlines)
- **29%** - Try to attain work-life balance (wanting & achieving it are 2 different things)
- **28%** - Unrealistic expectations of managers (growth demands and people management competencies)
- ---- *64% of which are between 18-34 years old**

Research says: Charles Malgwi, Bentley College

- A new **Accounting Anxiety Rating Scale (AARS)** was developed based on a modified computer anxiety rating scale (CARS) by Broome and Havelka (2002).
- There were **4 variables: academic majors, degree levels, experience & gender**.
- The **higher the degree level, the higher the anxiety**, but graduate students are relatively lower than undergraduate students (except first year).
- **3-5 years experience** at work are the most anxious.
- **Accounting anxiety** in general is significant - between 75-90%
- **Male** shows lower anxiety than their **female** counterparts.

Test your Anxiety: Nist and Diehl (1990)



Questions:

- I have visible signs of nervousness such as sweaty palms, shaky hands, etc..
- I feel butterflies in my stomach when taking a test.
- I tend to focus on upsetting situations or events happening in my life.
- I read through the test and feel that I do not know any of the answers.
- I panic a lot.
- When someone snaps at me, I spend the rest of the day thinking about it.
- I have trouble sleeping at night.
- I have trouble choosing between options and answers.
- I can't get my mind off problems.
- I get fearful for no reason.



Tips to overcome anxiety:



Rev up on your organizational skills - demarcate and plan EACH task



Take advantage of the additional help and resources you are offered.



Utilize helpful suggestions.
Listen.



Find a friend or a counselor.



Avoid distractions. Avoid temptations.



Spend-time outside your usual schedule. Brush up on news.

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Video Clip: <https://www.youtube.com/watch?v=qo4uPxxhUzU>

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End

