

“Association of Working status Of Mother and Emotional Problems of Adolescent Girls”

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Abstract:

Introduction: Adolescence is a period of extreme emotional instability. Working status of mothers can have significant effect on adolescents emotional status. This study was undertaken to evaluate the effects of working status of mothers on emotional problems of adolescent girls.

Objectives: The main objective of the study was to compare the emotional problems among adolescent girls of working and non- working mothers.

Materials and Methods: A cross sectional descriptive research design with survey approach using convenience sampling technique. Study was conducted among 100 adolescent girls of working and non-working mothers using socio-demographic questionnaire and Strength & Difficulty Questionnaire.

Results: Demographic variables were represented in frequency and percentage. Mean, Standard Deviation, unpaired t test were used for statistical analysis. For statistical significance 0.05 level of significance was considered for analysis of study data. The mean emotional problems among adolescent girls of non- working mothers was (14.86 ± 5.01) greater than adolescent girls of working mothers (12.68 ± 4.21) and it was statistically significant. (p value-0.027).

Conclusion: The results of the study shows that a higher prevalence of emotional problems exist among adolescent girls of non-working mothers.

Recommendation: Study strongly recommended the need for conducting a research study in a different setting with larger

sample size & to give more emphasis on emotional and mental health problems of adolescents.

Keywords

Adolescent girls, Working Mothers, Non-working mothers, Emotional Problems

1. Introduction

According to the World Health Organization (WHO), individuals between 10-19 years of age come under the adolescent age group. Adolescence is a period of physical growth and intellectual attainment at its peak, coupled with setting of personality traits, decisions regarding future profession, and extreme emotional instability. This is also a period of identity crisis- physical, sexual and spiritual^[1]

Among both the genders the effect of physical and sexual changes occur higher in the girls as compared to boys. Girls tend to perceive higher levels of stress than boys, especially in relation to interpersonal stressors, peer and family relationship. The transition from childhood to adolescence seems to be the triggering point for an increase in psychological problems like depression and anxiety among girls^[2]

Mothers play a significant role in adolescent girl's life. Mother is the bond or relationship which exists between family and adolescent girl^[3]

Maternal employment in the younger age of the child is linked to poor cognitive and behavioural outcomes. Evidence also suggests that some aspects of maternal work such as night shift work, long commutes and irregular working hours are linked with higher behaviour problems among children^[4]

Maternal employment not only alters the life style of the mother who works, but also changes the life of her adolescent^[5] It will be interesting to know the effect of employment

status of mothers on the emotional problems of adolescent girls.

The study was undertaken with following objectives.

- To assess the emotional problems among adolescent girls of working mothers in selected schools of Kolkata.
- To assess the emotional problems among adolescent girls of non-working mothers in selected schools of Kolkata.
- To compare the emotional problems among adolescent girls of working and non- working mothers.

2. Methods

Setting of the study

The study was conducted among adolescent girls studying at selected schools of Kolkata.

Population

The target population identified were adolescent girls within the age group of 11 to 17 years.

Sampling Technique

convenience sampling

Sample Size

A total sample of 100 with 50 in each group.

Inclusion Criteria

Adolescent girls

- who are in the age group of 11-17 years.
- who are residing with mothers.
- who can read and write English.

Exclusion Criteria

- Adolescents who are not residing with her mother.
- Adolescents who are already diagnosed as a case of emotional problems.

Tool

Section A: Socio demographic data consisted of 11 items(structured questionnaire)

Section B: Strength & Difficulty Questionnaire(standardized tool)

Permissions

Permission of ethical committee of the institution, permission from Principals of schools, consent from the parents of adolescent girls and verbal permission from the adolescent girls obtained.

Data analysis

Data was analyzed using both descriptive and inferential statistics. Descriptive statistics like frequency, percentage & mean was used to analyze socio demographic variables and to assess emotional problems. Inferential statistics, unpaired t test was used to compare emotional problems of adolescent girls of working and non working mothers.

3. Results

Sociodemographic variables

out of 100 adolescent girls most of them (65%) belonged to the age group of 11 to 13 years. The distribution of adolescent girls of nonworking and working mothers who belonged to 11-13 years age group were 66% & 64% respectively. Very few (4%) adolescent girls were in the age group of above 15 years. The distribution of adolescent girls in the age group between 13 years 1 day to 15 years were 31%.

Most of mothers (61%) of nonworking and working adolescent girls were graduates and above. Maximum of working mothers of adolescent girls (80%) were graduate and above and most of the non-working mothers of adolescent girls (42%) were also graduates and above. Few (16%) of the nonworking mothers of adolescent girls were intermediate educated, but only 8 % of the working mothers of adolescent girls were falling in the same category. The percentage of nonworking mothers who had High School education was 18% whereas in working mothers it was only 4%. All working mothers of adolescent girls were literate where as 2% of nonworking mother of adolescent girls were illiterate.

Few (10%) of the working mothers had single parental status whereas none of the non-working mothers were single parent. All the nonworking mothers of adolescent girls all (100%) were living with their spouse, whereas 90% of working mothers of adolescent girls were living with their spouse.

majority of adolescent girls (77%) belong to nuclear family whereas minimum (6%) belonged to extended family. Maximum of adolescent girls of nonworking mothers belonged to nuclear family (82%) whereas only 4% belong to extended family. Most of adolescent girls of working mothers belongs to nuclear family (77%), whereas only few (8%) belonged to extended family. The percentage of adolescent girls who belonged to joint family was 20%.

Few (23%) of adolescents girls did not have any sibling. Out of which 16% of adolescent girls of nonworking mothers and 30 % of adolescent girls of working mothers did not have siblings.

Maximum of adolescent girls (72%) belonged to upper class as per total family income. Majority (82%) of the adolescent girls of working mothers belonged to upper class and most of (62%) adolescent girls of non- working girls belonged to the same income class. The percentage of overall adolescent girls who belonged to lower strata was 5%. Comparatively higher percentage (8%) of adolescent girls of non working mothers belonged to lower strata ,whereas only 2% of adolescent girls of working mothers belonged to lower strat income level.

Approximately half (49%) of the adolescent girls experienced some sort of physical abuse in the past. The prevalence of physical abuse among adolescent girls of non- working and working mothers were 56% and 42% respectively.

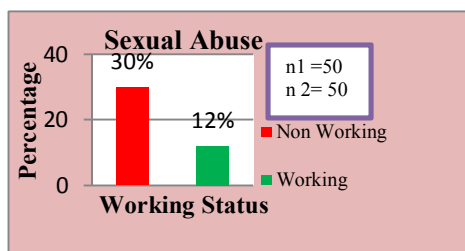


Fig 1: Percentage distribution of sexual abuse among adolescent girls of working & nonworking mothers.

Few (21%) of the adolescent girls were experienced sexual abuse in the past. The prevalence of sexual abuse was higher among adolescent girls of non-working mothers (30%) as compared to adolescent girls of working mothers (12%).

Few (15%) of the adolescent girls had some emotional abuse in the past. The prevalence of emotional abuse in adolescent girls of nonworking and working mothers were 14% and 16% respectively .

Emotional problems of adolescent girls of working and non-working mothers.

Emotional problems of adolescent girls were assessed using Strength and Difficulty Questionnaire. Emotional problems were assessed by total difficulties faced by adolescents as calculated by Total difficulty Score.

Total Difficulty Score is combination of subscale scores, which consist of Emotional Symptoms, Conduct Problems, Hyperactivity Problems and Peer Problems.

Table 1: SDQ scoring values

CRITERIA	Normal	Border-line	Abnormal
Total Difficulty Score	0-15	16-19	20-40

Table 1 explains the scores of Strength and Difficulty Questionnaire. Abnormal Score of Total Difficulty score is 20-40 and Borderline score is 16-19. The presence of Emotional problems in the adolescent girls are detected if the Total Difficulty Score is 20 and above.

Table 2: Frequency and Percentage distribution of emotional problems of adolescent girls of Non working and Working mothers.

Score	Total n= 100	Non- working mothers (n ₁ =50)		Working mothers (n ₂ =50)	
	f & %	f	%	f	%
0 to 15	63	28	56	35	70
16to 19	27	13	26	14	28
20to 40	10	9	18	1	2

Table 2 describes the emotional problems of adolescent girls of working and nonworking mothers. Emotional problems were assessed by Total Difficulty Score. The overall abnormal Total difficulty score among adolescent girls was 10%. Whereas most of the adolescent girls

(63%) have normal Total Difficulty Score and 27% of adolescents have borderline Total Difficulty Score. The abnormal Total Difficulty Score was 18% among adolescent girls of non working mothers whereas in adolescent girls of working mothers it was 2%. The borderline Total Difficulty Score of nonworking and working mothers were 26% and 28% respectively. Maximum adolescent girls of Non working(56%) and working mothers(70%) had normal Total Difficulty Score .

Table 3: Comparisons of means of Total Difficulty Score of adolescent girls of Working and Non working mothers.

n ₁ =50, n ₂ =50				
Subjects	Mean & SD (+)	Mean Difference	't' Value	p
Adolescent Girls of Non-working mothers	14.86 (5.01)	2.18	2.354	0.021
Adolescent girls of working mothers	12.68 (4.21)			

df =98

Table 3 and Fig 2 shows the differences between the groups in terms of Total Difficulty Score of adolescent girls of non-working mothers(Mean=14.86± 5.01) and Working mothers(Mean=12.68± 4.21). Unpaired t test was used to assess the difference between the means of both the groups. The calculated 't' value (2.354) is greater than table value (1.99) at 95% confidence interval. Hence there is a statistically significant difference in the mean scores of Total Difficulty Score at 0.005 level of significance.

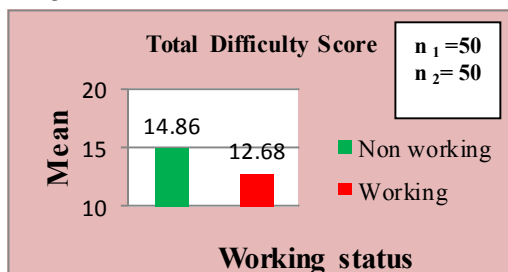


Fig 2: Comparison of means Total Difficulty

Scores of Adolescent girls of Working and Nonworking mothers.

The finding of the study revealed that Emotional problems among adolescent girls of non- working mothers was significantly higher than that of working mothers .

4.Recommendation

1.A similar study can be replicated with a large sample size using better sampling technique and samples from different backgrounds.

2.Further study using different tools can be undertaken like Youth Self Report, Rutter's Scale, Emotional Intelligence Scale.

3.Mothers should be motivated to balance both work place and home setting and thus to be role model for daughters.

5.References

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