

A Comparative Study To Assess The Emotional Problem Among The Children (8-13 Years) Of Working And Non-Working Mothers In Selected Urban Area”..

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ABSTRACT

This comparative study aims to assess emotional problems among children aged 8–13 years of working and non-working mothers in a selected urban area. Using a quantitative, non-experimental design with a descriptive survey approach, the study evaluates emotional issues and their association with demographic variables. Findings reveal that children of working mothers commonly experience irritability, aggression, attention problems, guilt, and depression, while those of non-working mothers show aggression, guilt, anxiety, and irritability. Significant differences and associations were observed based on maternal employment and demographic factors. The study underscores the impact of maternal roles and socio-demographic contexts on children's emotional well-being.

Keywords

- Emotional problems
- Working mothers
- Non-working mothers
- Children (8–13 years)
- Maternal employment
- Parenting style

Introduction

Teenagers are a period of significant developmental shifts in antecedents, motivations, emotional responses, and regulation strategies, which significantly impact the development of psychopathology. Adolescents are at a high risk for the onset of common forms of psychopathology, such as depression, eating disorders, substance use disorders, and anxiety disorders. Despite utilizing adaptive regulation strategies, the increased exposure and perception of emotional antecedents and elevated subjective and physiological responses can overwhelm the ability to effectively regulate emotional responses. Interpersonal stressors during this period disrupt adolescents' ability to regulate their emotions, leading to changes in emotional responses, poor emotional awareness, and engagement in maladaptive emotion regulation strategies like rumination. Despite the stereotype of adolescents as ill-tempered, unpredictable, and intense, these processes can also be critical for healthy social and emotional development. For instance, emotion regulation strategies often considered maladaptive in

children and adults can be beneficial in other aspects of life, such as crimination.¹

The study reveals that children of working mothers are predominantly aged 10-11 years old, with 33.33% aged 12-13 years old and 26.67% aged 8-9 years old. Working mothers have a majority of male children, while non-working mothers have equal numbers of male and female children. Hindu religion is prevalent among working and non-working mothers. Working mothers are more comfortable with their children with their mothers, while non-working mothers are more comfortable with their fathers.

OBJECTIVES

- 1) To assess the emotional problems faced by children of working and non-working mothers.
- 2) To compare the emotional problems between the children of working and non working mother.
- 3) To find the association between emotional problem among children of working and non-working mothers with their selected demographic variables.

RESEARCH METHODOLOGY

Research Approach : Quantitative research approach

Research design : Non experimental research design

Setting of the study : at selected urban area.

Population : working and non-working mothers who are having children between 8-13yrs of

Sample : mother in selected urban area.

Sample size : 60

Sample technique : Non probability purposive sampling

Sample criteria

INCLUSION CRITERIA

- mothers whose Children are
- Between the ages group of 8-13 years.
- Residing with mother or grandparent.

EXCLUSION:

- mothers who are
- Not willing to participate.
- Not available at the time of data collection

DATA INTERPRETATION AND ANALYSIS

SECTION I : Section I- Deals with analysis of demographic data of working and non-working mothers in selected urban area in terms of frequency and percentage The age distribution of children showed that among working mothers, 26.67% of children were aged 8–9 years, 40% were 10–11 years, and 33.33% were 12–13 years. Similarly, in the non-working mothers group, 33.33% of children were 8–9 years, 40% were 10–11 years, and 26.67% were 12–13 years. Regarding gender, 56.67% of children of working mothers were male and 44.33% female, while children of non-working mothers were equally split—50% male and 50% female.

In terms of religion, Hinduism was predominant in both groups: 66.67% of working mothers and 73.33% of non-working mothers. Muslim representation was 16.67% (working) and 10% (non-working), Christians made up 10% in both groups, and 6.67% of each group identified as "Other." When asked whom the children felt most comfortable with, 50% of children of working mothers reported their mother, 33.33% said their father, and 16.67% said both. In the non-working group, 60% of children were most comfortable with their mother, 26.67% with their father, and 13.33% with both.

All non-working mothers were homemakers (100%), while among working mothers, 26.67% were employed in government jobs, 53.33% in the private sector, and 20% ran businesses. Regarding the number of siblings, 26.67% of children of working mothers had no siblings, 56.67% had one sibling, and 16.67% had two. None had more than three. For non-working mothers, 33.33% of children had no siblings, 46.67% had one, 13.33% had two, and 6.67% had more than three siblings.

Family structure also varied: 66.67% of working mothers lived in nuclear families, 23.33% in joint families, and 10% in extended families. In contrast, 43.33% of non-working mothers lived in joint families, 33.33% in nuclear families, and 23.33% in extended families. Income levels showed marked differences: 53.33% of working mothers earned between ₹20,000–30,000 per month, 26.67% earned above ₹30,000, and only 10% each earned below ₹10,000 or between ₹10,000–20,000. Among non-working mothers, 50% reported household income below ₹10,000, 33.33% earned ₹10,000–20,000, and 16.67% were in the ₹20,000–30,000 range, with none earning above ₹30,000.

Parenting styles among working mothers were distributed as 33.33% authoritative, 40% permissive, and 26.67% uninvolved, with no reports of authoritarian parenting. For non-working mothers, 33.33% practiced authoritative parenting, 53.33% permissive, and 13.33% uninvolved. Regarding time spent with children, 40% of working mothers spent 2–3 hours per day, 46.67% spent 4–6 hours, and only 13.33% spent more than 6 hours. In the non-working group, 20% spent 2–3 hours, 53.33% spent 4–6 hours, and 26.67% spent more than 6 hours with their children.

Section II : Deals with analysis of emotional problem among the children of working mothers in selected urban area in terms of frequency and percentage.

The survey data reveals several emotional and behavioral concerns among children of non-working mothers. A notable 56.67% of participants reported experiencing inappropriate touch (bad touch) at some point, although only 13.33% experienced it frequently. Crankiness was reported by 66.67% of children, suggesting a general trend of irritability, though only a small percentage (13.33%) felt cranky regularly. Unhappiness with their situation was relatively low, reported by 20%, and fighting with siblings occurred in about 20% of cases. Daydreaming was quite common, with 40% of children indicating they enjoyed it, and 26.67% reported crying or screaming daily.

Specifically among children of non-working mothers, 6.67% reported never receiving help with studies, while 46.67% said they mostly did. Playing with their mother was mostly reported by 23.33%, while very few (6.67%) said they never engaged in play. Regarding emotional communication, 46.67% said their mother frequently listened to their daily problems, and 50% expressed satisfaction with the love, care, and attention received from their mothers. However,

33.33% faced difficulties staying attentive in class, and 30% showed aggressive behavior, suggesting some internalized or unexpressed emotional strain.

A significant portion of children (36.67%) admitted to feeling lonely, and 33.33% had persistent fears about something. Body pain was experienced by half of the children, although only 10% felt it regularly. Teachers complained to parents about 40% of these children, and 50% exhibited misbehavior towards peers, indicating behavioral challenges. Despite these issues, 50% of children said they mostly received whatever they liked, and 63.33% expressed overall happiness with what they had.

Irritability was seen in half the group, and sibling conflicts were mostly reported by 50%. Daydreaming was common (50%), and daily crying or screaming was observed in 20% of the children. These patterns suggest that while non-working mothers are generally more available, some children may still struggle with emotional regulation, attention, and interpersonal behavior.

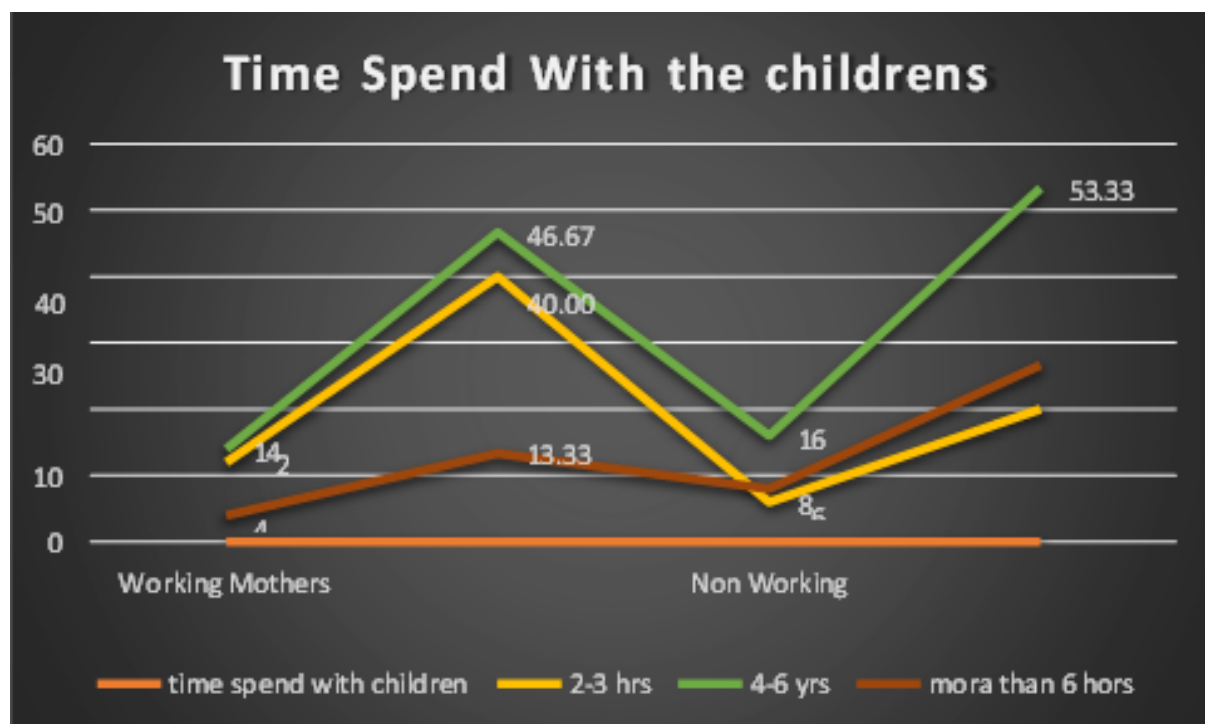


Fig. no 1. Time spent with the children

Table no 1. Emotional Problems among the children of the working and non-working mothers

Emotional Problem scale assessment	Working Mother		Non-Working Mother	
	frequency	Percentage	frequency	Percentage
Not at all	315	78.75	343	85.3

Rarely	45.00	11.25	36	9
Frequently	35	8.75	19	5
Severely	5	1.25	2	0.7
Total	400		400	100

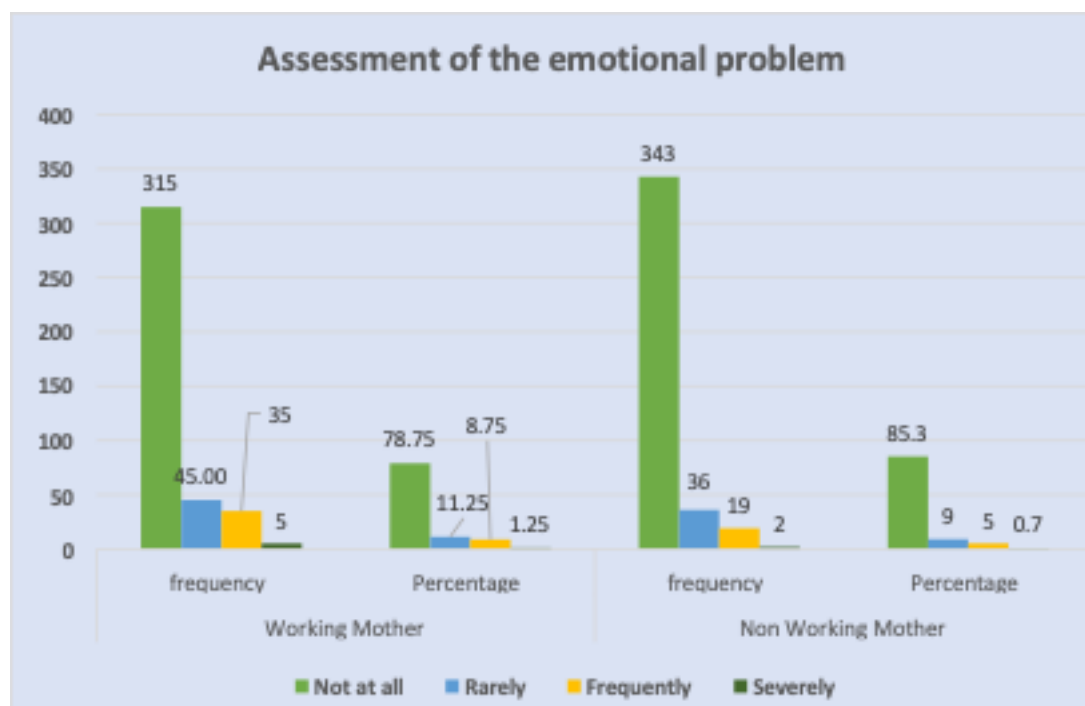


Fig. no 2 Assessment of the Emotional Problem as per check list

SECTION III

Table no 2. Compaires the emotional problem between the working and non-working mothers

Comparison	Mean	SD	t-value	Df	p value
Working Mothers	15.7	3.21	22.79	10	0.001
Non- Working Mothers	12	2.82	20.18	08	0.001

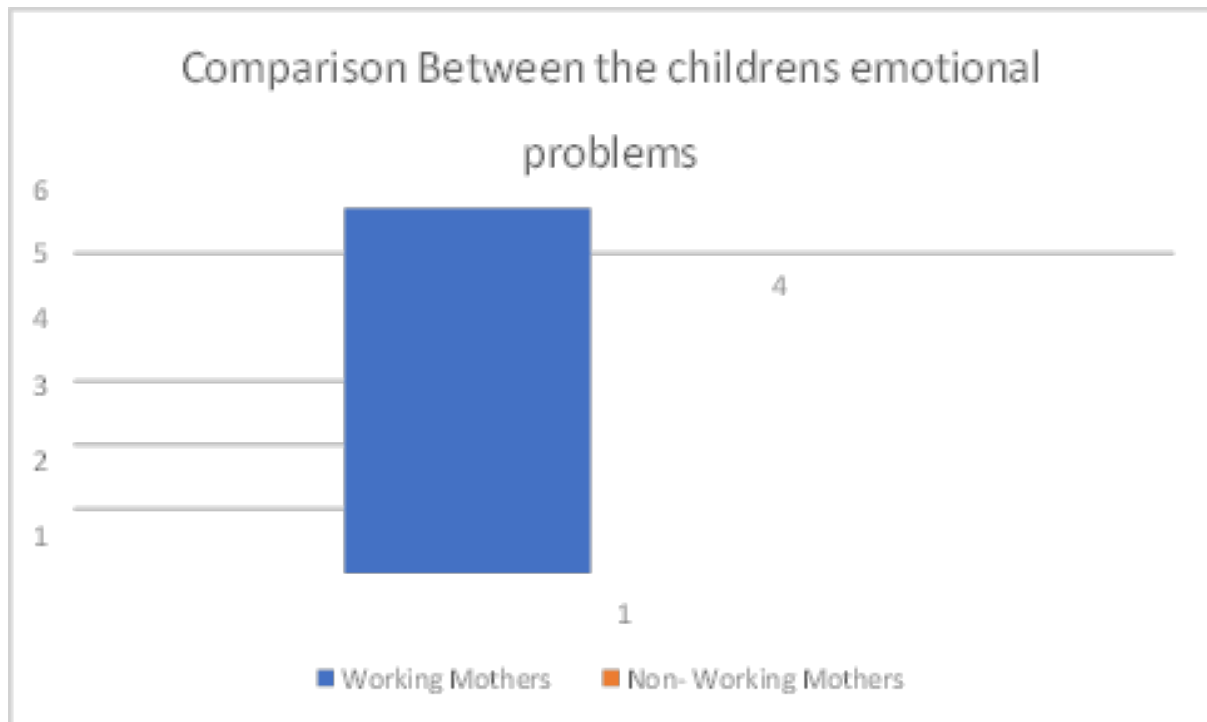


Figure no. 3. Emotional problems in children of working and non-working moms are compared

The figures provided present the mean and standard deviation (SD) of emotional problems experienced by children of working and non-working mothers, along with the corresponding t-values, degrees of freedom (df), and p-values for statistical significance

SECTION IV

Table no 3. Association Between the Demographic variable and emotional problem among the working and non-working mothers.

Demographic variable	Working Mothers				Non-Working Mothers			
AGE	f	Mean / SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value
8-9 years	8	10/1.63	5.194	0.081	10	10/1.63	6.007	0.09
10-11years	12				12			
12-13 years	10				8			
GENDER	f	Mean/ SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value

Male	17	15//02.8	15.4	0.003	15	15/0.0	15.4	0.001
Female	13				15			
RELIGION	f	Mean/ SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value
Hindu	20	7.5/7.29	19.881	0.004	22	7.5/8.38	0.901	0.71
Muslim	5				3			
Christian	3				3			
Other	2				2			
With whom children are most comfortable	f	Mean/ SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value
a) Mother	15	10/4.08	14.455	0.002	18	10/5.88	14.48	0.027
b) Father	10				8			
c) both	5				4			
Occupation of the mothers	f	Mean/ SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value
Homemaker	0	7.5/5.72	18.11	0.001	30	30/12.99	10.89	0.56
Govt.	8				0			

Private sector	16				0			
Business	6				0			
No of the siblings in the family	f	Mean/ SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value
0	8	7.5/6.18	16.876	0.006	14	5/5.38	16.79	0.001
1	17				4			
2	5				2			
above 3	0				0			
Type of family	f	Mean/ SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value
Joint	7	10/7.25	20.14	0.001	13	10/2.44	18.224	0.001
Nuclear	20				10			
extended family	3				7			
Income	f	Mean/ SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value
less than 10k	3	7.5/5.31	19.478	0.001	15	10/1.64	20.14	0.001
10k to 20 k	3				10			

20.1K - 30K	16				5			
Above 30k	8				0			
Type of parenting	f	Mean/ SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value
Authorities	10	10/1.63	21.014	0.001	10	10/4.89	26.001	0.001
Permissive	12				16			
Uninvolved	8				4			
time spend with children	f	Mean/ SD	Chi-Square / df	P Value	f	Mean/ SD	Chi-Square / df	P Value
2-3 hrs	12	10/4.32	18.894	0.001	6	10/4.32	24.791	0.001
4-6 yrs	14				16			
mora than 6 hors	4				8			

EFF

This study investigates the association between demographic variables and emotional problems among children of working and non-working mothers using the chi-square test (χ^2 , df, p-value). A significance level of 0.05 was applied, where $p < 0.05$ indicates a significant association, and $p < 0.001$ indicates a more significant association. The findings reveal no significant association between age (mean age: 1.63) and emotional problems ($p > 0.05$). Gender shows a significant association ($\chi^2 = 15.4$, $df = 1$, $p = 0.003$), while religion does not ($p > 0.05$). Variables such as mother's occupation, number of siblings, family type (joint, nuclear, extended), and income level all show significant associations with emotional problems ($p < 0.05$). Parenting style (permissive, uninvolved, etc.) and time spent with children were also significantly associated, with working mothers spending slightly more time (3.5 hours) than non-working mothers (3.6 hours). The study emphasizes the influence of demographic factors on children's emotional wellbeing and family dynamics.

RECOMMENDATION:

Based on the present study, the investigator suggests the following recommendations for further study.

- This study can be performed on a major sample size and for more duration to generalize for the larger population.
- An exploratory study can be done on the problems faced by the investigator during assessing emotional and behavioral health problems among children's.
- This study can be utilized for children.

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