

Study of Self Esteem between Working and Non Working Mothers of Adolescent

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ABSTRACT

The relationship between working mothers and non-working mothers with adolescents is enormously difficult. Therefore present study was design to explore the impact of working and non working mothers amongst adolescents. A two group design was adopted in the present study. Group I comprised of adolescents of working mother and Group II consisted of adolescent of non working mothers. Each group consisted of 150 subjects (75 males and 75 females) with an age range of 15-18 years. Self esteem Scale was administered on these 300 adolescents' students. Data was analyzed by using t-test. The results of the study showed that adolescents of both working and non working mothers have no significance difference in the self esteem but both had an average self esteem.

Keywords: *Self Esteem, Adolescent, Working Mother And Non Working Mother.*

Adolescence is the stage which is considered as the most beautiful phase of one's life when there is lots of imagination, aspiration zeal and potential outburst. But it is regarded as the period of stress and strain, storm and strike. At the stage of adolescence many physical and psychological changes occur. Adolescence is specifically a crucial as well as a dynamic period of one's life. Adolescence is considered as that period of life during which maturity is being attained. It can be defined as the transitional stage of development between childhood and adulthood, representing the period of time during which a person is biologically adult but emotionally not fully mature. Patil (2003) reported that adolescence is accompanied by some stress, related to school, family and peers, and this stress can at times be difficult to control. The sequence of physical changes is largely predictable, but there is great variability in the age of onset of puberty and the pace at which changes occur (Kipke 1999). One must understand the fact that all the aspects of adolescent development are basically conditioned by physical changes. The adolescents develop certain amount of independence in thinking and can critically examine the things to make the decision themselves.

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Self esteem is often seen as a personality trait that means that it tends to be stable and enduring. Self esteem can involve a variety of beliefs about the self, such as the appraisal of one's own appearance beliefs, emotions and behaviours. Nozick (1974) defined self esteem as an essentially comparative notion that is one evaluates him/herself how well he/she does something with respect to how others can do or by comparing his/her performance to others. Self esteem "The evaluation" which the individual makes and customarily maintains with regards to him/herself". On other hands, a social psychology text defines self-esteem as an affective component of the self that is person's positive and negative self evaluations about him/herself (Brehm and Kassin, 1993). Self esteem can be described in two ways: global and domain-specific (McGee and Williams, 2000). Diverse theories stated that early adolescents' self esteem tends to be fragile given that it is more susceptible to social comparison processes during development stage (Dunkel, 2000; Harter and Whitesell, 2003). The substantial evidence shows a link between self esteem and depression, shyness, loneliness and alienation-low self esteem is aversive for those who have it. Thus, self-esteem affects the enjoyment of life. Therefore the present study was designed to carry out to compare self esteem amongst adolescents of working and non working mothers.

Objectives

1. To assess and compare the level of self esteem amongst adolescents of working and non-working mothers.
2. To assess and compare the gender differences of self esteem amongst adolescents of working and non-working mothers.

METHOD

Design

A two group design was adopted in the present study. Group I comprised of adolescents of working mothers. Group II consisted of adolescents of non-working mothers. Each group consisted of 150 subjects (75 males and 75 females) with a total of 300 subjects.

Sample

A purposive sample of 300 adolescent students of 10th, 11th and 12th standards was selected in two groups of 150 subjects each (75 males and 75 females). Group 1 comprised of adolescents of working mothers and group 11 comprised of adolescents of non-working mothers. All students were taken from different private schools affiliated to CBSE (Central Board of Secondary Education) of Bhiwani City on the basis of availability. Only those students were taken who gave their consent and showed their cooperation and interest in the study. The age range of the participants was 15-18 years with a mean of 16.35 years. The subjects of two groups were equated to maximum in terms of socio-demographic variables.

Tools Used

The following tools were used in the study:

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- 1. Personal Data Sheet:** This was the administered to seek information regarding the socio- demographic information e.g. occupation of parents, type of family, SES, birth order, education level, number of siblings etc.
- 2. Rosenberg's Self-Esteem Scale:** The Rosenberg self esteem scale was developed by Morris Rosenberg (1965). The Rosenberg self esteem scale is a 10 item self report of global self esteem. It consists of 10 statements related to overall feelings of self acceptance. The items are answered on a four point scale ranging from strongly agree to strongly disagree. The scale can be used with children and adolescent children in clinical and general population. Higher scores indicate a higher level of self esteem. The internal consistency of this scale is 0.78 and Cronbach alpha is 0.77 respectively.

Procedure

First of all, the purpose of study was explained to the subjects that helped to establish a proper rapport with the subject. Self esteem scale was administered individually. It was ensured that the participants had understood the method of responding the scale. Clarification sought by the subjects was provided. Respondents were asked to fill the scale according to instructions, with the request to respond honestly and truly. They were assured that their responses would be kept confidential. Scoring was done as per the manual. The scores were tabulated to compute the mean, SDs, and t- ratio.

RESULT AND DISCUSSION

The present study aimed at assessing and comparing the level of self esteem amongst adolescents of working and non working mothers. For this purpose mean scores of both the groups were calculated and t-test was applied for testing the significance of difference. The mean score and t-values of two groups on self esteem scale have been depicted in table 1.

Table 1 : Scores of self esteem scale of adolescents of working and non working mothers.

Variables	Group I (Adolescents of working mothers)	Group II (Adolescents of non-working mothers)	t-value
Self Esteem	18.31± 3.17	17.97± 3.25	0.92

Value expressed as mean ±1 standard deviation

* Significant at 0.05 level.

It is observed from the above table that the scores of self esteem are not significant among the adolescents of working and non working mothers. This study showed contradictory with the studies conducted earlier. Employment of mothers linked to more positive experience and it was related to higher self esteem and more positive daily affect of their children (Duckett and Richards, 1995). Maternal employment is not a liability, rather an asset for their children, as it helps in grooming better adjustment (Muni and Panigrahi, 1997).

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Table 2. Scores of male and female adolescents of working and non-working mothers on self esteem.

Group	Scores	t- value
Male and female children of working mothers	18.49±3.45 and 18.13±2.87	0.69
Male and female children of non-working mothers	18.35±3.34 and 17.60±3.13	1.41

Values expressed as mean ± 1 standard deviation

* Significance at 0.05 levels.

It indicates the mean score of male subjects was 18.49 whereas the mean score of female was 18.13 for working mothers. In order to compare the two means t-value was calculated which was found to be 0.69 and was insignificant. In self esteem study, it is apparent from the table, both the groups did not differ significantly on these variables. The mean score for male adolescents was 18.35 and 17.60 for female adolescents of non- working mothers. The t-value was to be non significant. It shows that self esteem fails to differentiate between male and female adolescents of non-working mothers. Maynard and Fayomb (2015) also indicated no significant differences in self esteem between male and female Adolescents of non- employed mothers. The results of present study implicate that no significant difference was found in the self esteem among adolescents of working and non-working mothers. Further no significant gender differences were observed in the self esteem of adolescents of working and non- working mothers.

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