

## Effect of Gender and Mothers Occupation on Adjustment and Self Esteem of Adolescent Subject

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### ABSTRACT

The aim of the present study was to investigate the effect of gender and mother's occupation on Adjustment and Self esteem of adolescent subjects. The sample include a total 160 male and female subjects. These subjects were consisted of two group of gender i.e.; 80 girls and 80 boys and each group was further consisted of two groups according to their mother's occupation working mother's (80ss) and nonworking mother's (80ss) i.e.; working mother female (40ss) male (40ss), nonworking mother female (40ss) male (40ss) in this way a 2x2 Factorial design was used in the study. Data was collected with the help of Indian adaptation of Bell's Adjustment Inventory by Dr.(Smt.) Lalita Sharma, and Self –esteem inventory for adolescence by M. S. Prasad and G. P. Thakur. Obtained data was analysis by means and Anova. Results indicates that these appear to be a significant effect of gender and self esteem in adolescence.

**Keywords:** *Adjustment, Working Mother, Self Esteem, Adolescence*

Self-esteem refers to the among of realistic respect that you have for yourself. It is important for a person to have a healthy self-esteem in order to lead a happy and successful life both on a personal level and business level. (Rosenberg, 1965) define, Self esteem as a favorable or unfavorable attitude towards the self. Blascovich and Tomaka (1991) suggested that self esteem is generally considered the evaluative component of the self concept, a broader representation of the self that includes cognitive and behavioural aspects as well as affective ones. Baumeister, Campbell, Krueger and Vohs (2003) conclude that the benefits of high self esteem fall into two categories; enhanced initiative and pleasant feelings. Stamatakis, Lynch, Everson, Raghunathan, Salonen and Kaplan (2003) report that lower self esteem was found to be associated with many socioeconomic, behavioural, psychological and disease characteristics no association between self esteem and all-cause morality was observed after adjustment for other psychosocial characteristics primarily hopelessness. Self esteem is an extremely popular construct within

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psychology, and has been related to virtually every other psychological concept or domain, including personality (e.g; shyness), behavioural (e.g; task performance), cognitive (e.g; attributional bias), and clinical concepts (e.g; anxiety and depression). While some researchers have been particularly, concerned with understanding the nuances of the self esteem construct, others have been focused on the adaptive and self protective functions of self esteem (Blascovich and Tomaka ,1991)

Experience from childhood play a major role in determining whether a person has a healthy self or a low self esteem.

Adjustment can be defined as a process of altering ones behaviour to reach a harmonious relationship with their environment. In psychology, the behavioural process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied. Bronfenbrenner (1979) explained that a child's psychological adjustment to entry into school for the first time can have a significant impact on the level of success achieved later in life. Greenberg (1999) explained that physical environment of the home play environment and physical safety is an important predictor of success in adaptation, more so than community violence. The effect of maternal employment on children are sometimes positive and sometimes negative (Youngblut et al;1998).It was found that the infant's motor development was positively correlated with number of hours employed per week and degree of choice for the employed mother families, but negatively connected with choice for the nonemployed mother families. Greenberg (1999) was to determine that poverty and crime have been related to higher levels of stress, exposure to violence, and the child's psychological adjustment. A child's relationship with peers and teachers has a direct relationship with psychological adjustment and academic success.

## **METHODOLOGY**

### ***Objectives***

- (1) To study the effect of working mothers on self esteem of adolescent.
- (2) To study the effect of self esteem on gender.
- (3) To study the effect of working mother on adjustment of adolescent.
- (4) To study the effect of adjustment on gender.
- (5) To study the interaction effect between working mother and gender on self esteem and adjustment.

### ***Hypothesis***

*Following hypothesis were formulated for empirical verification in connection with the fulfillment of the objectives of the present study.*

- (1) There will be no significant effect of mothers' occupation on adolescent's self esteem.
- (2) There will be no significant effect of self esteem on gender.

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- (3) There will be no significant effect of mothers' occupation on adolescent adjustment.
- (4) There will be no significant effect of adjustment on gender.
- (5) There will be no significant interaction effect of mothers' occupation and gender on adjustment and self esteem.

### ***Design of the study***

In the present study a 2x2 factorial design was used to accomplish the work. The first independent variable of the study was mother's occupation ,which was vary at two levels i.e; working and nonworking. The independent variable of the study was the gender. The dependent variable of the study was self esteem and adjustment.

### ***Sample***

In this research sample was consisted of 160 subjects, 80 subjects PF working mother and 80 subjects of nonworking mother. Then first 80 subjects divided into male and female. And after this the second 80subjects also divided into male and female. Subjects with the class of 11<sup>th</sup> and 12<sup>th</sup> were selected through random sampling. After this self esteem inventory and adjustment inventory were given to the subjects.

### ***Tools***

*In the present study following tools were used for the measurement of variables under the study.*  
*Self esteem inventory.*

**Self esteem inventory** developed by M. S. Prasad and G. P. Thakur containing 65 items, the split half reliability coefficient of the inventory was found.82 and .78 for personally perceived of the 400 students, and the test-retest coefficient of the inventory was .69 and .66 respectively for personally perceived self.

**Adjustment inventory**, The original Bell's adjustment inventory was in English and for the purpose of standardizations in Indian conditions it was translated in Hindi By Dr.(Smt.) Lalita sharma. The present inventory consists of 80 items retained as a result of item analysis out of 140 items. Reliability of the present inventory was calculated both by split half method and test – retest method. The split half reliability was found to be 0.927 and test-retest reliability of the inventory was 0.897.For determination of validity co-efficient of the present inventory the English version as well as the Hindi version of the inventory were administered to 100 higher secondary school pupils. Who are known well both Hindi and English language. The validity of the present inventory again checked through the administration of original Bell adjustment inventory and the present one (English version)to a sample of 100 pupils(with an interval of one week) the co-efficient of correlation was .812 which show the present inventory as a valid measure of adjustment in Indian condition.

Self prepared information data sheet to elicit information pertaining to mother's occupation.

**RESULT AND DISCUSSION**

*Table 1, Findings of the present study were presented in table-1.analysis of variance of self esteem and mother’s occupation.*

Source of variance	Ss	Df	MS	F
Mother’s occupation(A)	1215.5	1	1215.5	11.94**
Gender(B)	213.45	1	21.45	2.09
Interaction(AxB)	620.62	1	620.62	6.10*
Error	15870.87	156	101.74	
Total	17920.44			

\*\*Significant at 0.01 level of significance.

\*Significant at 0.05 level of significance.

A look at the table showing F-ratio of the first independent variable for this investigation was mother’s occupation. Which was designed as A, from the statistical analysis it is found that F ratio for factor A is 11.94 that exceeds the critical value of 0.01 level of confidence. The significance F-ratio indicates that mother’s occupation effect the level of self-esteem of their children. And the F-ratio of the variable of gender was found to be 2.09 which indicates that the gender was not an effective variable in influencing mother occupation.

Finally the F-ratio of self-esteem and mother’s occupation was found to be 6.10. which indicates that the interaction between adjustment and mother’s occupation was found to be effect on gender at 0.05 level of significance.

*Table -2 Analysis of variance of Adjustment and mother’s occupation*

Source of variance	Ss	Df	MS	F
Mother’s occupation(A)	35.15	1	35.15	2.496
Gender(B)	18.9	1	18.9	1.343
Interaction(AxB)	29.81	1	29.81	2.12
Error	2196.08	156	14.077	
Total	2278.94			

The F-ratio of the first independent variable was mother’s occupation which was designed as A, from the statistical analysis it is found that F-ratio for factor A is 2.496 that is no significant on both level of significance.

This indicates that mother’s occupation does not effect the Adjustment of their children. And the F-ratio of the variable of gender was found to be 1.343 which indicates that the gender was not an effective variable in influencing mother’s occupation. Finally the F-ratio of interaction of adjustment and mother’s occupation was found to be 2.12. Which indicates that the interaction between adjustment and mother’s occupation was not found to be effect on gender on both level of significance.

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The obtained results indicated that the adolescent of working mother's have significantly lower self esteem, as compared to nonworking mothers who have score significantly higher. The reason for this result is in the amount of time devoted by mother with his or her adolescent. This is known that working mothers have various responsibilities from home to office. She may be earning a lot of money for family to manage better facilities for adolescent but the emotional need of the adolescent hurt a lot. Emotional deprivation of such adolescent lead to emotional insecurity and negative personality traits.

These adolescent fail to make social relationships due to their frustration and such people are not love and cared by others. They also not get desired approval from others and such feeling of not be valued, cared and loved by others reduce the self esteem of the adolescent. On the other hand adolescent of nonworking mothers get appropriate time from their mothers. Their emotional and personality development is better than adolescent of working mothers thus they are more expressive cared, happy and satisfied and this reflection in behaviour result in high self esteem. Thus the adolescent of nonworking mothers were scored higher on self esteem as compared to working mothers who were significantly lower

Another results for self esteem score indicated that gender do not effect the self esteem significantly where as the interaction of gender and working mothers were found to be effective on self esteem in adolescents. This may be due to gender discrimination in Indian society.

This is well known that gender roles in all cultures can be seen. In Indian males are thought to be the future head of the family and they are given comparatively more facilities. The females are given responsibilities related to home and kitchen they are expected to be shy not be socially active and get love approval from society. Thus may be showing lower self esteem .A majority of families females are badly treated by female gender at different time. Thus intensity significantly increase when working mother being more insecure treat less than the expected treatment and this lead to poor self esteem in females of working women than males of working women. Thus ,they are showing significantly different self esteem in interacted groups.

From the results it was obtained that no significant difference in adjustment of adolescent of working and nonworking women and groups of male and female. The interaction effect of working mothers and gender on adjustment.

The reason for this may be due to similarity of experiences in adolescent. In respective of mothers occupation they are socially, physically, scholastically similar. There may be problem with emotional factor but overall adjustment is not affected by mother's occupation and gender. Another reason for similar adjustment is due to selection criteria. In this study only those subjects were selected who were similar in age, scholastic achievement, family type and similar economic status thus the adjustment was also found similar.

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Therefore no significant effect of working mothers, gender and the interaction effect was not found effective on adjustment.

Barnett, R. C.(et.al.,1992) found no negative-spillover effects from job to parenting and parenting or from parenting to job ,but they found positive-spillover effects from job to parenting-women with regarding jobs were protected from the negative mental health effects of troubled relationships with their children. A women has the privilege to actually choose between work and motherhood. Financial implication of living on a single income and economic aspirations compel a majority of women to go for work. With the breaking up of joint family system and the increased phenomenon of nuclear families, working women need support in terms of quality, substitute and care for their young children while they are at work. Youngblut et al.(1998)found that employed mother had more positive and provided more enriching home environments to their children. Lisa et al.(1990) suggesting that maternal employment may not have a harmful effect on adolescent adjustment. It is possible to be a woman, a mother, and an achiever. We, in the developing world, and still in the throes of a culture and tradition of a male oriented society, should acknowledge that, contrary to traditional belief that a working mother is not a good mother, a working mother can, in fact, be a better mother. As working mother who has the good fortune will be able to balance her home and work. Along with motherhood, a successful career adds to the completeness of being a woman. To enable this, considerable adjustments are necessary at the individual level and the workplace, which help the mother to fulfill the dual responsibilities of career and motherhood. Thus the woman's employment outside of the family generally has a positive rather than negative effect on the adolescence.

Taking above discussion in consideration it can be concluded that self esteem is affected by working mothers and adjustment was not found effected by working mothers.

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### ***Conflict of Interests***

The author declared no conflict of interests.

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