

## “PSYCHOSOCIAL PROBLEMS AMONG THE ADOLESCENCE OF WORKING AND NON- WORKING MOTHERS”

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### ABSTRACT

*Adolescence is the transitional phase of development from childhood to maturity, and it is the time when a person goes through a variety of bodily changes as well as a variety of emotional challenges. Adolescence may be a very tumultuous and dramatic time in one's life. The goal of this study was to discover psychosocial problem among working and non-working mothers' adolescent children. 120 adolescents (60 working and 60 nonworking mothers) were selected from two Sikar Higher Secondary Schools using a descriptive comparative research design and non probability purposive sampling technique. Data was collected using a Self reported Psychosocial Problem Scale. Data was analyzed by using descriptive and inferential statistics . This study showed that 10% of adolescent non-working women have mild psychosocial Problems whereas only 6% of adolescents from Working mother group have mild psychosocial problems. Regrading association of demographic variables only gender of adolescence were associated with psychosocial problem in both working and non-working mother Other variables were not associated with psychosocial problem of adolescence both group*

**Key words:** Psychosocial problem, adolescence, working and nonworking mothers.

### INTRODUCTION

Adolescents contribute 21.4 percent of India's population, or one fifth of the entire population. Adolescence may be a very chaotic and dynamic time in one's life.<sup>1</sup> The National Survey on Drug Use and Health (NSDUH) Report (2008) states that, during the past two decades, there have been clear changes in inpatient services for adolescence children with emotional and behavioral problems. In adolescence children indicates that an estimated 2.6% reported getting home services for emotional and behavioral problems in the past one year.<sup>2</sup>

Several key transitional periods (moving from early elementary to middle school, moving from middle school to high school or moving from high school to college) can present new challenges for these adolescents and symptoms of dysfunction may occur. Due to the economic conditions in our day-to-day family life mothers are looking into more employment opportunities. Globally, 1 out of 10 (20%) adolescents encounter at least one behavioral problem.<sup>3</sup> Adolescence is a key phase of human development. Some adolescents are particularly vulnerable to poor health and developmental outcomes as a result of individual and environmental factors, including marginalization, exploitation and living without parental support. Psychosocial distress is an emotional state or mood characterized by the feeling of loneliness, sadness, anxiety, suicidal ideation, and self-consciousness. The incidence of psychosocial problems varies depending on the types of problems and screening tools used by the researchers, as psychosocial problems span a wide range of illnesses. Many of these issues are temporary in nature and go undetected most of the time.<sup>4</sup>

## MATERIALS AND METHODS

The study made use of a descriptive approach with descriptive comparative design. Two higher secondary schools of Sikar (Rajasthan) were the study area. The population of the study consisted of 60 adolescents from a working mother group and 60 adolescents from non-working mothers. Stratified random sampling was used to select 120 samples. Review of literature and discussion with experts helped the investigator to select the appropriate tool for data collection and design the methodology for the study. Data was collected using a Self reported Psychosocial Problem Scale which consisted of 70 statements. The tool was prepared by the investigator and validated by experts. Pre testing of the tool was done and reliability of the tool was established using Spearman's correlation method and the value was found to be 0.757. The tool was found to be reliable. Verbal consent was taken from each respondent. Privacy, confidentiality and anonymity was assured and maintained. Data were summarized by using a descriptive statistical method.

## RESULT

Regarding prevalence of psychosocial problem among adolescence, 10 % adolescent is non-working women have mild psychosocial Problems whereas only 6.6 % adolescence from Working mother group have mild psychosocial problems. There were no adolescents suffering from moderate and severe psychosocial problems in both groups.

**Table no 1: relationship between psychosocial problems among adolescence of working and non-working women**  
N=60+60

VARIABLES	MEAN	STANDARD DEVIATION	COEFFICIENT OF CORRELATION
Adolescence of working women	23	4.24	
Adolescence of non-working women	25.3	6.34	0.32

Table1 reveals that, the mean score and standard deviation of internalizing problems were  $23 \pm 4.24$  among children of working mothers whereas  $25.2 \pm 6.34$  among children of non working mothers. Gender of adolescence was associated with psychosocial problems in both working and non-working mothers. Other variables were not associated with psychosocial problems of adolescence in both groups. There was no significant difference between the psychosocial problems of respondents of working and non working mothers and the type of family, fathers' educational level, mothers' educational status, mothers' educational level and fathers' occupation.

## DISCUSSION

Concerning psychosocial problems, the study revealed that 10 % of adolescents of non working mothers were facing psychosocial problems whereas 6.6 % of adolescence of working mothers. A study was conducted in Bharatpur (Rajasthan) found similar result that school adolescents with non working mothers had slightly more psychosocial issues (11.7%) than adolescents with working mothers (8.3%).<sup>5</sup> Yet another study findings revealed by a cross-sectional study conducted in Dehradun which showed that the overall prevalence of psychosocial problems among the adolescents was found to be 3 1.2%, among them.<sup>6</sup> Contradictory finding was revealed by a cross-sectional study conducted in nepal stated that there no significant difference in psychosocial problem in adolescence with working and nonworking mother.<sup>7</sup>

The present study yielded that there is association of gender group ( $X^2 = 4.23, p = .023$ ) with psychosocial problems among adolescence of both working and non working women. One more study show similar finding regarding association of gender with psychosocial problem among adolescence.<sup>5</sup> However, the present study revealed that there is no association of age, religion, type of family, education of mother, number of siblings, number of friends with psychosocial problems among respondents. Contradictory finding was revealed by a cross-sectional study in nepal which showed that statistically significant difference was observed as per age and similar finding was also revealed by this study that no significant difference was observed as per religion, type of family, education of mother.<sup>6</sup>

## CONCLUSIONS

The prevalence of psychosocial problems is evident among school going adolescent. Adolescents' gender are associated with psychosocial problems. Therefore, health care policy makers and school authority should create awareness programs on psychosocial problems among adolescents, develop strategies for health promotion of adolescents, and plan for prevention of psychosocial problems among adolescents. Based on the findings of the study it is concluded that there is slightly difference in psychosocial problems among adolescents of working and non working mothers, Psychosocial problems of adolescence of non working mothers had statistically significant higher. Therefore, health care policy makers and school authorities should create awareness programs on psychosocial problems among adolescents, develop strategies for health promotion of adolescents, and plan for prevention of psychosocial problems among adolescents

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