



# Assess The Adjustment Level Of Children Of Working And Non-Working Mother's At Selected Schools Of Mirza, Assam.

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## Introduction:

Women play various and multiple roles in the family that have a significant impact on the well-being and health of all the family members in the household. Mothers share a special bond with their children even before birth, and those months spent together mark the beginning of a sometimes challenging but ultimately rewarding relationship. Parenting is considered a crucial responsibility that forms the foundation of a child's success. Research shows that most well-adjusted children come from families where there is a strong and healthy relationship between parents and their children.

**Material and method:** A comparative study was conducted among the children of working (n=50) and non-working mothers (n=50). Non-probability convenience sampling technique was used. And Modified Bell's Adjustment Inventory was used as a tool. Frequency and percentage distribution was used for demographic variables. Mean and standard deviation was done to identify the level of adjustment of children of working and non-working mothers, unpaired t-test was done to compare the adjustment level of children of working and non-working mothers. Chi square test was done to assess the level of association of adjustment with selected demographic variables.

**Results:** The study shows that the children of both working and non-working mothers have some level of adjustment. Comparing the adjustment level of children of working mothers (72% mild, 28% moderate) and non-working mothers (74% mild, 26% moderate) it was found that both the children have some level of adjustment. And there was association of level of adjustment with selected demographic variables.

**Conclusion:** The study shows that both the children of working and non-working mothers have some adjustment level regarding home, health, social and emotional domain. And there is association of adjustment with selected demographic variables.

**Keyword:** Adjustment, Children of working mothers, Children of non-working mothers.

### **Introduction:**

Children are the future of tomorrow, and it is crucial to uplift them to bring about change in society. The relationship between a mother and her child is one of those relationships that nurture the physical, emotional, psychological, and social development of the child. Adjustment is a continual process by which someone can adapt to make a more balanced relationship with their environment. Adjustment can be seen in different fields like home, society, health, and emotions. The home environment and the family play a vital role and leave a significant impact on a child's life. The home environment is the first social environment where a child encounters the first phase of life. In most families, the mother is expected to take care of the house and the members of the family.

In the modern era, one of the most significant changes that took place is the increasing number of women who have stepped out of their houses for employment rather than just doing household chores. Working mothers and non-working mothers have been a topic of debate for decades. Some mothers take on double tasks to build their careers, while others choose to take care of the family.

However, the importance of the mother and child relationship can never be underestimated. Working and non-working mothers guide and take care of their children differently. It was suspected that there may be some sort of difference in the children's way of pursuing life for both the children of working and non-working mothers. Their ways of adjustment in society may also vary from one another. A study was carried out to understand the impact of a mother's occupation on a child's life and the difference between the levels of adjustment of a child in different fields like social, home, health, and emotions for both children of working and non-working mothers.

## Materials and Methods:

A study was conducted to compare the adjustment levels of children with working and non-working mothers in selected schools of Mirza, Assam. The data was collected using a non-probability convenience sampling technique. The researchers used a standardized tool called "Bell's Adjustment Inventory" to collect data. To make it more convenient for the children, 5 questions were removed from the tool's original 140 questions. Bell's Adjustment Inventory was developed by Hugh M. Bell in 1934 and consists of 35 questions in each of the categories: home, health, social, and emotional domains. The modified Bell's Adjustment Inventory used in this study consisted of 135 questions, with 31 questions in the home domain, 37 in the health domain, 40 in the social domain, and 27 in the emotional domain. **Result:**

The data were collected on September 2024 from the students of IX & X standard of Arunoday English Medium High School, Saraswati Shiksha Niketan, St. Joseph's School. The collected data were analysed carefully using descriptive and inferential statistics. The level of significance was set as 0.05. Frequency and percentage was used for demographic variables. Mean and standard deviation was used to identify adjustment level of children of working and non-working mothers. Unpaired t-test was used to compare the level of adjustment of children of working and non-working mothers. Chi-square test was used to determine the association.

**Table1: Frequency and percentage distribution of demographic variables of children of working mothers (n=50) and non-working mothers (n=50)**

N=100

Variables	Categories of Variables	Children of Working Mothers (n=50) f (%)	Children of Non-Working Mothers (n=50) f (%)	Total f (%)
Age	13 years	4 (4%)	8(8%)	12(12%)
	14 years	36(36%)	30(30%)	66(66%)
	15 years	10(10%)	12(12%)	22(22%)
Sex	Female	30(30%)	30(30%)	60(60%)
	Male	20(20%)	20(20%)	40(40%)
Religion	Hinduism	44(44%)	38(38%)	82(82%)
	Christianity	2(2%)	4(4%)	6(6%)
	Islam	4(4%)	8(8%)	12(12%)
Caste	General	29(29%)	25(25%)	54(54%)
	OBC	19(19%)	19(19%)	38(38%)
	ST	1(1%)	2(2%)	3(3%)
	SC	1(1%)	4(4%)	5(5%)

Occupation Of Mother	Home maker	-	50(50%)	50(50%)
	Entrepreneur	5(5%)	-	5(5%)
	Government employee	21(21%)	-	21(21%)
	Private sector employee	24(24%)	-	24(24%)
Occupation Of Father	Cultivator	2(2%)	4(4%)	6(6%)
	Entrepreneur	6(6%)	5(5%)	11(11%)
	Government employee	17(17%)	16(16%)	33(33%)
	Private sector Employee	19(19%)	18(18%)	37(37%)
	Any contractual job	6(6%)	7(7%)	13(13%)
Mothers Educational Qualification	H.S.L.C Passed	3(3%)	7(7%)	10(10%)
	H.S Passed	11(11%)	25(25%)	36(36%)
	Graduate	21(21%)	14(14%)	35(35%)
	Post graduate and above	15(15%)	4(4%)	19(19%)
Father Educational Qualification	H.S.L.C Passed	3(3%)	7(7%)	10(10%)
	H.S passed	21(21%)	15(15%)	36(36%)
	Graduate	16(16%)	15(15%)	31(31%)
	Post graduate and above	10(10%)	13(13%)	23(23%)
Any Siblings	No	30(30%)	12(12%)	4(4%)
	1	19(19%)	29(29%)	48(48%)
	2 or more	1(1%)	9(9%)	10(10%)
Types Of Family	Nuclear family	24(24%)	21(21%)	45(45%)
	Joint family	26(26%)	29(29%)	55(55%)
Place Of Residence/Area	Urban	8(8%)	10(10%)	18(18%)
	Rural	42(42%)	40(40%)	82(82%)
Parent Marital Status	Married	50(50%)	50(50%)	100(100%)
Monthly Income	Rs. < 20,000	3(3%)	8(8%)	11(11%)
	Rs.20,000 – 50,000	40(40%)	31(31%)	71(71%)
	Rs. >50,000	7(7%)	11(11%)	18(18%)

### Identification of the level of adjustment of children of working and non-working mothers.

In the below table 2, for children of working mothers, in home domain: the maximum children had mild adjustment (25%), in health: maximum children had mild adjustment (27%) ,in social domain: maximum children had mild adjustment (28% )and in emotional domain maximum children had mild adjustment (35%). For children of non-working mothers, in home domain: maximum children had moderate adjustment (32%), in health domain: maximum children had mild adjustment (26%), in social domain: maximum children had moderate adjustment (27%) and in emotional domain: maximum children had mild adjustment (39%) Total it was 36(72%) mild, 14 (28%) moderate for children of working mothers and 37 (74%) were mild and 13 (26%) were moderate for children of non-working mothers.

**Table 2:** Percentage of adjustment level of children of working and non-working mothers in different domains

N=100

Domains	Working Mothers (n=50)			Non-Working Mothers (n=50)		
	Mild	Moderate	Severe	Mild	Moderate	Severe
Home domain	25%	23%	2%	17%	32%	1%
Health domain	27%	22%	1%	26%	24%	-
Social domain	28%	22%	-	23%	27%	-
Emotional domain	35%	15%	-	39%	5%	6%

### Comparing the adjustment level of children of working and non-working mothers.

In the below table 3, it shows the mean, standard deviation and unpaired t-test value for adjustment level of children of working and non-working mothers. In home domain: Mean and standard deviation was  $8.34 \pm 2.73$  for children of working mothers,  $8.02 \pm 3.8$  for children of non-working mothers and t-test value was 0.65 (NS). In health domain: Mean and standard deviation was  $7.56 \pm 2.95$  for children of working mothers,  $7.06 \pm 3.4$  for children of non-working mothers and t-test value was 0.63(NS). In social domain: Mean and standard deviation was  $12.4 \pm 4.99$  for children of working mothers,  $11.1 \pm 5.6$  for children of non-working mothers and t-test value was 1.34(NS). In emotional domain: Mean and standard deviation was  $9.86 \pm 6.00$  for children of working mothers,  $7.22 \pm 3.65$  for children of non-working mothers and t-test value was 2.65\*.

**Table 3:** Mean, standard deviation and unpaired t-test for adjustment level of children of working mothers (n=50) and non-working mothers (n=50) according to different

N=100

Domains	Working (n=50)	Non Working (n=50)	t-Value
	<b>Mean and Standard Deviation</b>		
Home domain	8.34 ± 2.73	8.02 ± 3.8	0.65 NS
Health domain	7.56 ± 2.95	7.06 ± 3.4	0.63 NS
Social domain	12.4 ± 4.99	11.1 ± 5.6	1.34 NS
Emotional domain	9.86 ± 6.00	7.22 ± 3.65	2.65 *

NS- Not Significant \*- significant at 0.05 level

### **Findings of the association between level of adjustment of children of working and non-working mothers with selected demographic variables.**

The level of association was found statistically significant at the level of significance 0.05 between level of adjustment of children of working and non-working mothers with the selected demographic variables, i.e. Age, Sex, Religion, Caste, Occupation of mother, Occupation of father, Educational Qualification of mother, Educational Qualification of father, Sibling, Type of family, Place of residence, Marital status, Monthly Income for children of working and non-working mothers. The research hypothesis was accepted at 0.05 level of significant and null hypothesis was been rejected.

### **DISCUSSION:**

#### **To identify the level of adjustment of children of working and non-working mothers.**

The level of adjustment for children of working mothers; Home domain: Mild= 25%, Moderate = 23%, Severe= 2%, Health domain: Mild=27%, Moderate= 22%, Severe= 1%, Social domain: Mild= 28%, Moderate= 22%, Emotional domain: Mild= 35%, Moderate= 15%. For children of non-working mothers, Home domain: Mild= 17%, Moderate= 32%, Severe= 1%, Health domain: Mild= 26%, Moderate= 24%, Social domain: Mild= 23%, Moderate= 27%, Emotional domain: Mild= 39%, Moderate= 5%, Severe=6%. Total was 36(72%) mild, 14 (28%) moderate for children of working mothers and 37 (74%) were mild and 13 (26%) were moderate for children of non-working mothers. A contrast comparative study was done by **Mohapatro P, Das S, Mishra T, Mohanty S. (2018) et.al.** to assess the social adjustment of children (8–12) years of Employed (EM) and Unemployed (UEM) mothers in selected schools of Bhubaneswar, Odisha. The results revealed that for children of employed mothers, 43% were abnormal and 57% were normal and for children of unemployed mothers, 49% were abnormal and 51% were normal. Hence, the study

concluded that there was no comparison between social adjustment among children of employed and unemployed mothers<sup>1</sup>.

### **To compare the adjustment level of children of working and non-working mothers.**

The results of adjustment level of children of working and non-working mothers were compared and found that the children of working mothers have better home, health and social adjustment whereas the children of non-working have better emotional adjustment. The results of unpaired t-test found that home, health and social domains were not significant and emotional domain was found significant. A contrast comparative study was done by **Syed A, Khan MA (2018) et.al.** to assess the adjustment pattern among children of working and non-working mothers. The results was found that the children of non- working mothers have better social, emotional, home adjustment and the children of non-working mothers have better financial and health adjustment. It was revealed that there was a significant difference between children of working and non-working mothers on composite score of adjustment<sup>18</sup>.

### **To find out association between level of adjustment of children of working and non-working mothers with selected demographic variables.**

The level of association was found statistically significant at the level of significance 0.05 between level of adjustment of children of working and non-working mothers with the selected demographic variables, i.e. Age, Sex , Religion , Caste , Occupation of mother , Occupation of father , Educational Qualification of mother, Educational Qualification of father , Sibling , Type of family , Place of residence , Marital status , Monthly Income for children of working and non-working mothers . The research hypothesis was accepted and null hypothesis was been rejected. The study was supported by a similar comparative study done by **Jyoti M Nirapure, CP Sharma, Pradeep Kumar Yadav, Anil Kumar Samota (2020)** to assess the emotional problems among children (8-13years) of working mothers and non-working mothers in rural and urban areas of Bhopal (M.P). The results were found that the level of association was found statistically significant between level of emotional problems in children of working and non-working mothers with the selected demographic variables, i.e. place, age group, type of family, total number of family members, educational status, occupational status, family income, religion<sup>16</sup>.

### **CONCLUSION:**

The result of the present study revealed that the children of both working and non-working mothers have some adjustment level in home, health, social and emotional domains. The level of association of adjustment level of children of working and non-working mothers with the selected demographic variables was found statistically significant. And research hypothesis was accepted and null hypothesis was been rejected.

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