

Impact of Maternal Working Status on Parental Bonding and Depression Among Their Adolescent Offspring: a Comparison



Psychology

KEYWORDS : Parental Bonding, Depression, Adolescents.

Dr. Anjana Bhattacharjee

Assistant Professor, Department of Psychology, Tripura University, Tripura, India

Somali Bhattacharjee

Guest Lecturer, M.B.B. College Tripura

ABSTRACT

The present paper investigated the impact of maternal employment status and gender on the parental bonding styles and feeling of depression among adolescents. The sample consisted of 200 adolescents (100 adolescents of working mother and 100 adolescents of nonworking mother) and all of them were selected purposively from different schools of Agartala. In each group 50% were girls and 50% were boys. Data were collected by Parental Bonding Inventory and Beck Depression Inventory. The results revealed significant difference between adolescents of working and non working mothers. However the study did not find any gender difference.

A healthy and constructive relationship with mother is an important part of adolescent development, and connection between parents and their children is a protective factor against a number of undesirable outcomes for children. Of all human relationships, the mother-infant relationship (maternal bond) is one of the strongest. The maternal bond begins to develop during pregnancy. In contrast to the maternal bond, paternal bonds tend to vary over the span of a child's development in terms of both strength and stability (Lieberman, M., Doyle, A. and Markiewicz., 2003). Many researches in modern Psychology have shown that the parental love and affection play an important role in the healthy development of adolescent boys and girls. In terms of maternal relationship, Bean et al (2004) found that a high level of care received from the mother leads to more positive effect, more mother identification, better communication and less resentment or role confusion.

Occupational status of mother may have both positive and negative effects on adolescent's mental health. Daughters of employed mothers have been found to have higher academic achievement, greater career success, more non-traditional career choices, and greater occupational commitment and more independent. Sons of employed mothers in the middle class showed lower school performance and lower I.Q. scores during the grade school years than full-time homemakers (Kenny, M. E., & Donaldson, G. A., 1991).

Although many studies have highlighted the impact of maternal working status on the adolescents' mental health however no such studies have been carried out in Tripura to understand the impact of working status of mothers on the parental bonding and depression among adolescents. Hence the purpose of the study was

- i) to determine the impact of maternal employment and gender on parental bonding styles and depression feeling among adolescents
- ii) to find out the relationship between parental bonding and feeling of depression among the subjects.

Hypotheses: To fulfil the objectives of the present study the following hypotheses were formulated:

- i) Adolescent offspring of working and non working mothers will differ significantly in regard to their parental bonding.
- ii) Male and female adolescents will differ significantly in regard to parental bonding.
- iii) Adolescent offspring of working and non working mothers will differ significantly in regard to their feeling of depression.
- iv) Male and female adolescents will differ significantly in regard to depression.
- v) The feeling of depression among adolescents will significantly

correlate with their parental bonding.

Method

Participants:

The study was carried out among 200 adolescents (100 adolescents of working mother and 100 adolescents of nonworking mother). Further in each group 50% were boys and the rest 50% were girls. All of them were belonged to the same age group (17- 18 years) and they were matched in terms of their demographic variables and their socio- economic status.

Measures:

Parental Bonding Instrument (PBI): It has developed by Gordon Parker, Hilary Tupling and L.B Brown (1979). It is consisted of two subscales: care and overprotection. According to this inventory high care and low protection score indicates 'optimal parenting' and low care and low protection score indicates 'neglectful parenting'. The split half reliability of this inventory is 0.88 for care and 0.74 for the protection scale.

Beck Depression Inventory (BDI): It has developed by Beck et al (1961). Total score in this inventory is 63 and high scores indicate high level of depression. The validity and retest reliability of this inventory are .84 and .75 respectively.

Data Collection and Data Analysis:

All the subjects were selected purposively from four schools of Agartala, the capital of Tripura. After due permission from the school authority all the subjects were approached personally and only the willing subjects were considered. Data were collected from them through the self-administered method. After collecting the response from all the study subjects, scoring was done with the help of the respective manuals.

Mean and SD were computed for data analysis and finally for testing hypotheses 't' test was employed. Then the product moment co-relation was conducted to measure the relation between parental bonding styles and depressive feeling of the subjects.

Results and Discussion

Table 1: Showing the Impact of working status of mother on Parental Bonding Styles (Both Care &Over Protection)

CARE

Subjects	Mean	SD	't' Value
Adolescents of Working Mother	22.5	5.03	10.32**
Adolescents of Non working Mother	29.62	4.73	

**P<0.01

OVER PROTECTION

Subjects	Mean	SD	t' Value
Adolescents of Working Mother	14.71	6.42	4.79**
Adolescents of Non working Mother	18.69	5.35	

**P<0.01

From table 1 it is evident that Mean and SD values of parental bonding (for care subscale) of adolescents of working mothers were 22.5 and 5.03 respectively and Mean and SD scores of adolescents of non working mothers were 29.62 and 4.73 respectively. In case of over protection, the Mean and SD scores of adolescents of working mother were 14.71 and 6.42 and the Mean and SD values of adolescents of non working mother were 18.69 and 5.35 respectively. In both the cases it has seen that adolescents of non working mother get more care and protection than the adolescents of working mother. Hence the 1st hypothesis has been accepted.

Table 2: Showing the impact of gender on parental bonding CARE

Subjects	Mean	SD	t' Value
Boys	26.21	6.39	0.35*
Girls	25.91	5.69	

*P>0.05

OVER PROTECTION

Subjects	Mean	SD	t' Value
Boys	16.47	5.26	0.52*
Girls	16.93	7.08	

*P>0.05

Table 2 depicted that the Mean scores of boys were 26.21 and 16.47 and for girls it was 25.91 and 16.93 respectively. The 't' values were .35 and .52 which were insignificant at 0.05 level of significance. Hence the 2nd hypothesis has been rejected. Research evidence shows that there are gender differences to be found in terms of perceiving parental bonding. Females are more likely to perceive mothers as more caring compared to their males counter parts. Research done by Tam & Tay (2007) had showed that females tendency to develop positive interaction and better communication skills in family as they usually are more nurturing and warm compared to males.

Table 3: Showing the impact of working status of mother on depressive feeling of adolescents

**P<0.01

Subjects	Mean	SD	t Value
Adolescents of Working Mother	16.85	8.99	5.58**
Adolescents of Non Working Mother	10.26	7.71	

The results (Table 3) revealed that adolescents of working mother were having more depression than the adolescents of non working mother. It may be because adolescence period is the crucial

period of life. In this period there is a lot of problem in one's life. Adolescents of working mother can't spend enough time with their mother. They can't share their problems, frustrations, wishes, desires with their mother. Thus they may become more depressive than those who get their mother in this period of life time (Davies, P.T., Harold, 2002).

Table 4: Showing the correlation between depression and parental bonding among adolescents of working and non working mother

Adolescents of Working Mother		Adolescents of Non- working Mother	
Depression & Care	-0.19 (Sig)	Depression & Care	-0.44 (Sig)
Depression & Over protection	-0.09 (Sig)	Depression & Over protection	-0.003 (In sig.)

From table 4 it has evident that in case of the adolescents of working mothers there is significant relation between parental bonding and feeling of depression among adolescents. Low parental care and bonding linked with psychopathology of major depressive disorder among the adolescents (Parker, G. et al., 2000). Interestingly in case of adolescents of non working mothers significant relation found only between depression and parental care score but in case of depression and parental over protection no significant relation revealed.

Table 5: Showing the impact of gender on feeling of depression

Subjects	Mean	SD	t- Value
Boys	12.62	8.72	1.47*
Girls	14.49	9.18	

*P>0.05

Table 5 revealed no significant difference among boys and girls with respect to their level of depression. So the 4th hypothesis has been rejected. Basically adolescence is a time when a adolescent irrespective of sex face many life-changing and potentially stressful transforming events such as physical changes, peer group influences, relationships, identity confusion, pursues her education and career. These changes provide the emotional context within which depression may take hold (Florian, Mikulincer, & Bucholtz, 1995).

Table 6: Showing the correlation between depression and parental bonding of the male and female adolescents:

Male Adolescents		Female Adolescents	
Depression & Care	-0.37 (Sig)	Depression & Care	-0.06 (Sig)
Depression & Over Protection	-0.13 (Sig)	Depression & Over protection	-0.21 (Sig)

From table 6 it has seen that in case of both male and female, there is significant relation between the depression and parental care and depression and parental over protection. Many studies showed that lack of parental care and protection has linked with depression and loneliness among the adolescents (Avagianou PA, & Zafropoulou M., 2008).

Conclusion:

So finally it can be concluded that adolescents of working mother have less parental bonding and more depression than the adolescents of non working mother. However the study did not reveal any significant impact of gender on the parental bonding and depressive feeling among the adolescents. Further the find-

ings showed significant correlation between parental bonding and feeling of depression among the adolescents.

REFERENCE

- Avagianou, P.A. & Zafropoulou, M.(2008).Parental bonding and depression: personality as a mediating factor. *Int J Adolesc Med Health*,20(3),261-9. | | Bean, S., Lezin, N., Rolleri, L. A., & Taylor, J. (2004). Parent –child connectedness: Implications for research, interventions, and positive impacts on adolescent health, 1-85, ETR Associates. | | Beck, A.T., Ward, C.H., Mendolson, M., Mock, J. E., and Erbaugh, J. K. (1961). An Inventory for measuring depression. *Archeives of General Psychiatry*, 4, 561- 571. | | Davies, P.T., Forman, E.M., Rasi, J.A., and Stevens, K.I. (2002). Assessing Children's Emotional Security in the InterparentalRelationship:The Security in the Interparental Subsystem Scales. *Child Development*, 73, 544-562. | Florian, V., Mikulincer, M., &Bucholtz, I. (1995). Effects of adult attachment style on the perception and search for social support. *Journal of Psychology*, 129, 665-676. | Kenny, M. E., & Donaldson, G. A. (1991). Contributions of parental attachment and family structure to the social and psychological functioning of first-year college students. *Journal of Counseling Psychology*, 38, 479-486. | | Lieberman, M., Doyle, A and Markiewicz, D.(2003).Developmental Patterns in Security of Attachment to Mother and Father in Late Childhood and Early Adolescence: Associations with Peer Relations. *Journal of Youth and Adolescence*, 21, 471-48. | Parker, G., Greenwald, S. & Weissman, M. (2000). Low parental care as a risk factor to lifetime depression in a community sample.*Journal of Affective Disorders*, 33 (3), 173–180. | Parker, G., Tupling, H., & Brown, L. B. (1979). A Parental Bonding Instrument. *British Journal of Medical Psychology*, 52, 1-10. | | Tam, C. L., & Tay, E. L. (2007). Effects of family functioning and family hardness on self-efficacy among college students. *Sunway Academic Journal*, 4, 99-107. |