

Original Research Article

Maternal Working Status on the Performance and Behavioural Problems of Adolescence

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ABSTRACT

Background: Researchers have different views about the working status of the mother and its effect on children. Some believe that children of working mothers are getting more suffered and become more neglected as they are not getting enough time to spend with their mother and that may result in development of behavioral problems in children. And some have the opinion that the children of working mother become self conscious, smart, obedient, punctual etc.

Objectives: To assess the performance, behavioural problems of adolescents and working status of mother, to assess the effect of maternal working status on the performance and behavioural problems of adolescents.

Materials and Methods: The effect of maternal working status on behavioural problems and performance among 300 school going adolescents selected by non probability purposive sampling from 2 selected schools at Mangaluru was done using quantitative study approach and descriptive study design. Chi square and fishers exact test statistics were computed to determine significant relationships between variables and p-value was set at 0.05 significant levels.

Results: The study was done among 162 male and 132 female adolescents in the age group of 12-16 years. The findings of the study showed that out of 300 adolescents, 78 mothers of adolescents are working and 222 are not working. Most of the adolescents 58.0% (174) belonged to normal and 27.7% (83) belonged to borderline and 14.3% (43) belonged to abnormal SDQ score. Though maternal working status was found to have significant effect of on the behavioral problems of adolescents, statically, no association was found between maternal working status and behavioral problems. Maternal working status was found to have significant effect on performance of adolescents. Religion was found to have a significant relation with the behavioral problems of adolescents

Conclusion: The study finding cannot be generalized as the sample size is 300. The findings of the study point to the need for supporting working Indian mothers so that they balance work life as well as personal life effectively and learn to spend quality time with her family and care her children.

Key words: Working Mothers, Non-Working Mothers, Adolescence, Behavioural Problems, Performance, Mangaluru.

INTRODUCTION

The functions served by the family are well explained in the saying “the mother is the first teacher, family is the school and family members are the classmates”. Adolescent is the crucial age where the child’s recognition about self, others and

his/her surroundings develops. It is the age in which they develop identity according to the psychosocial developmental theory. The parents have a crucial role as sculptures in the life of the child in shaping the personality and in molding him/her as a successful being. Even though each family

member has a role in the child's life, it is the mother who plays the major role. Children are dependent on the family members for physical, social and most importantly emotional needs. The mother plays significant role in influencing the child's attitude, abilities, performance and behavior.

Based on UNICEF (2012) data, 19.3% of the total population in India is adolescents in the age 10-19 years. ^[1] In India, 48.5% of total population comprises of women. ^[2] According to India's National Sample Survey, proportion of working women in urban areas increased from 11.9% in 2010 to 15.4% in 2011. ^[3,4] According to the 'Statistics of India 2010' published by 'National Institute of Public Co-operation and Child Development' total population of females in Karnataka is 25951644, of which the economically active females in the age 15-59 years are 15560000. ^[4] "10-20% of children and adolescents experience mental problems and the half of mental illness begin by the age of 14 and three-quarters by mid-20's. Neuropsychiatric conditions are the leading cause of disability in young people in all regions. If untreated, these conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives". ^[5]

Researchers are found to have different views about the working status of the mother and its effect on children. Some believe that children of working mothers are getting more suffered and become more neglected as they are not getting enough time to spend with their mother and that may result in development of behavioral problems in children. And some have the opinion that the children of working mother become self conscious, smart, obedient, punctual etc.

Objectives of the Study

- To assess the performance, behavioural problems of adolescents and working status of mother.
- To assess the effect of maternal working status on the performance

and behavioural problems of adolescents.

- To find the relationship between duration of maternal working hours and the performance and behavioural problems of adolescents.
- To find the association between selected demographic variables and performance and behavioural problems of adolescents.

Hypotheses

H₁: There will be significant difference in the performance and behavioural problems of adolescents among working and non-working mothers.

H₂: There will be significant relationship between duration of maternal working hours and the performance and behavioural problems of adolescents.

H₃: There will be significant association between selected demographic variables and performance and behavioural problems of adolescents.

MATERIALS AND METHODS

In this study to find the effect of maternal working status on behavioural problems and performance of adolescents quantitative study approach and descriptive study design is adopted. The study was conducted in 2 selected schools at Mangaluru. Non probability purposive sampling was used to select the 300 school going adolescents. The inclusion criteria was school going adolescents in the age group 11-17 years and those who are residing with their mothers. Adolescents with special needs and adopted child are excluded from the study

Socio- Demographic Proforma consisting of 9 questions on date of birth, gender, standard/class, religion, type of family, marital status of mother, monthly income of the family, educational level of mother and father and total number of children in the family. Maternal Parenting And Working Status Questionnaire consisting of 10 questions to assess maternal working status which has 3 questions on maternal working status, 5 questions to

assess the perception of the child regarding mothers working status upon his / her life and one question to assess the parenting style of mothers. Performance Questionnaire includes 7 questions related to academic and extracurricular performance of adolescents. Strength and Difficulties Questionnaire self report version for 11-17 years age is used to identify Emotional problems, Conduct problems, Hyperactivity, Peer problems and Prosocial level of adolescents are the 4 tools used in the study for data collection.

The content validity of the tools was assessed by 7 nursing experts. Tools were administered to 30 adolescents to assess the reliability. Reliability of the tools was established by Cronbach's Alpha. The reliability coefficient for maternal working status questionnaire and performance questionnaire is 0.70 and for the Strength and Difficulties Questionnaire (SDQ) is 0.71.

Pilot study was conducted among 30 adolescents to find out feasibility, practicability of the study. No problems were faced during the pilot study and the study was found to be feasible and practical.

Institutional Ethical Committee clearance & permission from schools were taken before the start of study. Data was collected from 12/01/2016 till 02/02/2016 from 300 adolescents who met the inclusion criteria from 2 selected schools at Mangaluru. The students were made to sit in a classroom in the presence of their class teacher. The researchers explained the purpose of the study and also assured confidentiality over the data and study results. Written Informed consent was obtained and thereafter the tools were administered to the students in the presence of the researchers. The participants were encouraged to clarify their doubts if any aroused and were requested to answer all the questions. All 300 participants completed the 4 tools and returned it back. Participants took 20-30 minutes to complete the tools.

The results of the study are grouped under the following headings:

Section 1: Socio-Demographic proforma containing sample characteristics.

Section 2: Assessment of performance, behavioral problems of adolescents, and maternal working status.

- Performance of adolescents
- Behavioral problems of adolescents
- Maternal working status

Section 3: Maternal working status on performance and behavioral problems of adolescents.

- Maternal working status on performance of adolescents.
- Maternal working status on behavioral problems of adolescents

Section 4: Relationship between duration of maternal working hours and the performance and behavioural problems of adolescents.

- Relationship between duration of maternal working hours and performance
- Relationship between duration of maternal working hours and behavioural problems

Section 5: Association between selected demographic variables and performance and behavioural problems of adolescents.

- Association between selected demographic variables and performance.
- Association between selected demographic variables and behavioral problems.

RESULT

Section 1: Socio-Demographic proforma containing sample characteristics

Most of the adolescents 44.7% (134), 36.7 % (110) are in the age group of 14 yrs and 12 yrs respectively. 52.7% (158) were Hindu, 36.7 % (110) were Muslims and only 9.7% (29) are Christians. Majority of adolescents, 240 (80.0%) belongs to nuclear family, and 55 (18.3%) belongs to joint family and only 5 (1.7%) belongs to extended family. While considering the marital status of mothers' of 300

adolescents, Majority were 295 (98.3%) were married, only 2 (0.7%) were divorced and 3 (1.0%) were widowed. Most of the mother 53.7% (161) had complete degree, 35.7% (107) had secondary education and above. 40% (12) have no formal education. Most of the father 66.7% (200) had education degree and above, 27.3% (82) had secondary education and only 1.7% (5) has no formal education. Most of the families 42.7% (128) have 2 children in their families, 0.3% (1) have 10 children in their family. 48.7% (146) have no elder siblings, 33.3% (100) have only one sibling. Most of the adolescents 48.7% (146) have no younger siblings.

Section 2: Assessment of performance, behavioral problems of adolescents, and maternal working status.

Performances of the adolescents

Majority of adolescents 54.3% (163), spends 0-3hrs per day for their studies at home, 24% (116) are between 3 - 6 hrs and 7.0% (21) are <6hrs per day. 42.3% (127) adolescents scored more than 80% in their previous academic year, followed by that 43.7% (131) scored 60-80%, 13.3% (40) scored 40-60% and 0.7% (2) scored <40% of marks. Majority of the adolescents 83.7% (251) are interested in extracurricular activities, 16.3% (49) are not interested in extracurricular activities. 30.0% (90) are always interested to participate in extracurricular activities, 58.0% (174) are sometimes interested, 9.0% (27) are rarely interested and 30% (9) are never interested in doing extracurricular

activities. Mothers of 57.3% (172) adolescents are always encourage the child to participate in extracurricular activities, In 58.0% (101) sometimes the mothers will encourage, 5.7% (17) rarely mothers will encourage and 3.3%(10) mothers never encourages their child to participate in extracurricular activities. Majority 87.0% (261) of adolescents agree that mother’s appreciation is an important motivating factor in academic and extracurricular activities, 13.0% (39) disagree that mother’s appreciation is an important motivating factor in academic and extracurricular activities. 37.3% (187) says that they can perform better in academic and extracurricular activities if their mother was not working and 37.7% (113) says that they would have perform well in academic and extracurricular activities if their mother was working.

Table- 1: Behavioral level of adolescents (SDQ Scores)

Category (n=300)	Frequency (f)	Percentage (%)
0-15 (Normal)	174	58.0
16-19 (Borderline)	83	27.7
20-40 (Abnormal)	43	14.3

The findings presented in the Table (1) shows that behavioral problems of adolescents based on Strength and Difficulties Questionnaire. The result shows that (174) 58.0% adolescents belong to normal category and (83) 27.7% adolescents belong to borderline category and only (43) 14.3% adolescents belong to abnormal category.

Behavioural Problems in Children. n=300

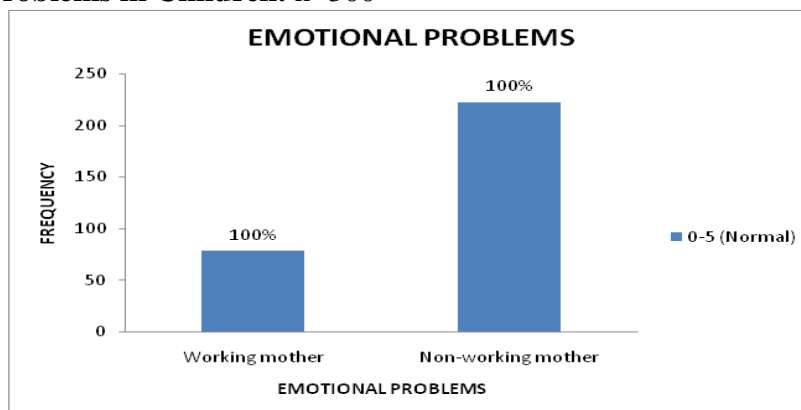


Fig 1: Bar diagram showing percentage distribution of emotional problems of adolescents. n=300

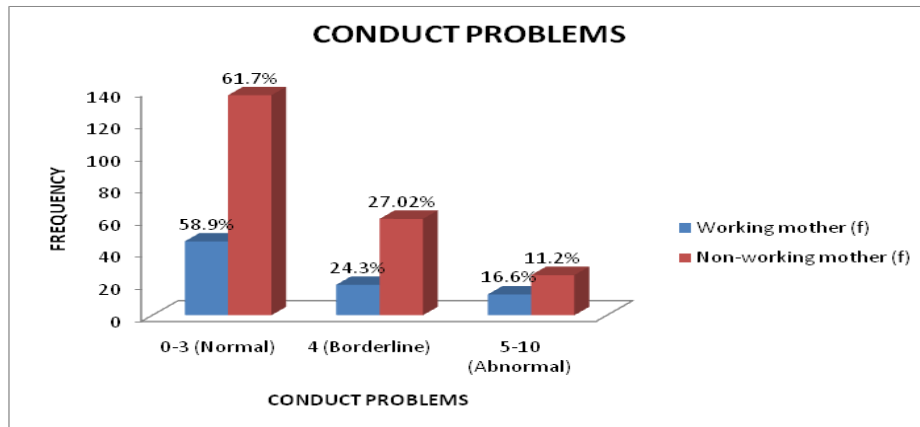


Fig 2: Multiple bar diagram showing percentage distribution of conduct problems of adolescents. n=300

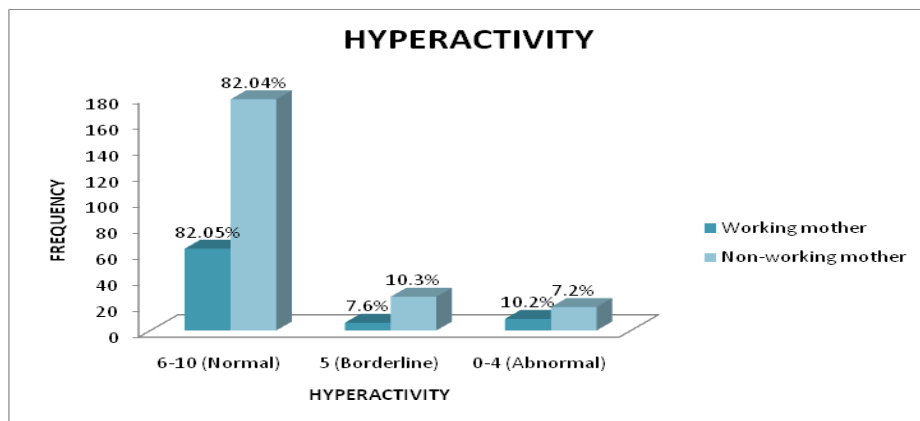


Fig 3: Multiple bar diagram showing percentage distribution of hyperactivity. n=300

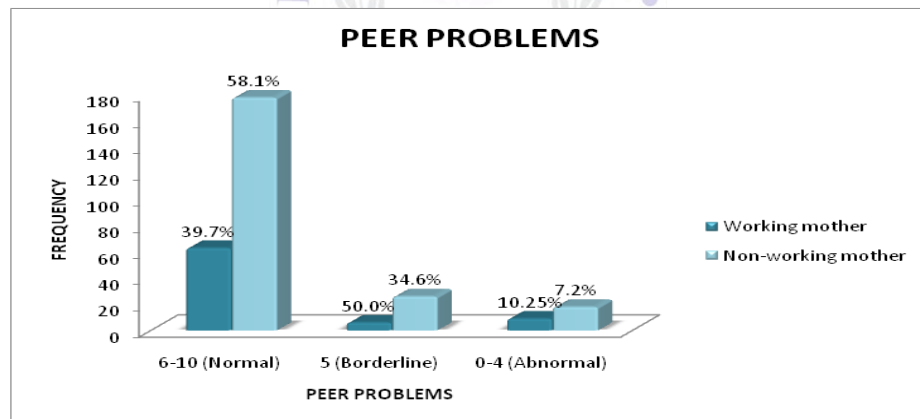


Fig 4: Multiple bar diagram showing percentage distribution of peer problems of adolescents. n=300

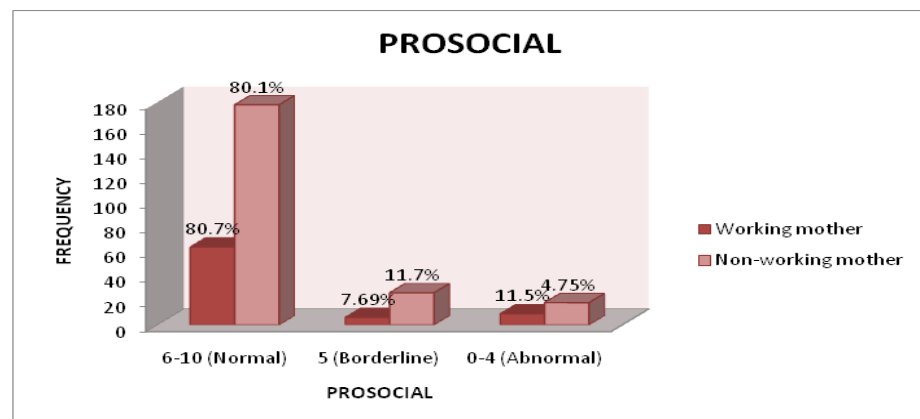


Fig 5: Multiple bar diagram showing percentage distribution of prosocial.

Working Status of Mothers

Working status of mothers' of adolescents can be listed as; mothers of 78 students 26% are working, whereas mothers of 222 students 74% are not working. n=300

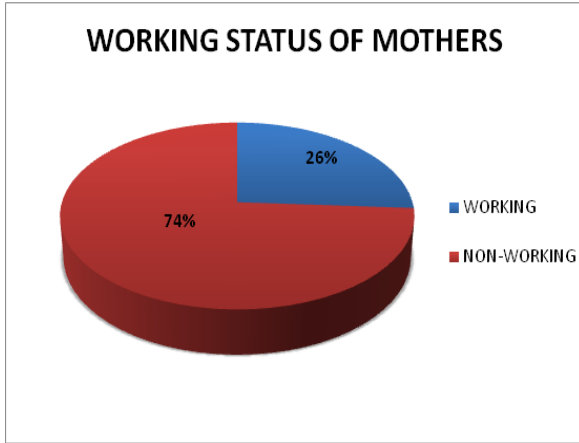


Fig 6: Pie diagram showing percentage distribution of working status of mother.

Maternal working status

Majority of the mothers 74.6% (222) is not working and only 26.0% (78) are working. Majority of mothers 79.5% (62) does not go for night duty and only 20.5% (16) goes for night duty. Among the 20.5% (16) mothers of these children reported that who goes for night duty. 75.0% (12) will go sometimes and 25.0% (4) will always go for night duty. Only 35.9% (28) mothers were reported to go for night duty during weekends. 46.4% (13) reported that their mother sometimes go for duty in weekends. 53.8% (42) spend 10-30 hrs for job in a week, 30.8% (24) spend >30 hrs for job per

week and 15.4% (12) spends <10hrs per week. Only 12.8% (10) reported that their mother always bring work to home. Most of mothers 54.0% (27) spends <5hrs per week on household work and 15.4% (12) of adolescents reported that their mother spend >30hrs for household per week. Majority of mother 67.6% (201) sleep 6-8hrs per day, only 20.3% (61) sleeps <6hrs per day and 12.7% (38) sleeps >8hrs per day. 58.0% (174) of adolescents reported that they sometimes miss their mother's presence, 21.7% (65) always miss the presence of their mother. 48.0% (109) spends 5-10hrs per week and 17.6% (40) of mothers spend <5hrs per week. Majority of the adolescent 73.3% (220) says that they never get enough care from their mother and 1.7% (5) says that their mother always care for them. Most of the adolescents 62.3% (187) says that sometimes their mothers help them in doing projects/ homework and 20.0% (60) says that their mothers never used to help in doing homework/projects. 59.7% (179) adolescents says that their parents will consider their views and ideas & have high expectations about them and 3.0% (9) says that their parents rejects their views and ideas and have high expectation about them, 3.0% (9) rejects my views and ideas and acceptable expectable of them.

Section 3: Maternal working status on performance and behavioral problems of adolescents.

Table- 2: Effect of maternal working status on the performance of the adolescents

Performance (n=300)	Working mother (f)	Non working mother (f)	Chi-Square test	'p'-value
<10(median)	56	106	13.437	<0.001*
>10(median)	22	116		'p'<0.05 S

(* indicates significant 5% level of significance)

From the above table 2, p value= 0.001 <0.05. Hence, maternal working status has significant effect on performance

of the adolescents. Hence the research hypothesis (H₁) is accepted at 5% level of significance.

Table- 3: Effect of maternal working status on behavioral problems of the adolescents

Category (n=300)	Working mother		Non working mother		Chi-Square	'p'-value
	(f)	(%)	(f)	(%)		
0-15(Normal)	42	53.84	132	59.45	6.738	0.034*
16-19(Borderline)	18	23.07	65	29.27		'p'<0.05
20-40(Abnormal)	18	23.07	25	11.26		S

The findings presented in the Table 3 shows that, effect of maternal working status on the behavioural problems of adolescents. It can be concluded that there was significant effect of maternal working status on the behavioural problems of adolescents ($p < 0.034$) is <0.05 . Hence the

result shows that behavioral are more in adolescents of working mothers. Research hypothesis H_1 accepted.

Section 4: “Relationship between duration of maternal working hours and behavioural problems and performance of adolescents”

Table- 4: Relationship between duration of maternal working hours and performance

Category (n=300)		<10 hrs/week (f)	10-30hrs/week (f)	>30 hrs/week (f)	Chi-Square test	p-value
Performance	<10(median)	9	29	18	0.339	0.837
	>10(median)	3	13	16		$p > 0.05$ NS

The findings presented in the Table 4 shows the relationship between duration of maternal working hours and performance of adolescents. It can be concluded that there was no significant relationship between duration of maternal working hours and performance of adolescents.

Relationship between duration of maternal working hours and behavioral problems.

There is no significant relationship between duration of maternal working hours and behavioural problems in overall, and for emotional, conduct, hyperactivity, peer problems and prosocial problems. Hence the research hypothesis is rejected for all the variables.

Section 5:

Association between selected demographic variables and performance

No significant association was found between the performance and selected variables like gender (p value: 0.564), religion (p value; 0.063), type of family (p value: 0.225), maternal status (p value: 1.00), monthly income (p value: 0.683), education level of mother (p value: 0.383). Hence the research hypothesis H_3 rejected for all the variables.

Association between selected socio-demographic characteristics and behavioral problems of adolescents

No significant association was found between behavioral problems and selected demographic variables like gender (p value: 0.379), type of family (p value: 0.426), marital status of family (p value : 0.39),

monthly income (p value: 0.066), education level of mother (p value 0.77).Whereas there was an association between the behavioural problems and religion (p value <0.001) is <0.05 . It is interpreted that the behavioural problems dependent on religion. Hence the research hypothesis H_3 was accepted for the same variable and rejected for other variables.

Among 300 adolescents, behavioral problems was founded as,

- Out of 29 adolescent (10) 34% with behavioral problems belongs to Christian religion.
- Out of 110 adolescents (14) 12.7% with behavioral problems belongs to Muslim religion.
- Out of 158 adolescents (19) 12%, with behavioral problems belongs to Hindu religion.

DISCUSSION

- The findings presented in the study show that (174) 58.0% adolescents belongs to normal category and (83) 27.7% adolescents belongs to borderline category and (43) 14.3% adolescents belongs to abnormal category of behavioral problems of adolescents based on Strength and Difficulties Questionnaire.

The present study finding is supported by a study conducted on assessment of mental health of Indian adolescents studying in urban schools in Bangalore where out of 354 adolescents 77.4% belongs to

normal, 16.4% belongs to borderline, 6.2% belongs to abnormal category. Abnormal SDQ score were more common among female (9.7%) than among males (7.6%). The study concluded that mental health problem is widespread among Indian adolescents. [6]

- The results (p value= 0.034) of the present study finds relation between the maternal working status and behavioral problems of adolescents. Among the 300 adolescents, (42) 14% adolescents of working mothers and (132) 44% adolescents of non-working mothers belongs to normal behavior, (18) 06% adolescents of working mothers and (65) 21.6% adolescents of non-working mothers belongs to borderline. (18) 06% adolescents of working mothers and (25) 8.3% adolescents of non-working mothers belongs to abnormal behavior based on SDQ scoring. Significant effect was found between maternal working status and peer problems.

The present study finding is supported by a study conducted on effect of mothers working status on behavioral problems of primary school children in Varanasi, India among 1500 primary school children selected by multistage random sampling method. Out of which 395 children identified with behavioral problems. The results revealed that children of working mothers show more behavioral problems as compared to those of non-working mothers. [7]

- In the present study no significant relationship was found between duration of maternal working hours and behavioural problems in overall, and for emotional, conduct, hyperactivity, peer problems and prosocial problems.

The present study findings is supported by a study done on the

relation between maternal work hours and cognitive outcomes of young school aged children in Dutch province of Limburg among 2315 school children. They were not able to find negative relation between maternal working hours and child outcomes as is often found for preschool aged children. [8]

- The study shows that there is no association between performance, behavioural problems and selected demographic variables like age, gender, standard and type of the family, monthly income, educational level of mother and educational level of father. Whereas there was an association between the performance and behavioural problems and religion (P value <0.001).

These findings were contrary to the discussion paper on adolescents risk behaviors and religion: performed on 2,004 teens (11-18), these study indicates that youth perceives religion as important, are active in religious worship and activities, and further shows that perceived importance of religion as well as participation in religious activities are associated with decrease risk behavior. [9]

CONCLUSION

The study finding cannot be generalized as the sample size is 300. The findings of the study point to the need for supporting working Indian mothers so that they balance work life as well as personal life effectively and learn to spend quality time with her family and care her children.

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