

ORIGINAL RESEARCH**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****¹Raksha, ²Ravinder Kaur, ³Puneet Gill**^{1,2}Lecturer, ³Assistant Professor, Desh Bhagat University, Mandi Gobindgarh, Punjab, India**Correspondence:**

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Abstract

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. The study had enhanced the knowledge of children regarding stress it will also help them to improve the mentally, physically, emotionally and socially health. **Conclusion:** Based on the findings revealed that the children of working mothers are more stressed than the children of non-working mothers.

Key words- Assess, Stress, Children, Mothers, Knowledge, enhanced**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.

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.

Need of the study

The psychological problems found to be in 44% of the children. Anxiety related symptoms 67%, emotional problems, particularly depression 62% and conduct problems 49% were found. A big group of the population in any city/country is that of students and the life of students is becoming more and more stressful. Family is the nuclear of all social groups because of its functional importance of the child. It is where healthy habits are learnt by the child. According to Tyrer and Tyrer(1974) absenteeism in the later years of schooling is predictive of depression in adult hood.

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''

Objectives

- To assess the stress among children of working and non working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.
- To compare the stress among the children of working and non working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.
- 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.

Operational definition

- **Stress:** - Stress is the body's response to a change that require physical mental or emotional adjustment or response. Stress can come from any situation or through that makes you feel frustrated, angry, nervous or anxious.
- **Children:** - A young human being below the age of full physical development or below legal age of majority.
- **Working Mothers:** - Working mother refers the mother who works outside the home for income in addition to the work they perform at home.
- **Non Working Mothers:** - Non working mothers are mothers who work outside the come for income they perform work only at home in raising their children.
- **Assess:** In this study, it refers to responses received from children of working and non working mothers regarding stress.

Delimitations

- The Study was limited to the children 10-18years.
- The Study was limited to those children who were present at the time of data collection.

Research questions

- What was the cause of stress among children of working and non working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Assumptions

- Children of working mothers have more stress than that of non-working mothers.
- Children with more stress have poor academic performance.

Hypothesis

- **H₁:** There was a significant difference in the level of stress among children of working and non working mothers. There was statistically significant association between stress level and selected variables viz. age, gender, religion, occupation of parents, education of mother, place of residence, family income/socio economic status , type of family ,presence of older sibling, presence of younger sibling.

Research design

The research design adopted for the study was Non-Experimental (Comparative survey research design).

Research setting

The study had been conducted in Govt. Sen. Sec. School of Mandi Gobindgarh District Fatehgarh Sahib.

The criterion for selection of this setting was feasibility of conducting study in the setting and investigators familiarity with setting and students.

Variables**Independent variable**

- An independent variable is that which is believed to cause or influence the dependent variable.
- In this study, the independent variable refers to 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.

Dependent variable

- Dependent variable is the response due to the effect of the independent variable, which researcher wants to predict or explain.
- In this study, assess the stress among children of working and non working mothers in selected schools in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Sample and sampling technique

The sample of study are consisted of 60 Children of Govt.Sen.Sec.school in Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Non-probability Purposive sampling was used to select the children who are studying in Govt.Sen.Sec.school of Mandi Gobindgarh District Fatehgarh Sahib Punjab.

Reliability of tool

The reliability of an instrument is a major criterion for assessing its quality and adequacy. It is the ability of the data gathering device to obtain consistent result.

Ethical consideration

Ethical approval was obtained from ethical committee of Desh Bhagat University, Mandi Gobindgarh for conducting the study. Written permission had been taken from Director of Desh Bhagat University School of Nursing Mandi Gobindgarh District Fatehgarh Sahib.and principal of Govt senior secondary school of Mandi Gobindgarh District Fatehgarh Sahib Punjab. Written informed consent (Annexure).Confidentiality and anonymity of the subjects' information had been maintained.

Procedure of data collection

Formal administrative permission to conduct the study was obtained from the principal of govt senior secondary school dear in order to obtain free and true response the subject were explained about the purpose and usefulness of study and assurance about the confidentiality of their responses was also provided informed consent was also obtained from the subjects indicating their willingness to participate in the study. Data were collects on 01-05-2019 the researches took all care to look into the convenience and comfort of the subject necessary precautions were taken to provide privacy confidentiality and ethical issues of the patients Check list method was used to collect the data .All the children were allowed to sit in the class room them distributed the questionnaire to 60 children .The time allowed for them was 45 min. The children queries were answered teaching was given whenever the need arise. The

data collection process was terminated after thanking each respondent for their Participation and co-operation.

Expected outcome

- The study had enhanced the knowledge of children regarding stress it will also help them to improve the mentally, physically, emotionally and socially health.
- The study will help other researchers to fill the gap or update their knowledge.

Table-1: 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
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 (6.66%) 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 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 of them (100%) were belonging to rural area. Percentage distribution of children of working and non working mothers to their family income shows that highest percentage (76.6%) were having a monthly income below 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. Percentage distribution of working and non working mothers according to the marital relationship shows that (70%) coordinated (%) maladjusted in case of working mothers whereas (73.3%) coordinated. (26.6%) were maladjusted in case of non working mothers.

Table -II: 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 is also revealed that mean of children of working mothers score was 37.27 and 15.2 of non working mothers with standard 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.

Table -III: 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.

Recommendation

- On the basis of the findings of the study, the following recommendations had been made for further study
- Replication of the same study on large samples may help to draw conclusions that are more definite and generalize to a large populations.
- A study can be conducted by including additional demographic variables.
- A quasi-experimental study can be done on other population or large samples.
- A structured teaching programme can be given to nursing students to increase their knowledge.

- A study can be carried out to evaluate the efficiency of various strategies like pamphlets, video and computer-assisted instruction on

Nursing implication

The findings of this study can be utilized in all the domains of nursing i.e nursing practice, nursing research, nursing education, nursing administration and the implications are:

Nursing practice

- Several implications can be draw for the study for nursing practice. Continuing nursing educations programs can be conducting in hospital and community regarding the importance of stress management
- Nurses are the key persons of the health team, who play a major role in health promotion and maintenance. Nursing care is an art and science in providing quality care. This study implies a basis for developing standards of care in the hospitals as well as in the community.
- The nursing personnel need to instruct the women, adolescents, couples through health education regarding environmental sanitation.
- Nurse personnel need to can attend health education programme which can be provided to people to enhance their knowledge on environmental sanitation.

Nursing education

- As a nurse educator, there are an abundant opportunities for nursing professional to educate women, adolescents, couples through health education regarding environmental sanitation.
- The nursing curriculum should consist of content and activities like preparation of Booklet, handouts, pamphlets regarding environmental sanitation.
- The study emphasizes significance of short term in-service education programs for nurses, health workers related to health education regarding environmental sanitation.
- Nursing personnel working in different areas should be given in-service education and help them to update with recent trends.
- Through the mass media information can be given to nursing students about the environmental sanitation.

Nursing Administration

- Nurse administrator can take part in conducting health education programs, in service education programmes to provide knowledge to nursing students about the environmental sanitation.
- Nurse administrator should initiate or develop framework to improve environmental sanitation.
- Nurse administrator should be able to make judgments as to which intervention helps in increasing awareness regarding environmental sanitation.

Nursing research

- The study will motivate the beginning researchers to conduct same study with different variables on a large scale. The public and private agencies should also encourage research in this field through materials and funds.
- This study helps nurse researcher to develop appropriate health education tools for educating the community regarding environmental sanitation according to the demographic characteristics.

- Nurse should come forward to take up unsolved question in the field of environmental sanitation to carryout studies and publish them for the benefit of students and their family.

Results

The present Study has the following results.

Socio demographic data profile of subject revealed that the majority of variables 46.66% were in the age group of 13.15 years in case of non-working mothers. The majority of variables Belong to Hindu family 96.66% in case of working mothers & 86.6% in case of non-working Mother .The majority of variables according to their place of residence were 100% rural in Both working & non-working mothers. The majority of variables according to their family income per month were 76.66% were below 4000.23.3% were in the category of Rs.4000-8000 in case of working mother & 53.3% were below 4000.46.6% were in the category of Rs 4000-8000 per month in case of non-working mothers Children of working & non-working mothers according to their type of family 100% nuclear in case of working mothers & 60% nuclear 40% joint families in case of non-working mothers.while analyzing further was found that more than half that is 70% of working mothers & 73.3% of non-working mothers had coordinal relationships.

Conclusion

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

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