

# PSYCHOLOGICAL WELL-BEING OF ADOLESCENT CHILDREN BELONGING TO EMPLOYED AND NON-EMPLOYED MOTHERS

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**ABSTRACT:** *Current research aimed at investigating the psychological well-being of adolescent children belonging to working and non-working women. The sample of present research comprised of 200 adolescent children including 100 (male and female) children belonging to employed mothers and 100 (male and female) children belonging to non-employed mothers. It was assumed that adolescent children belonging to employed and non-employed mothers are not contrasted in their mental alteration. To begin with, Subjects were met by individual data survey, then Reynolds Adolescent Adjustment Screening Inventory (RAASI) was directed so as to determine the psychological well-being problems among adolescent children. Their responses were scored to determine the level of their mental alteration. t-test was calculated to test hypotheses of the study. The outcomes indicated insignificant difference between the adolescent children of employed and non-employed mothers in respect their psychological well-being.*

**Key Terms:** Well-being. Non-employed. Adolescent. Adjustment. Psychological. Directed.

## INTRODUCTION

Imperative physical, psychological and emotional changes occur during adolescence. Risky behaviours are frequently exhibited by adolescents, and by their life circumstances, emotional and psychological well-being is easily affected. Adolescents' well-being can be affected with Full-time maternal employment through an assortment of various pathways. Extended periods of time working mothers may have less time to provide emotional support, cultivate their youngster's association in school and recreational exercises and to screen their kid's conduct. Presently the status of women has been perceived as a dominant voice in her home. Her rights are being acknowledged in each field of life. She is currently treated similarly to men in having training, calling and in openings for work. "Islam gives ladies a more full degree to practice her rights. It has raised the status of women when the entire world was grabbing in the pitch of lack of awareness and dimness [1].

The majority of today's young women, particularly the individuals who are educated, hope to work outside the home, and they additionally need a wonderful family life [2, 3]. Mothers who worked all day tended to utilize higher-quality substitute childcare and to indicate larger amounts of affectability to her kid. The researchers wondered that the more elevated amounts of maternal sensitivity seen in working mothers may have originated from their having more noteworthy budgetary security.

Analysts have discovered two essential qualifications amongst women and men in the realm of work. In the first place, ladies appear to be more worried than men with keeping up a harmony between their work and family lives [4, 5]. Second, men and women have a tendency to take after various models for achievement: Men appear to place more accentuation on independence, force, and rivalry, while ladies appear to will probably stretch coordinated effort, support, and helping [6, 7]. Note the alert with which I have exhibited these discoveries the utilization of appear to and tend to. I am not persuaded that there are any significant or crucial contrasts amongst women's and men's orientations to work.

A late meta-analysis of 69 exploration studies spreading over five decades, [8] assessing the effect of maternal occupation,

arrived at comparable conclusions as those abridged previously. Early maternal job was observed to be connected with helpful youngster results when families were at danger in view of either money related difficulties or as the consequence of being single-guardian families. In those families, offspring of working moms indicated larger amounts of accomplishment and lower levels of disguising practices, for example, nervousness and melancholy.

Full-time maternal occupation can influence youths' prosperity through an assortment of various pathways. Moms who work extend periods of time may have less time to give enthusiastic bolster, screen their tyke's conduct and encourage their tyke's association in school and recreational exercises. Maternal job may likewise debilitate the social capital in the parent-child relationship, with kids being more averse to relate to parental objectives and qualities [9], while making it hard to make interpersonal organizations inside one's neighborhood [10]. Utilized ladies may probably experience the ill effects of part struggle and troubles with accommodating work and family life [11, 12]. Young people who don't have a stay-at-home guardian are likewise prone to have more noteworthy obligations, and the impacts of these elements might be certain for a few adolescents, yet adverse for others [13].

Adolescent additionally had a tendency to be all the more tolerating of maternal vocation when their father's effectively taken an interest in family tasks. As may be normal, youthful and also more established juvenile young female whose mothers work report that they too wish to and hope to work when they are mothers [14]. Undergrad little girls of working mothers all the more regularly report that they look like their moms and all the more frequently report that they wish to resemble them [15]. Ordinarily, offspring of employed mothers are better balanced, are more free, and improve in school [16]. What's more, when mothers are working, their kids ordinarily have less customary perspectives about their parts. That is, they are less inclined to trust that particular characteristics, interests or occupations are extraordinarily connected with guys or females [17].

In white collar class families maternal jobs is identified with higher instructive and word related objectives in kids. Maternal occupation is connected with less customary female interests and attributes in girls [18, 19]. Little girls of working, when contrasted with non-working, mothers all the more regularly see the women's part as including opportunity of decision, fulfillment and ability, and they themselves are career oriented. Adolescent girls with working women additionally have less uninvolved ladylike qualities, are prevailing, have high self-regard, and high accomplishment inspiration, and are diligent in making progress toward their objectives [20].

The following were the objectives of the study:

1. To measure the psychological well-being of female students belonging to employed and non-employed mothers.
2. To measure the psychological well-being of male students belonging employed and non-employed women.
3. To compare the psychological well-being of male and female students belonging to working women.
4. To compare the psychological well-being of male and female students belonging to non-working women.
5. To compare the psychological wellbeing of male students belonging to working mothers and non-working mothers.
6. To make comparison of the psychological well-being of female students belonging to employed women and non-employed women.

### Hypotheses

The following hypotheses were articulated and verified:

1. Children of employed and non-employed mothers do not differ in their psychological well-being.
2. Female and male understudies of working mothers don't contrast in their psychological adjustment score.
3. Female and male adolescent children of non-working mothers do not differ in their adjustment score.
4. There is no factually huge difference between the mean adjustment score of female children belonging to employed and non-employed mothers.
5. There is no distinction between the adjustment score of male children having a place with working and non-working mothers.

### LITERATURE REVIEW

Adolescence is a stage, in which vital changes happen, in a wide range of regions, for example, physical, psychological and emotional. Youngsters frequently explore different avenues regarding hazardous practices, for example, low self-regard, standoffish conduct, outrage control issues and so forth, and their emotional and psychological well-being is effectively influenced by their life circumstances. Mother's employment was connected with negative child outcomes, be that as it may, when kids were from in place, white collar class families that were not at danger monetarily. In those families, early all day livelihood (in respect to mothers who were not working outside the house) was connected with later hazard for child behavioral difficulties. At the point when two people wed, they accept new parts. Every part accompanies certain desires that the accomplices hold about how spouses and husbands ought to act. These desires may fluctuate

extraordinarily starting with one individual then onto the next. Crevices between accomplices in their part desires can negatively affect couples' conjugal fulfillment [21].

The conventional part desires for married couples used to be genuinely clear. A spouse should go about as the essential provider, settle on the vital choices, and deal with certain family unit tasks, for example, auto or yard upkeep. A spouse should bring up the youngsters, cook, clean, and take after the initiative of her better half. Mates had distinctive ranges of authority. The working scene was the area of the spouse, the home the space of the wife. In late decades, be that as it may, the ladies' development and different strengths of social change have prompted new assumptions about conjugal parts. Hence, current couples need to arrange and renegotiate part obligations all through the family life cycle [22]. Couples in which the spouse holds populist demeanors have more elevated amounts of conjugal bliss than those where the husband holds more conventional mentalities [23, 24].

Women might be particularly powerless against uncertainty about moving conjugal parts. It is spouses who are relied upon to intrude on their profession to bring up youthful youngsters, stay home when kids are wiped out, and desert their occupations when husbands' vocations require movement. Additionally, notwithstanding when both life partners are utilized, numerous spouses keep up customary part assumptions about housework, youngster consideration, and basic leadership. Mothers, whether employed or not, are likewise more bound to their child's timetable than fathers are [25]. In spite of the fact that men's commitment to housework has expanded detectably since the 1960s [26], spouses are as yet doing the greater part of the family unit errands in America, notwithstanding when they work outside the home [27, 28].

Another issue of concern has been the potential effect of parents' job on their youngsters. Practically the majority of the exploration around there has concentrated on the impacts of mothers' employment outside the home. In 2006, the U.S. Branch of Labor reported that 70.9% of women with adolescent children less than 18 years old were employed. Numerous Americans appear to trust that maternal livelihood is unfavorable to their children's overall development, most by far of observational studies has discovered little proof that a mother's working is destructive to her youngsters [29, 30, 31]. Case in point, concentrates by and large has not found a connection between mothers working status and the nature of newborn child mother passionate connection [32, 33] or in children's achievement [34]. In a longitudinal study spreading over two decades, early maternal employment demonstrated no "sleeper impacts." That is, there were no negative results that appeared sometime later in life, foremost researchers to conclude that the antagonistic consequences of maternal employment are an "open myth" [29].

Truth be told, maternal occupation has been appeared to positively affect youngsters' development in some cases. Late information from the Canadian National Longitudinal Survey of Children and Youth show that maternal livelihood is identified with diminished hyperactivity, lower levels of nervousness, and expanded prosocial conduct at age 4 [35]. Further, while maternal work doesn't dispose of destitution, it

means that fewer youngsters are brought up in neediness [36, 37]. Teenagers who raised in destitution display poorer physical wellbeing, diminished psychological well-being, lower scholarly execution, and expanded misconduct in contrast with other youngsters [38]. Be that as it may, specialists are mindful so as to note that any advantages of maternal livelihood may likewise come at the expense of less positive collaborations between the mother and tyke [35].

Gender roles are additionally molded by the force of prizes and discipline. The key procedures in operant molding Parents, instructors, associates, and others frequently fortify (more often than not with implicit endorsement) "gender suitable" conduct [39, 40]. For instance, a young man who has harmed himself might be informed that "enormous young men don't cry." If he succeeds in repressing his crying, he may recover praise on or a comforting grin, both intense reinforcers. After some time, a reliable example of such fortification will fortify the boy's inclination to "act like a man" and stifle emotional displays.

Most parents underestimate gender-appropriate conduct and don't make a special effort to compensate it. Then again, guardians are a great deal less tolerant of gender improper conduct, particularly in their children [41, 42]. Case in point, 10-year-old boys who appreciates playing with dollhouses will likely inspire solid dissatisfaction. Responses more often than not include scorn or verbal criticizes instead of physical discipline.

Puberty is the connection in the life chain amongst adolescence and adulthood [43]. The youngster's body may appear to grow in all bearings without a moment's delay. Teenagers may ponder what they will look like one year from now or even one month from now, who and what they will be. Mentally, young people may abruptly feel like adults. Desires for teenagers are high: school subjects are all the more requesting and grown-ups need them to truly consider what lies ahead after secondary school. Most young men are prepared to trust that men ought to be solid, intense, cool, and isolates [44, 45]. In this way, they learn right on time to cover up powerless feelings, for example, affection, satisfaction, and bitterness since they trust that such emotions are ladylike and infer shortcoming. After some time, a few men get to be outsiders to their own particular enthusiastic lives [46].

Except for indignation, men with customary perspectives of manliness will probably stifle outward feelings and to dread feelings, as far as anyone knows in light of the fact that such emotions may prompt lost poise [47]. Remember, in any case, that a few scientists challenge this perspective [48]. Likewise with numerous gender, contrasts in emotionality have a tendency to be little, conflicting, and subject to the circumstance. Case in point, Robertson and associates [49] found that guys who were all the more customarily manly were more candidly expressive in an organized activity than when they were basically gotten some information about their feelings. Guys' trouble with "delicate" feelings has genuine outcomes.

Smothered feelings can add to stretch related issue. Also, more awful, men are more outlandish than ladies to look for social backing or assistance from wellbeing experts [50, 51]. Second, men's enthusiastic dullness can bring about issues in

their associations with accomplices and kids. For instance, men who embrace conventional manly standards report lower relationship fulfillment, as do their female accomplices [52]. Further, youngsters whose fathers are warm, adoring, and tolerating toward them have higher self-regard and lower rates of animosity and conduct issues [53]. On a positive note, fathers are progressively including themselves with their youngsters. Also, 30% of fathers report that they take equivalent or more prominent obligation regarding their kids than their working spouses do [54].

## MATERIAL AND METHODS

The cluster sampling method was used for the present research. Sample was consisted of 200 students of employed and unemployed mothers including 100 (50 male & 50 female) children of working mothers and 100 adolescent children (50 male & 50 female) belonging to non-working mothers. Their age range was from 15-18 years. Population was consisted on all higher secondary institutions of city Rawalpindi. The entire sample was collected from different higher secondary institutions of Rawalpindi (Pakistan). The data was collected in the group form. The researchers approached the children belonging to working and non-working women.

### Instruments

Both groups of male and female students were interviewed and Personal information was obtained through a questionnaire which focused on the subject's, age, gender, education, socioeconomic status, number of siblings, birth order, fathers alive/dead, mother's employment status etc. after 20 mints break Reynolds Adolescents Adjustment screening Inventory [55] was administered. This questionnaire screen adolescents and identify those who may be at risk for psychological problems. Brief screening measure of adjustment, consisted on 31 items, use with adolescent's ages 12 to 19 years. It provides an adjustment total score on psychological well-being problems including Antisocial Behavior, Anger Control Problems, Emotional Distress and Positive Self. It has reported to have adequate psychometric properties. It has high internal consistency (.92); two Weeks test retests reliability (.88) for total developmental samples. **Data Analysis**

After data collection, answer sheets of the male and female students belonging to working and non-working mothers were scored. Total scores were calculated by their average score and standard deviation score. Then independent sample t test was applied to find out whether the students in each category differed in their average adjustment scores or not.

**RESULTS**

This section deals with analysis and interpretation of data as related to the topic, collected and scored. The results of the study are tabulated in;

**Table1: Showing the different between the adolescent children of employed and non-employed mothers.**

Groups	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Employed mothers	100	70.54	7.488	.749	-1.941	198	.154
Non-employed mothers	100	72.50	6.779	.678			

As entries in the above table specify the probability of the t test statistic (t-test=-1.941) is p=0.154 (0.05), which is greater than the alpha level of significance of 0.05 which indicated that there is no statistically significant difference between children of Employed and non- Employed mothers. So the null hypothesis no.1 is, therefore, retained.

**Table 2: Showing the different between male and female understudies of employed mothers.**

Groups	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Male	50	71.14	7.651	1.082	.800	98	.426
Female	50	69.94	7.35	1.039			

The above table indicated that the probability of the t test statistic is 0.800 is p=0.426, which is greater than the alpha level of significance of 0.05. It showed insignificant difference between male and female children of working mothers. The mean score of these two groups do not differ significantly. So the null hypothesis no.2 is, therefore, retained.

**Table 3: Different between male and female adolescent children of non-employed mothers.**

Groups	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Male	50	72.62	5.492	.777	.178	98	.861
Female	50	72.38	7.915	1.119			

The above table state, t=.178, p=.861, greater than 0.05, which showed there is no significant difference between male and female adolescent children of non-working mothers. The mean score of these two groups do not differ significantly, so the null hypothesis no.3 is, accepted.

**Table 4: Mean adjustment score of female children belonging to employed and non-employed mothers.**

Groups	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Employed mothers	50	69.94	7.350	1.039	-1.597	98	.113
Non-employed mothers	50	72.38	7.915	1.119			

The above entries exposed, t=-1.597, p=.113, which is greater than the alpha level of significance of 0.05. So we can conclude there is no significant difference between female children belonging to working and non-working mothers. The mean score of these two groups do not differ significantly, so the null hypothesis no.4 is, accepted.

**Table 5: Showing distinction between the adjustment score of male children having a place with employed and non-employed mothers.**

Groups	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Employed mothers	50	71.14	7.651	1.082	-1.111	98	.269
Non-employed mothers	50	72.62	5.492	.777			

The above table state, t=-1.111, p=.269, which is greater than the alpha level of significance of 0.05 that indicated insignificant difference between male children belonging to working and non-working mothers. The mean score of these two groups do not differ significantly, so the null hypothesis no.5 is, retained

**CONCLUSION & DISCUSSION**

The current research was comparative in nature which was goes for investigating the impacts of employed and non-employed mothers on the psychological well-being of their adolescent children. This examination was expects to investigate the nature and centrality of correlation got between the immature offspring of working and non-working mothers. Discoveries propose that mother's working and non-working status did not influence the psychological well-being of their adolescent children. Further results exposed that there was no measurably noteworthy distinction between the male and female understudies having a place with working and non-working mothers. In general the study result demonstrates that working and non-working motherhood did not impact the mental prosperity of their children. Data affirmed that mothers either having working or non-working status are ideal to make positive interest in their youngsters well-being. The conceivable reason could be that the working women are fulfilled by themselves as a result of their budgetary commitment to their family. Consequently because of additionally minding state of mind working mother can care for the mental prosperity of their youngsters.

Mendolia [56] completed a study to discover connection between mothers' working hours and their Adolescent Children prosperity. Results revealed that full-time maternal job outside home has no impact on the inclination of young people to smoke, life fulfillment, self-regard and aim to leave school at 16 years old. The relationship between maternal livelihood and child well-being is liable to contrast by the gender orientation of the adolescent [57, 10]. Ordinarily, boys are more vulnerable than girls without their mothers, and if their mothers works all day as opposed to low maintenance they could be more hurt [58].

Relationship between maternal non-domestic role and youngster welfare has recognizes two instruments, a decrease in mother's the ideal opportunity for her youngsters and an expansion in her control over resources, through which maternal work impacts child's welfare, the first in a negative heading, the second in a positive one. At the point when pervasive destitution and absence of access to cutting edge accommodations are considered, mothers who don't work outside, contaminate dedicate much time in domestic activities, paying little respect to maternal job.

Generally, research has identified that youngsters are not unfavorably influenced by having a working mother. In taking a look at these studies, it appears that how women adjust to their occupation and to child bearing are connected [59]. Mother's mental prosperity can be another variable which might be connected with mental development of their children. Poor physical or emotional wellness of mothers brings down antagonistic results on their kids' wellbeing and mental prosperity.

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