

A Study on the Effect of Working Women on the Stress, Adjustment and Educational Achievement of their Children

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Abstract

The report addresses the age old debate whether a mother should work side by side while raising her children and how does it affect their children's physical, mental, academic and social growth. With changing times, the economics of world has pushed every capable hand available in vast pool of human resource in our country to work towards growth and development. The dreams and aspirations of the resurgent middle class play a very important role in this transformation. Multi-tasking is the new buzz word and housewives have not been left untouched by this. Rising literacy and aspirations for better living standards have prompted many housewives to take up jobs and provide additional source of income. However there exists a deep connection between an overall development of a child with the time and quality of devotion it receives from its mother. The report addresses this connection scientifically through data samples and statistics and presents conclusions, limitations and relevant suggestions.

1. Introduction

It's a proven fact that a mother plays a very important role in the personal and intellectual development of any individual. Her attention, affection, love and care towards her offspring is quintessential in the proper upbringing of a child and to make a blooming tree out of a small seed. This affection of a mother towards her child is something which cannot be replaced and has been seen in every realm of life and society whether rich or poor, east or west and even animals. This equation is very beautiful and has always been a subject of interest for scholars. From metaphysical angle of perception, the mother in every living creature of universe has certain divine attributes which makes it significant and way above from other dimensions of life. Mother is a first school of the child. The mother only teaches a child to eat, to sit, to stand etc. It is a true fact that whatever may be the culture or whichever may be the country, mother is the first laboratory to prepare the child from psychological view to take on the challenges and struggle the world will be throwing at it. Mother's love and motivation is the basic need of a child. The motivation provided by her affects the thinking and problem solving ability of the child. It is the duty of mother to help in an all round development of child and to fulfil its individual needs. Family and social conditions are the main factors that contribute to the personality differences in children. The limit of control provided by parents, their attitude, social and financial status of family, family values, the relationship between parents and number of family members are just a few of the various factors that play an important role in shaping the behaviour of child from the very beginning. It is also seen that generally the behaviour of mother in comparison to father influences the child more as the child tends to spend more time and share a divine connection with its mother. Thus, the living care and good behaviour of mother is very essential for a good physical, mental, social, emotional and intellectual development of a child. These days, women are working with husbands side by side to earn a greater income for the family. These women have to perform dual responsibilities of both job and home; such excessive work load creates a wedge between the mother and child as she is not able to pay full attention towards the needs of her child which affects its personality to a great extent.

2. Description

2.1 Origin of Problem

These days most of the married women are working to enhance their family's lifestyle. However in relentless perusal of this objective they have to perform dual responsibilities both at work and at home. Consequently the exclusive dimension of motherhood enjoyed by a woman has substantially reduced. This has adversely affected certain parameters which play a central role in the growth of child. It is an undisputed and scientifically proven fact that children living away from their mothers experience a notable difference in mental and physical ability, capacity to cope and adjust with changing scenarios be at academics or any other field than those spending the crucial time of their childhood with their mothers.

2.2 Significance of Problem

From various researches it has been found that there are differences in level of mental stress, academic and extracurricular achievements of children living with their mothers than who are unable to spend that much time with them. Most of the working mothers are unable to help their children in various day to day important activities which form the foundation of their emotional and intelligence quotient. This study is aimed at exploring this effect.

2.3 Objectives of Study:

- i. Study the responsibilities of a working woman
- ii. Study the differences in responsibilities of a housewife and a working woman
- iii. Study the differences in social relationship of a housewife and a working woman

2.4 Hypothesis of Study:

- i. Various conditions of working women affect the level of stress in their children
- ii. Various conditions of working women affect the emotional development of their children
- iii. Various conditions of working women affect the social adjustment of their children
- iv. Various conditions of working women affect the academic performance of their children
- v. Various responsibilities of working women affect the level of stress in their children
- vi. Various responsibilities of working women affect the emotional development of their children
- vii. Various responsibilities of working women affect the social adjustment of their children
- viii. Various responsibilities of working women affect the academic performance of their children

2.5 Definition of Technical Terms:

- i. Working women- women working for a salary or those who get paid for some work, effort or services they are offering to an organization

- ii. Stress- According to Freud- “Status is a cause of abnormality. Difficulties are essential for human otherwise life will become stagnant. When these difficulties arise in a number too big for a human brain to process, it results in stress.
- iii. Adjustment- According to Yotes, adjustment is a continuous process through which a person establishes balance between his needs and his environment by bringing necessary changes in his behaviour.
- iv. Educational achievement- According to Super-what a person has learnt, how much he has learnt and how well can he perform any work is donated as his achievement. To progress more and more in terms of education is called an educational achievement. At school level this is analyzed using scores obtained by students in their exams.

3. Related Work

Singh Sudha Bala (1989) –

She conducted a comparative study of the effect of personality of working and non working women on their families, adjustment and children education. 300 working women and non working women of Agra city were taken as a sample of this study. It was found from the study that there is a significant difference in various elements of personality of working and non working women and there is a difference in health and emotional adjustment of working and non working women.

Pareek Kiran (1995-96)-

She conducted a study on problems of married women working in educational fields . For this study 100 married women of Jaipur district were selected as sample. It was found in the study that due to excessive work load, there is increase in stress amount working women and it adversely affects their children. 84 percent teachers are able to control their mental emotions.

4. Research Methodology

4.1 Variable of Study:

Independent variable:

- i. Various conditions (feeding and upbringing, health social relation of child)
- ii. Various responsibilities

Dependent variable:

- i. Stress
- ii. Adjustment
- iii. Educational achievement

Method of study:

The researcher has used “survey method” for her study.

Population:

All students of class 6th studying in various schools of Jaipur district consist of the population for the study

Sample:

The researcher has drawn a sample of 100 students from class 6th studying in Indo Kids Academy and Talented Public Senior Secondary Schools both in Jaipur.

Tools:

- i. Adjustment scale- Dr. A.K. Sinha and Dr. R.P. Singh
- ii. Educational achievement Test: Dr.A. Sen Gupta and Prof. A.K.Singh
- iii. Stress scale

Statistical Devices:

- i. Mean
- ii. Standard Deviation
- iii. 't' test

4.2 Data Analysis and Interpretation:**Operational hypothesis**

- i. There is no significant difference in mean value of stress among children of working women and housewives.
- ii. There is no significant difference in standard deviation of stress among children of working women and housewives.

Table A

| Group | N | X | σ | t | F |
|---------------------------|----|-------|----------|------|------|
| Children of working women | 41 | 39.61 | 8.10 | 2.95 | 1.51 |
| Children of housewives | 59 | 34.20 | 9.87 | | |

For $y=98$

T value at 0.05 level of significance=1.98

T value at 0.01 level of significance=2.63

Again for $y_1=41$ and $y_2=59$

F value at 0.05 level of significance=1.52

F value at 0.01 level of significance=1.82

From table A the F value of 1.51 is less than table F value at 0.05 level of significance (1.52).hence the null hypothesis ii is accepted i.e. there is no significant variance of two groups.

Operational Hypothesis

- i. There is no significant difference in mean value of educational achievement of children of working women and housewives.
- ii. There is no significant difference in standard deviation of educational achievement of children of working women and housewives.

Table B

| Group | N | X | σ | t | F |
|---------------------------|----|-------|----------|------|------|
| Children of working women | 41 | 67.54 | 6.25 | 2.72 | 1.68 |
| Children of housewives | 59 | 71.58 | 8.12 | | |

From Table B the calculated t value of 2.72 is greater than table t value at 0.01 level (2.63). Hence, the null hypothesis i is rejected i.e. there is significant difference in mean value of educational achievement of two groups.

Again from Table B the calculated F value of 1.68 is greater than table F value at 0.05 level (1.52) for $y_1= 41$ and $y_2= 59$. Hence the null hypothesis ii is rejected i.e. there is no significant variance of educational achievement of two groups.

5. Conclusions, Suggestions and Limitations

5.1 Conclusions:

Conclusions made in the study:

i. Conceptual hypothesis-

Various conditions of working women affect the level of stress in their children.

Above hypothesis is accepted as the scores obtained in stress scale by group of children of working women is more than scores obtained by group of children of housewives.

ii. Conceptual hypothesis-

Various conditions of working women affect the emotional adjustment of their children

Above hypothesis is accepted as the scores obtained by children of working women in emotionally adjustment scales are greater than scores obtained by children of housewives

iii. Conceptual hypothesis-

Various conditions of working women affect the social adjustment of their children

Above hypothesis is accepted as the social adjustment scores in mal adjustment scale of children of working women are greater than scores of children of housewives

iv. Conceptual hypothesis-

Various conditions of working women affect the educational adjustment of their children.

Above hypothesis is accepted as the scores of educational adjustment in maladjustment scale obtained by children of working women are greater than scores obtained by children of housewives.

v. Conceptual hypothesis-

Various conditions of working women affect the educational achievement of their children.

Above hypothesis is accepted as the scores obtained in achievement test by group of children of working women is less than the scores obtained by group of children of housewives

vi. Conceptual hypothesis-

Various and many responsibilities of working women affect the level of stress of their children

Above hypothesis is accepted as the scores obtained in stress scale by children of working women are more than scores obtained by children of housewives.

vii. Conceptual hypothesis-

Various conditions and many responsibilities of working women affect the emotional adjustment of their children.

Above hypothesis is accepted as the emotional adjustment scores in maladjustment scale obtained by children of working women are greater than scores obtained by children of housewives.

viii. Conceptual Hypothesis-

Various conditions and many responsibilities of working women affect the social adjustment of their children.

Above hypothesis is accepted as the social adjustment scores in maladjustment scale obtained by children of working women are greater than scores obtained by children of housewives.

ix. Conceptual Hypothesis-

Various conditions and many responsibilities of working women affect the educational adjustment of their children.

Above hypothesis is accepted as the educational adjustment scores in maladjustment scale obtained by children of working women are greater than scores obtained by children of housewives.

x. Conceptual Hypothesis-

Various conditions and many responsibilities of working women affect the academic achievement of their children.

Above hypothesis is accepted as the academic achievement scores in maladjustment scale obtained by children of working women are greater than scores obtained by children of housewives.

5.2 Educational Implications of Study:

For teachers-

- i. Teachers should understand the individual needs and problems of their students and try to solve them.
- ii. Teachers should continuously motivate their students and it becomes easier for them if they know these facts and needs of their students.

For parents-

- i. Parents should cooperate if both are working.
- ii. Working women should be helped in her house work so that she can give due time to her children.
- iii. Parents should talk to their wards politely and not shout or scold them everytime.
- iv. Working parents should ensure that they spend quality time with their children.

For society-

- i. Joint family concept should be promoted in case both the parents are working as someone in the family will be there to pay proper attention to a child's need and requirements.
- ii. Neighbours should help each other.
- iii. Society should show a positive attitude towards working women and help them in taking care of their children in every possible way.

5.3 Suggestions for Further Research-

- i. Sample of more than 100 children should be taken to get even more precise results.
- ii. Study can be conducted by taking students from different classes and academic stages.
- iii. Personalities of children of working women can be studied in more detail.
- iv. Study can be conducted by considering a sample of children from joint and nuclear families separately.
- v. A comparative study on children of women belonging in private and public sector can also be conducted as level of involvement and work culture in both sectors differ significantly.
- vi. A similar comparative study addressing similar parameters can be conducted on children of women with different job sectors can be conducted.

5.4 Limitations of Study:

- i. Sample of students taken is a small one.
- ii. Students considered are from Jaipur only.
- iii. Only 6th grade students have been considered for the study
- iv. Study doesn't consider boys and girls separately and the fact that they show different tolerances towards stress and adjustment has not been taken into account.
- v. Only few aspects of children have been considered.

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