

# MENTAL HEALTH AMONG SECONDARY SCHOOL ADOLESCENT OF WORKING AND NON-WORKING MOTHERS

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## ABSTRACT

*The present study investigates the mental health among secondary school adolescents of working and non-working mothers, In the present study, a sample comprised of 100 secondary school adolescents of working and non-working mother of Tehsil Abohar. Data regarding the mental health were collected through simple random sampling technique through survey method. The tool used for the present study was Mental Health Battery developed by Arun Kumar Singh and Alpana Sen Gupta (2008). Study revealed that there exists a significant difference in mental health among adolescents of working and non working mother. It favored that mental health of adolescents of non-working mother is better than the adolescents of working mothers. The study also favours that male adolescents of non-working mothers posses better mental health than male adolescents of working mothers but the girls of both the groups posses equal mental health.*

**Keywords:** Mental Health, Adolescent, Working and Non-Working Mothers

## INTRODUCTION

Family plays an important role in the personality development of child. Among the family members the contribution of mother is very important in shaping the personality of their children. But, it has been found that an unprecedented number of women are now entering in different jobs either due to economic necessity or in search of identity. This has led to radical shift in the traditional role of mothers as a “caretaker” to a “bread earner”. Due to cultural norms and values, the care of children is the most important function of mother. She brings up her children with utmost care and love, because of her natural affection. She makes every effort to make her children happy out entering to the workforce women have to make adjustments with her family members. So this leads to a number of stress and strains among working mothers, which in turn affect the mental health of their children.

## MENTAL HEALTH

The expression mental health consists of two words- Mental and Health. Mental health therefore means a sound mental condition or a state of psychological well being or absence from mental disease. Mental health is a foundation for well being and effective functioning of an individual and for a community. mental health in broader sense suggest a degree of happiness and satisfaction under conditions that warrant such a state of mind, a capacity of making satisfactory personal and social relationship.

Acquisition of complete mental health is an ideal state and difficult to achieve So, sometime children possess poor mental health There are so many reasons for children's poor mental health. The major is family environment. As we early said that family play an important role in the personality development of children and the mother's contribution is the major factor specially when mother is working and can't well care of them, it is difficult for the children to possess to good metal health.

**Working mother** any women has children and works outside the home.

**Non-working mother** any women who has children and but is or in the workforce. We can say non working women have more home time to spend with her family and kids.

**Saimons and Jan (2016)** indicated that children of non-working mothers are emotionally mature than children of working mothers. The children of non- working mothers were found as emotionally stable, emotionally progressive, socially adjusted, have integrated personality and are dependent while as children of working mothers were found a emotionally unstable, emotionally regressive, socially maladjusted have disintegrated personality and are independent.

**Anu (2016)** Analysis of the results revealed that children of employed mothers had higher achievement motivation as compared to the children homemakers. Further, findings indicated that adolescent girls of employed mothers scored higher on achievement motivation as compared to adolescent boys of homemakers. **Khan (2017)** conducted a study to find out adjustment pattern among the children of working and non working mothers and found that children of working and non-working mothers differ significantly so far as their adjustment is concerned. It has also been found that children of non-working mothers possess better social, emotional and home adjustment than children of working mothers. It has also been found that children of working mothers have better financial adjustment than children of non-working mothers. The study further revealed that there is a signifant difference between children of working and non-working mothers on composite score of adjustment. On the contrary

**Mousavi (2015)** found that mother's employment brings no negative and positive consequences for emotional intelligence and mental health. Though if positively affects students educational performance. Results also revealed that the adolescent children of employed mothers had high emotional intelligence. The female children of employed mothers showed more emotional intelligence, while there were no gender differences in the emotional intelligence of adolescent children of homemakers.

## RATIONALE OF THE STUDY

As the studies showed contradictory results regarding the development of children of working and non-working mothers. So the investigator feels to cross – tally the previous findings regarding the mental health of adolescents among working and non-working mother. Now in India more woman have entered the job market than ever before with the current socio – economic changes and with more women attaining education, the number of working women is going to increase rapidly. Most of the working women are of child rearing age and have both preschool and school - age children and also while women have to work, it is becoming rather difficult for them to give proper attention to the all around development of their children. Here the interest of educationists, psychologists, sociologists and guidance worker arises to explore the problems that the children of working mothers and non-working mother deal with.

## STATEMENT OF THE STUDY

Mental health among secondary school adolescent of working and non-working mothers.

## OBJECTIVES OF THE STUDY

1. To study the mental health among secondary school adolescents of working and non-working mothers.
2. To study the gender wise mental health among secondary school adolescents of working and non-working mothers.

## HYPOTHESES OF THE STUDY

1. “There exists no significant difference in mental health among secondary school adolescents of working and non working mothers.”
2. “There exists no significant difference in mental health among male secondary school adolescents of working and non-working mothers.”
3. “There exists no significant difference in the mental health among female secondary school adolescents of working and non working mothers.”

## OPERATOINAL DEFINITION

**Working women** in the present study refer to educated women graduation and above and are engaged in any government / semi-government, or Private salaried job.

**Non-Working Women** in the present study refers to educated women with educational qualification as graduation and above but not engaged in any government/semi-government and private job.

**Adolescence** is a transitional stage of physical and psychological human development generally occurring between puberty and legal adulthood. The period of adolescence is the most closely associated with the teen age years (13-18).

**Mental Health** in the present study would mean the scores gained by sample subjects on mental health battery by Arun Kumar Singh and Alpana Sen Gupta.

## METHODOLOGY

### Method of Research

Descriptive survey method was used for investigations.

### Sample of the study

The sample of the study was consisted of 100 secondary school adolescents of working and non-working mothers.

### Tool Used

Mental health check list by Arun Kumar Singh and Alpana Sen Gupta was used for the study.

### Statistical Techniques used

The investigator used mean, SD, t-ratio to analyze the data.

### DELIMITAION OF THE STUDY

The study was delimited to secondary school adolescents of working and non-working mother.

### ANALYSIS AND INTERPRETATION

To verify the hypothesis 1 “There exists no significant difference in mental health among secondary school adolescents of working and non working mothers.” the t-ratio has calculated which is shown in the following table.

**Table - 1**  
**t-ratio between Metal Health of Adolescents of Working and Non Working Mother**

Sr. No.	N	Group	Mean	SD	SE <sub>D</sub>	df	t-ratio	Interpretation at different Levels of significance
1.	50	Adolescents of working mothers	49.32	4.27	.845	98	2.76	Significant at both levels of significance at 0.05 level and 0.01 level
2.	50	Adolescents of Non-working mother	51.46	4.18				

The t-ratio = 2.76 is significant at both levels of significance hence hypothesis. “There exists no significant difference in mental health among secondary school adolescents of working and non working mothers” is not accepted.

Verification of 2<sup>nd</sup> Hypothesis is done through following table.

**Table - 2**

**t-ratio between Mental Health of Male Adolescents of Working and Non Working Mother**

Sr. No.	N	Group	Mean	SD	SE <sub>D</sub>	df	t-ratio	Interpretation at different levels of significance
1.	30	Male adolescents of working mothers	50.16	3.63	1.29	44	1.05	Significant at both levels of significance at 0.05 level and 0.01 level
2.	16	Male adolescents of Non-working mother	51.25	4.26				

The t-ratio = 1.05 is significant at both levels of significance hence hypothesis. “There exists no significant difference in mental health among male secondary school adolescents of working and non working mothers” is not accepted.

To verify the Hypothesis-III “There exists no significant difference in the mental health among female secondary school adolescents of working and non working mothers.” the t-ratio has calculated which is shown in the following table.

**Table 3**

**t-ratio between Mental Health of Female Adolescents of Working and Non Working Mother**

Sr. No.	N	Group	Mean	SD	SE <sub>D</sub>	df	t-ratio	Interpretation at different levels of significance
1.	20	Female adolescents of working mothers	48.05	4.74	0.529	52	0.53	Not Significant at both levels of significance at 0.05 level
2.	34	Female adolescents of	51.82	4.06				

		non-working mothers						and 0.01 level
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The t-ratio between the mental health of female secondary school adolescents of working and nonworking mothers is 0.53 which was found to be not significant at hence hypothesis “There exists no significant difference in mental health among both levels of significance female secondary school adolescents of working and non-working mothers” is accepted.

## FINDINGS

1. As the hypothesis “There exists no significant difference in mental health among secondary school adolescents of working and non working mothers is not accepted this conclude that there exists a significant difference in mental health among adolescents of working and non working mother. This also favors that mental health of adolescents of non-working mother is better than the adolescents of working mothers.
2. The hypothesis “There exists no significant difference in mental health among male secondary school adolescents of working and non working mothers” is not accepted it also favours the male secondary school adolescents of non working mothers.
3. The third hypothesis of study “There exists no significant difference in the mental health among female secondary school adolescents of working and non working mothers.” Is accepted as both the groups posses equal mental health.

## EDUCATIONAL IMPLICATIONS

The study has its implications for teachers, parents, guidance, workers. Teachers should provide sound value oriented democratic atmosphere in their classroom so that adolescents may encounter with least psychological problem, which in return improve their mental health parents should also be oriented about the needs & problems faced by adolescents, so that opportunities should be given to their wards adolescents to realize that they too have their own independent existence which can build self confidence. As generally working women are tired and more stressed due to performing in both familiar and professional rates. So they cannot spend much time with their adolescents. They should spend much time with their words which provides a platform for better interaction which leads to informed mental health of adolescents.

## SUGGESTIONS FOR FURTHER STUDIES

In the present study, a sample of 100 students has been taken up. Similar study can be conducted with a large sample of same population or taking degree colleges students by taking some other independent variables via self concept, aspiration level, behavioral problems, learning style etc.

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