

Social and Psychological Problems Faced by the Children of Working Women

J.Salathmary Metilda¹ & Dr.K.Kavitha Maheswari²

¹M.Phil., Scholar, P.G & Research Department of Social Work, Shrimati Indira Gandhi College, Tiruchirappalli-2, Tamil Nadu.

²Assistant Professor, P.G & Research Department of Social Work, Shrimati Indira Gandhi College, Tiruchirappalli-2, Tamil Nadu,

Abstract: Mothers' care and attention is vital in early years of childhood and it has its impact during the life through out. In the recent years due financial benefits both the parents working culture is very common. Though it has lots of advantages, it also threatens the healthy childhood sometimes. The researcher used descriptive research to collect information and facts about the social and psychological problems faced by the children of working women in Trichy. From the study it was found that 54% of the respondents felt happy about their mothers' occupation and the remaining respondents wanted their mothers as homemakers only. Most of the respondents opined that they need better motivation than that of their present experience. 76% of the respondents need more love and affection from their working mothers. 82% of the respondents had disagreement with their mothers frequently and found very less time to sort out those disagreements. 72% of the respondents opined that they need even better home environment with lots of love and affection. Hence it is concluded that the respondents should be given priority and even more clarification about their mothers' working condition, the need and necessity of them for going for job. It is not achieved easily and it is the responsibility of both the parents. It is very important that the children of working parents must be given quality time with respect to their care, protection and attention which in turn gives them the feeling of completeness and satisfaction.

Keywords: Maternal employment, social impact, psychological impact, negative and positive impact.

I. Introduction

Mothers' care and attention is vital in early years of childhood and it has its impact during the life through out. In the recent years due financial benefits both the parents working culture is very common. Though it has lots of advantages, it also threatens the healthy childhood sometimes. In 1991, the National Institute of Child Health and Development initiated a comprehensive longitudinal study in ten centers across the United States to address questions about the relationships between maternal employment, child-care experiences and various outcomes in children. The leaders of this study were among the most respected researchers in the field of developmental psychology, making the conclusions of this research particularly worthy of attention. In a recent review of their findings, they drew the following conclusions:

In terms of the behavioral adjustment of children of middle class or upper middle class mothers who worked when they were infants:

- Full-time maternal employment begun before the child was three months old was associated with significantly more behavior problems reported by caregivers at age 4½ years and by teachers at first grade;
- Children whose mothers worked part-time before their child was one year old had fewer disruptive behavioral problems than the children of mothers who worked full-time before their child's first birthday. This increased risk for behavioral difficulties was apparent at age three, and during first grade;
- The pathway through which those protective effects of part-time work operated was through increases in the quality of the home environment and in the mother's sensitivity.

With regard to cognitive difference in the middle and upper middle class sample, the study found that:

- Children of mothers who worked full-time in the first year of that child's life received modestly lower child cognitive scores relative to children of mothers who do not work on all eight cognitive outcomes examined. Associations at 4½ years and first grade were roughly similar in size to those at age three;
- Mothers who worked full-time were more likely to have symptoms of depression;
- Lower cognitive scores were not found in children of mothers who worked part-time during the first year of their child's life.

While these findings point to the need to consider the impact of full-time maternal employment on children, particularly before they are three months old, some benefits of full-time work were found in the area of the mother's ability to be sensitive to her child. Mothers who worked full-time tended to use higher-quality substitute childcare and to show higher levels of sensitivity to her child. The researchers speculate that the higher levels of maternal sensitivity seen in employed mothers might have stemmed from their having greater financial security. A recent meta-analysis of 69 research studies spanning five decades, evaluating the impact of maternal employment, came to similar conclusions as those summarized above. Early maternal employment was found to be associated with beneficial child outcomes when families were at risk because of either financial challenges or as the result of being single-parent families. In those families, children of working mothers showed higher levels of achievement and lower levels of internalizing behaviors such as anxiety and depression. Employment was associated with negative child outcomes, however, when children were from intact, middle class families that were not at risk financially. In those families, early full-time employment (relative to mothers who were not working outside the home) was associated with later risk for child behavioral difficulties. It should be noted, however, that this increased risk was not the case when mothers worked full-time when their children were toddlers or preschoolers. It appears that working full-time when the child is an infant – a critical period in terms of attachment and emotional and cognitive growth – is more likely to be associated with subsequent difficulties. There can be both negative and positive effects of working mothers on their children. While working moms can teach their children some invaluable life skills, they can also make the child feel neglected at times.

Positive Impact on kids

A stay at home mom who is unhappy with her life cannot be a positive influence in her kids' lives. A working mother with some sense of accomplishment and satisfaction can serve as a good role model for her kids. Children can get inspired to pursue their dreams and ambition. Moms who effectively manage work and family can instill good work ethic into their kids. They could especially help their daughters break stereotypes and work for whatever they wish to accomplish in life. Working mothers have to manage a plethora of activities. They encourage their kids to take responsibility. With both parents working, each family member has to play a more active role. Kids learn skills that they would not learn otherwise. Raising independent children prepares them for the real world and inculcates in them sense of responsibility. Working moms spend quality time with their kids to compensate for the amount of time they do not spend together. Kids also look forward to spending time with their parents. They do not take their mother's attention for granted. Children of a stay-at-home mom might get used to their mom's attention round the clock and fail to acknowledge her efforts. The financial benefits that come with having both parents work, such as going to good schools and pursuing extra-curricular interests can inculcate a sense of security in kids.

Negative Impact on kids

Poor-quality day care services can hamper a child's emotional and social development. Under-qualified and over-burdened staff and poor facilities at the daycare can affect your child's physical and psychological health. Moms might feel over-burdened and weary of trying to balance work and family. If moms bring their frustration home, children could develop a negative attitude. They could perceive her work as a source of distress for their family. Mothers, in spite of having their kid's best interests at heart, might fail to provide their kids a safe emotional outlet. They might not be enthusiastic to hear their kids' issues after a hectic day at work. Kids in such cases could resort to finding an outlet elsewhere or simply feel that their parents are not interested in their lives. Problems can arise between parents over the mother's employment. Such parental conflict can adversely affect children. It could damage their self-esteem and make them insecure.

A stay-at-home mom who is unhappy about her situation cannot be an ideal mother. On the other hand, many mothers would find contentment in staying at home with their kids. The most important factors of a child's development and well-being are the mother's sense of fulfillment and quality of time spent together. If a working mom can ensure that her kids are well loved and well cared for, then she ought not to feel guilty about anything. It is the quality of parenting that counts. Women can be good mothers regardless of whether they stay at home or work outside.

II. Materials and methods:

This study aimed to know the social and psychological problems faced by the children of working women.

Objectives of the study:

- To understand the demographic profile of respondents
- To understand know the social and psychological problems faced by the children of working mothers..

Research design:

The researcher used descriptive research to collect information and facts about the social and psychological problems faced by the children of working women in Trichy. It tried to focus on the respondents' personal details, their socio-economic condition, their physical, psychological and social problems and their attitude towards their mother's occupation.

Universe:

Universe of the study consisted of students studying 6th to 10th standard of both the gender and those who are having mothers as working women. The universe of this study are the students of Sevai Santhi Matriculation school, Pettavaithalai, Trichy. There were totally 65 students constituted the population.

Sampling technique:

The researcher used simple random sampling technique by using lottery method to collect data from the sample size of 50 respondents from the universe

Tools used for data collection:

Self prepared questionnaire was used to collect data from the respondents pertaining to the objectives of the study.

Major findings:

Findings on personal details

Almost all the respondents are in the age group of above 11 years. 46% of the respondents were male and the remaining 54% of them were females. 66% of them are having Tamil as their mother tongue and the remaining respondents were from Telugu speaking background. All the respondents were studying English as their medium of instruction. 34% of the respondents were Hindus, 34% were Muslims and the remaining follow Christianity. 34% of the respondents mothers were teachers, 42% of them are engaged in clerical jobs. 22% of them are in government job. 50% of the respondents were belonged to Other Backward Class and 30% of them were from Most Backward Class and the remaining were SC/ST. Majority of the respondents were hailing from Nuclear family(74%) and the rest of the respondents were from Joint family.

Findings on family relationship

A high percentage of the respondents (86%) expressed that they spent most of their time with their siblings and the remaining told that they were most were mostly with their grandparents. All the respondents had siblings. 26% of the respondents felt that their mothers were their source of motivation, 12% had their fathers as their motivational sources, 40 percent of them expressed that their teachers were their motivators and 16% of the respondent opined that they did not have any source of motivation. Majority of the respondents (74%) were not satisfied with their family relationship and the rest of the respondents felt happy about their family relationship. 70% of the respondents stated that their mothers motivated them very positively and the remaining 30% felt that they received negative motivation most of the time.

Findings on the respondents' sociability

46% of the respondents spent their free time with their neighborhood playmates remaining significant percent of the respondents opined that spending time on watching television as their recreational activity. Majority of the respondents (70%) found difficult to move with their relatives. 52% of the respondents attend family functions out of their interest and they felt that they were forced by their parents to attend family functions. All the respondents wanted to take up professional courses for their higher education.

Findings on the respondents' academic performance

58% of the respondents were advanced learners, 24% were mediocre category and the remaining respondents were slow learners. 86% of the respondents felt that their educational needs are fulfilled well enough by their parents and the rest of them expecting better home environment for their studies. 32% of them study under their mothers' supervision and monitoring, 46% were assisted by their siblings and the remaining respondents rely on tuition for their home study.

Findings on the respondents' attitude towards their mother's working condition

54% of the respondents felt happy about their mothers' occupation and the remaining respondents wanted their mothers as homemakers only. Most of the respondents opined that they need better motivation than that of their present experience. 76% of the respondents need more love and affection from their working mothers. 82% of the respondents had disagreement with their mothers frequently and found very less time to sort out those disagreements. 72% of the respondents opined that they need even better home environment with lots of love and affection.

Table-1: Distribution of the respondents by their problems

| Problems | Yes | % | No | % |
|---------------------------------------|------------|----------|-----------|----------|
| Physical ailments | 20 | 40 | 30 | 60 |
| Taking proper timely treatment | 37 | 74 | 13 | 26 |
| Mother as caregiver during illness | 24 | 48 | 26 | 52 |
| Sociable | 15 | 30 | 35 | 70 |
| Problem in interpersonal relationship | 36 | 72 | 14 | 28 |
| Loneliness | 36 | 78 | 14 | 28 |
| Feeling tired | 33 | 66 | 17 | 34 |
| Emotionally weak | 14 | 28 | 36 | 72 |
| Disturbed sleep | 13 | 26 | 37 | 72 |
| Self worth | 21 | 42 | 29 | 58 |
| Good personality | 31 | 62 | 19 | 38 |
| Frequent anger | 38 | 76 | 12 | 24 |
| Longing for love and affection | 20 | 40 | 30 | 60 |

From this table it is inferred that 52% of the respondents felt that their working mothers were not able to give care during the ill health condition of the respondents due to their job. 70% of the respondents were not able to mingle with others easily. They are comfortable with those who are known to them already. 72% of the respondents have interpersonal relationship problems with their friends and playmates, they have adjustment problem, conflict and quarrel with them. 78% of the respondents felt isolated though they have siblings. 66% of the respondents felt tired and boredom. They also have emotional (28%) and sleep (26%) disturbance. 40% of the respondents were longing for love and affection, 58% of the respondents did not positively perceive their worth including their abilities, skills and good qualities. 38% of the respondents opined that they need to improve their personality in terms of sociability, interpersonal relationship skills, communication, problem solving ability and adjusting smoothly with others.

III. Conclusion

The researcher used descriptive research to collect information and facts about the social and psychological problems faced by the children of working women in Trichy. From the study it was found that 54% of the respondents felt happy about their mothers' occupation and the remaining respondents wanted their mothers as homemakers only. Most of the respondents opined that they need better motivation than that of their present experience. 76% of the respondents need more love and affection from their working mothers. 82% of the respondents had disagreement with their mothers frequently and found very less time to sort out those disagreements. 72% of the respondents opined that they need even better home environment with lots of love and affection. Hence it is concluded that the respondents should be given priority and even more clarification about their mothers' working condition, the need and necessity of them for going for job. It is not achieved easily and it is the responsibility of both the parents. It is very important that the children of working parents must be given quality time with respect to their care, protection and attention which in turn gives them the feeling of completeness and satisfaction.

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