



## GUILT COMPLEX OF WORKING AND NON WORKING MOTHERS ON CHILD CARE : A COMPARATIVE STUDY

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### ABSTRACT

The dramatic increasing of labor force participation of mothers is the most important factor affecting the demand for child care in the quarter century. More than half of working mothers feel guilty about leaving their children at home. The main aim of the study was to assess the guilt complex of working and nonworking mothers regarding child care, the objective of the study were to assess the guilt complex of working and nonworking mothers regarding child care, and compare the guilt complex of working and nonworking mothers then find out the association between guilt complex with selected demographic variables. Research approach was adopted as quantitative, the sample were 50 working and 50 nonworking mothers of under-five children in Thrikkovilvattom Gramapanchayath, Kollam. Convenience sampling technique was used to collect samples, after getting consent from authorities the tool were administered in 100 selected samples and data collected were analyzed used by descriptive and inferential statistics. Analysis of the data reveals that the mean guilt complex of working mother was 119.7 and nonworking mothers was 111.2 and the Z' value was 2.1 (greater than 1.96). The mean value of guilt complex of nonworking mothers was less than that of working mothers. The calculated value greater than table value. It indicates that there is significant difference between guilt complex of working and nonworking mothers.

**KEYWORDS :** Perceived parenting styles; Emotional Intelligence; High school children

### INTRODUCTION

The children are the gift of God, they are the future adults, they need care love and affection irrespective of their culture. Children are expected to grow and learn to their fullest potential. Parents serve as both care giver as well as advocators in order to meet their needs. So the parents learning to know about their child care and maintaining the love and relationship intimate process that unites separate individual to family. Parents are the responsible person to provide care according to the needs of children and also they are more vulnerable peoples for their age, so they need special care wherever they living.

A working mother is having the ability to combine a career with the added responsibility of raising a child. Material aspirations and the necessities of daily life often make the parents to work. Mother-child attachment enabling the child to develop confidence in all activities. The mothers' time with children will help them in both for quantity and quality, as well as parental monitoring of children for how well the mother knew about the child's life. These standards show that providing consistent quality child care requires availability and significant time commitment.

All over the world, children typically live with their parents but also receive care from extended family members, neighbors, friends, and paid care providers. Stress loads can be quite high among working mothers and these may often reflect in their relationships at home. She is stressed to reach work on time, to send her child to school and to reach all the children's deadlines on time including food and dress, and she is also pressed for time to look after her home simultaneously. Therefore, the need to support a working mother is well recognized.

A survey of working mother break magazine conducted for working parents about stress and its effects on their health. More than 600 people responded. One filtered out respondents who lived in a household with at least one stay-at-home, which left 560 respondents in households where all adults work. Their answers were alarming, 80% catch up on work nights and weekends, 81% worry they will burn out, 88% said they suffer from at least one stress-related health

problem since becoming a working parent, 59% have problems with anxiety, 43% struggle with depression.

The survey was conducted based on guilty feeling of mothers those who are working. The survey was done for 1,000 women and it found mothers of all ages, and at any stage of their career from CEO to shop assistant, would like to spend more time with their children. In this survey more than half of working mothers feel guilty about leaving their children at home.

The study was conducted to assess the emotional intelligence of children of working and non-working mothers. The sample of the study comprised of 100 children (50 children of working mothers and 50 children of non-working mothers) selected randomly from all Govt. High and Higher Secondary Schools of Shopian, Kashmir, India. Emotional intelligence inventory was administered. The result showed the mean score of children of working mothers (154.20) is lower than the mean score of children of non-working mothers (157.42). The differences between their mean score have been found to be statistically significant at 0.01 level. This justifies that children of non-working mothers are more emotionally intelligent than children of working mothers.

### MATERIALS AND METHODS

The study followed a descriptive research design using a quantitative approach. Formal permission was obtained from institutional research committee and ethical committee. Data were collected convenience sampling technique from selected panchayat (Thrikovilvattom Gramapanchayat) of Kollam District. The purpose of the study was well explained to the study subjects and informed written consent was obtained from samples. The investigator maintained good interpersonal relationship with the subjects and confidentiality was maintained for each subjects. socio-personal Proforma - to assess the socio personal variables of the subject, Beck inventory scale - to assess the guilt complex among working and non-working mothers regarding child care.

### RESULTS

#### a. Sample characteristics

Among 50 working mothers majority of mothers from the age

group of 20-30 (66%)years, minority of them from the age group of 41-50 (10%) . Nearly half (40%) of working mothers are govt. employees, and 22% have daily wages. More than half of (60%) of working mothers have monthly income of Rs10001, only 12% have monthly income of Rs 5001-7000. Most of the mothers, 40% were belongs to Christian, least of them 30% belongs to Hindu religion. Majority of 60% were from joint family. Most of 60% have single child. Majority of 68% have 0-12 month of age child, most of 62% mothers having male children, majority of 70% are having full time job. Most of 70% of children look after by relatives, majority of children 90% were healthy. Most of 90% have double parenting. Majority 70% of them spend 6 hours, and no one spend time with their child more than 12 hours.

In nonworking mothers, the majority of mothers (45%)from the age group of 20-30. All (100%) mothers have monthly income of Rs 10001 and above family monthly income, nearly half of 44% were belongs to Hindu, minority of 20% were Christian. More than half of 60 % were from nuclear family and rest of 40% were from joint family, majority 80% were married, most of 40% have 2 children, majority of 44% have 1-3 years of age and only 18% of having 3-5 years of age children, most of mothers 56% were having female children, most of 84% children were healthy, majority of 80% were doing double parenting.

**b.Assessment of guilt complex regarding child care among working mothers.**  
n=50

Sl no	Guilt Complex	Frequency	Percentage	Mean	Standard deviation
1	Mild	8	16	119.76	20.1
2	Moderate	12	24		
3	Severe	9	18		
4	Very severe	11	22		
5	Extreme	10	20		

**c.Assessment of guilt complex regarding child care among non-working mothers.**  
n=50

Sl no	Guilt Complex	Frequency	Percentage	Mean	Standard deviation
1	Mild	14	28	111.22	20.5
2	Moderate	16	32		
3	Severe	10	20		
4	Very severe	6	12		
5	Extreme	4	8		

**C.Compare guilt complex of working and non-working mothers regarding child care**

The mean guilt complex of non-working mothers (111.2) was less than that of working mothers(119.7). This shows there is a statistical difference between the guilt complex of working and non-working mother regarding child care. The calculated ' Z' value (2.10) is greater than table value(1.96).The study found that guilt complex of working mothers is higher than that of non-working mothers regarding child care.

**DISCUSSION**

The present study reveals that in working mother out of 50, 24% have moderate guilt complex, 22% have very severe guilt complex,20% have extreme guilt complex18% have severe, and least 16% of working mothers have mild guilt complex.This findings is in accordance with findings of another study conducted on that the working women had guilt complex and inadequate adoptive measures regarding care of child. The pretest mean adoptive measures score was 81.13( SD= 24.53), and posttest mean score was 105.39(SD= 10.60), and t' value was 4.29(p<0.05) in, so there was a significant association between guilt complex of working and nonworking mothers, so null hypothesis of the study were rejected

The present study reported that nonworking mothers out of 50, 32% have moderate guilt complex 28% have mild guilt complex, 20% have sever guilt complex, 12% have very severe and least of 8% have extreme level of guilt complex regarding child care. The above findings supported by another study conducted at Karachi in that One hundred twenty three (61.5%) women felt they did not have enough time for themselves. The status of working women is better than non-working women according to 123 (61.5%) respondents.

The mean of working mother was 119.7 and in nonworking mothers was 111.2 and the Z' value was 2.10 (Greater than 1.96)). The mean value of guilt complex of non working mothers was less than that of working mothers. The calculated value is greater than table value. It indicates that there is a difference between guilt complex of working and nonworking mothers.

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