



A comparative study to assess the stress among children of working and non-working mothers in selected schools in mandi gobindgarh district Fatehgarh sahib, Punjab

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Abstract

Objectives

1. To assess the stress among children of working and non-working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.
2. To compare the stress among the children of working and non-working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.
3. To find out the relationship between stress level and academic performance of children of working and non-working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Methodology: A comparative research design was used for the present study. A study sample of 60 were selected by non-probability purposive sampling technique. The data was collected by Check-list regarding stress among children of Govt Senior Secondary School in Mandi Gobindgarh District Fatehgarh Sahib, Punjab. The data was analyzed in terms of objectives of the study using descriptive and inferential statistics in terms of frequency, percentage distribution, mean, median, range, standard deviation Z-test.

Results: The finding of present study revealed that majority of children of working and non-working mothers (66.6%) were in the age group of 13-15 years (33.3%) were in the age group of 16-18 years (20.0%) were in the age group of 10-12 years in case of working mothers. In case of non-working mothers (60.0%) were in the age group of 12-14 years. (23.39%) were in the age group of 10-12 years and only (16.6%) were in the age group of 14-16 years. Percentage distribution of children of working mothers according to their religion shows that majority of them (97%) were belonging to Hindu religion and (3%) were Muslim. Percentage distribution of children of non-working mothers according to religion shows that majority of them (87%) were belonging to Hindu religion and (13%) were Muslim. Distribution of children of working and non-working mothers according to their occupation of mother shows that (16.66%) work in industry. (3.3%) govt sector (6.66%) private sector, (73.3%) were others in case of working mothers. In non-working mothers (96.7%) were unemployed and (3.3%) were others. Percentage distribution of children of working and non-working mothers to their place of residence shows that majority of them (100%) were belonging to rural area. Percentage distribution of children of working and non-working mothers to their monthly income shows that highest percentage (76.6%) were having a monthly income BROW 4000. (23.3%) were in category of Rs.4000-8000 in case of working mothers. In case of non-working mothers (53.3%) were having a monthly income below 4000, (46.6%) were in the category of Rs.4000-8000. Percentage distribution of children of working and non-working mothers according to their type of family shows that (100%) nuclear families in case of working mothers and (60%) nuclear, (40%) joint families in case of Non-working mothers. according to the marital relationship shows that (70%) cordinal (%) maladjusted in case of working mothers whereas (73.3%) cordinal. (26.6%) were maladjusted in case of non-working mothers.

Keywords: stress, children, working mother, non-working mother

Introduction

The word "stress" is defined by "Oxford dictionary of psychology" as "Psychological and physical strain or tension generated by physical, emotional, social, economic or occupational circumstances, events or experience those are difficult to manage or endure.

With the emergence of a new economic pattern, increasing opportunities for education, rising standard of living and increased modernization, women for the middle and upper class families have also started coming out from their traditional role of a home-maker to join the work force. The number of working women has been increasing year by year. The increasing number of the women in the work force has created number of problems to their children. The women who are in full time jobs which very

often necessitates staying away from their families for long hours during the day create more disturbances for their children. Employment of women has created number of problems to their children and paved way for controversies regarding maternal employment. It brings emotional deprivation to the school age children.

Today more mothers work outside the home than before. How this affects children depends partly upon their age and partly upon the provision made for their care. The child usually feels lonely and unhappy when the mother is away for a major part of the day. In homes where mother works, there is a greater possibility that the home duties will get neglected or postponed or transferred, there are fewer opportunities for social life and recreation with

the family. Children of such families are more expected to share in the household activities as compared to children of non-working mothers. Children of working mothers have been found to be less well-adjusted than children of non-working mothers. These children tend to be nervous and irregular in their work habits which affect their school adjustment. Young children are more affected by the mother's employment than the older children; the girls are more affected than boys within the family. As childhood period is the period of development and it is the transition state for a child, great demands and expectations of the child imparts extra burden on their mind. They need extra care, protection, affection, love, time and understanding from care parent side. Lack of all these things lead to stress reactions in children's life and ultimately children may become stressed and affect their all developments. According to 2009 survey conducted by American psychological association (APA) 45% of teens (13 to 17 years) said that they were no worried in 2009. However only 28 %of parents thought their teen's stress had increased. 26%of twins (8 to 12 years) said that they were more worried in 2009. However only 17%of parents for that their children stress had increased.30%of children reported being worried about the family's financial situations, however only 18%of parents thoughts their finance was a cause of their children's stress.

American psychological association report 2010 shows the 4 in 10 children's sad when their parents is stressed or worried they get upset. 1/3rd of children (34 %) say they know their parents is worried or stressed out when they yell. Nearly 1/3rd of children indicate that they experienced physical health systems that are often associated with stress 38% reported trouble falling a asleep 33% experienced headache &31% report upset stomach.

Problem Statement

A comparative study to assess the stress among children of working and non-working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Criterion Measure

Results

Section-1

Socio-Demographic characterstics of children of working and

Table 2: Frequency and percentage distribution of children of working and non-working mother according to age, religion, education of father, occupation of father, education of mothers, place of residence, family income per month, type of family, present of older siblings, present of younger sibling and marital relationship.

Sample characteristics	Working mothers	Percentage (%)	Non-working mother	Percentage (%)
1. Age				
1.1 -10-12yrs	6	20.0%	7	23.3%
1.2 -13-15yrs	14	46.66%	18	60.0%
1.3 -16-18yrs	10	33.33%	5	16.6%
2. Religion				
1.1 -Christian	0	0	0	0

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3. To find out the relationship between stress level and academic performance of children of working and non-working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Materials Method

A comparative research design was used for the present study. A study sample of 60 were selected by non-probability purposive sampling technique. The data was collected by Check-list regarding stress among children of Govt Senior Secondary School in Mandi Gobindgarh District Fatehgarh Sahib, Punjab. The data was analyzed in terms of objectives of the study using descriptive and inferential statistics in terms of frequency, percentage distribution, mean, median, range, standard deviation Z-test.

Tools for Data Collection

The tool consists of 2 parts

1. Demographic data profile sheet

Demographic data profile sheet was used for assessment of demographic variables such as age, religion, education of father, Occupation of father, Education of mother, occupation of mother, place of residence, family income per month, types of family, presence of older sibling, presence of younger sibling and Marital relationship between parents.

2. Check List

Check list was used to assess the stress among children of working and non-working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Table 1

Stress categories	Frequency of working mothers	Percentage%	Frequency of non-working mothers	Percentage%
Mild (0-20)	4	13.33%	21	70%
Moderate (21-40)	18	43.33%	9	30%
Severe (41-60)	13	43.33%	0	0%

Non-working mother in Govt Senior Secondary School in Mandi Gobindgarh district Fatehgarh Sahib, Punjab.

1.2 -Hindu	29	96.66%	26	86.6%
1.3 -Muslim	1	3.33%	4	13.3%
1.4 -Sikh	0	0	0	0
1.5 -others	0	0	0	0
3. Education of father				
1.1 -lower primary school	28	93.34%	14	46.6%
1.2 -high school	2	6.66%	16	53.3%
1.3 -secondary school	0	0	0	0
1.4 -diploma or degree	0	0	0	0
1.5 -postgraduate	0	0	0	0
4. Occupation of father				
1.1 -Agriculture	6	20.0%	5	16.6%
1.2 - Business	0	0	0	0
1.3 - Private job	0	0	2	6.6%
1.4 -Health care sector	0	0	0	0
1.5 - others	24	80.0%	23	76.6%
5. Education of mother				
1.1 -lower primary school	29	96.66%	24	80.0%
1.2 -high school	1	3.33%	0	0
1.3 -secondary education	0	0	4	13.3%
1.4 -diploma or degree	0	0	2	6.6%
1.5 -postgraduate	0	0	0	0
6. Occupation of mother				
1.1 -work in industry	5	16.6%	0	0
1.2 – govt sector	1	3.3%	0	0
1.3 – private sector	2	6.6%	0	0
1.4 -other	22	73.3%	1	3.3%
1.5 -unemployment	0	0	29	96.7%
7. Place of residence				
1.1 -rural	30	100%	30	100%
1.2 -semi urban	0	0	0	0
1.3 -urban	0	0	0	0
8. Family income per month				
1.1 -below 4000	0	0	0	0
1.2 -4000-8000	23	76.67%	16	53.3%
1.3 -8000-12000	7	23.33%	14	46.6%
1.4 -12000 or above	0	0	0	0
9. Types of family				
1.1 -Nuclear	30	100%	18	60.0%
1.2 -Joint	0	0	12	40.0%
10. Presence of older sibling				
1.1 -Yes	20	66.67%	22	73.3%
1.2 -No	10	33.33%	8	26.6%
11. Presence of younger sibling				
1.1 -Yes	17	56.66%	18	60.0%
1.2 -No	13	43.33%	12	40.0%
12. Marital relationship between parents				
1.1 -Coordinal	21	70.0%	22	73.3%
1.2 -maladjusted	9	30.0%	8	26.6%

The data presented in table -1

Study results showed that distribution of children of working and non-working mother according to their age, religion, education of father, occupation of father, education of mother, occupation of mother, place of residence, family income per month, type of family, presence of older siblings, presence of younger siblings and marital relationship between parents.

Data presented to the majority of children of working and non-working mothers (66.6%) were in the age group of 13-15 years (33.3%) were in the age up of 16-18 years (20.0%) were in the age group of 10-12 years in case of working mothers. In case of non-working mothers (60.0%) were in the age group of 13-15 years. (23.39%) were in the age group of 10-12 years and only (16.6%)

were in the age group of 16-18 years. Percentage distribution of children of working mothers according to their religion shows that majority of them (97%) were belonging to Hindu religion and (3%) were Muslim. Percentage distribution of children of non-working mothers according to religion shows that majority of them (87%) were belonging to Hindu religion and (13%) were Muslim. Distribution of children of working and non-working mothers according to their occupation of mother shows that (16.66%) work in industry. (3.3%) govt sector (6.66%) private sector, (73.3%) were others in case of working mothers. In non-working mothers (96.7%) were unemployed and (3.3%) were others. Percentage distribution of children of working and non-working mothers to their place of residence shows that majority

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Section -II

Severity of the stress among the children of working and non-working mothers. Stress among the children of working and non-working mothers was assessed using administering the check list. The mean, median range and standard deviation of knowledge

Tables 4: Severity of stress among children of working and non-working mothers in Govt Senior Secondary School in Mandi Gobindgarh, District Fatehgarh Sahib, Punjab.

Stress categories	Frequency of working mothers	Percentage%	Frequency of non-working mothers	Percentage%
Mild (0-20)	4	13.33%	21	70%
Moderate (21-40)	18	43.33%	9	30%
Severe(41-60)	13	43.33%	0	0%

Table III study results showed that also revealed mild of children of working mothers score was 13.33% and 21 of non-working mothers with moderate 43.33% of working mothers and 30% of non-working mothers and severe was 43.33%of working mothers and 0% of non-working mothers.

To test significant difference between stresses levels of two groups have to apply Z-test.

H₀ (null hypothesis stated was)

Ho: there will be no significant difference between stress levels of children working and non-working.

Now we have to test mean of two groups is same or not that's is we have to test null hypothesis, (H₀)

Mean score of n₁ group i.e. children of working mothers = 37.

Mean score of n₂ group I.e. children of non-working mother =15.

H₀: mean of two group is same or Ho: n₀=n₁against it we frame the alternative hypothesis

H₁:μ₀≠μ₁

Mean and standard deviation of n₁ sample X₁and another n₂ of sample mean and standard deviation X₂ and respectively.

S.D. of n₁ group =13, Mean = 37

S.D of n₂ group =9.6 Mean = 15

Table 5

Group	S.D	Mean (X)	No. of children
Children of working mother	13	(X ₁) 37	30
Children on non-working mothers	9.6	(X ₂) 15	30

scores were computed and printed in table 2.

Table 3: Mean, median, standard deviation and range of score of children of working and non - working mothers

Group	Mean	Median	SD	Range
1. Children of working mothers	37.27	37.5	12.99	13-60
2. Children of non-working mothers	15.2	14	9.68	1-35

Data presented in table II show that the stress scores of children of working mothers ranged from 1-35 against the maximum score of 60. The children of non-working mothers ranged from 1-35 against the maximum score of 60.

It also revealed that mean of children of working mothers score was 37.27 and 15.2 of non-working mothers with stander deviation 12.99 of working mothers and 9.68 of non-working mothers and median was 37.5 of working mothers and 14 of non-working mothers.

Section -III

Severity of the stress among the children of working and non-working mothers. Stress among the children of working and non-working

$$Z\text{- Test} = \frac{\bar{X}_1 - \bar{X}_2}{\sqrt{S.E MD}}$$

After applying Z- Test we find, z cal = 7.3

Z_{tab} = 1.64, at 5% level of significance.

Thus, Z cal > Z_{tab}

Hence, null hypothesis, H₀ is rejected and H₁ (alternative hypothesis) is accepted result are significant.

Conclusion

Based on the findings revealed that the children of working mothers are more stressed than the children of non-working mothers.

Conflict of interest

There was no such conflict and bias during the study.

Source of Finding

It is self-funded research study.

Ethical clearance

No ethical issue exist.

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