

Research Paper

A Study on the Psychosocial Problem Among the Children of Working Parents: A Descriptive Study

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ABSTRACT

The increasing modern trend of dual income of families has led to increasing concern about the psychosocial well-being of children of working parents. This research aims to examine the complex dynamics surrounding the psychosocial challenges faced by children of working parents. This study aims to shed light on the complex relationship between parents work environment and its impact on children emotional and social development. The study aims to analyse the psychosocial challenges faced by children of working parents and the overall impact on their mental and social well-being. This study seeks to examine the influence of parental occupation on children academic performance and social interactions, both in the educational setting and at home. The findings of this research are expected to contribute valuable insights into the psychological dynamics of children in families with working parents. Using a descriptive research design, this study aims to provide a comprehensive understanding of psychosocial issues among these children with the simple random sampling method. A quantitative approach is used. The sample size was 120 respondents. The research is primarily focuses on percentage calculation for data analysis to determine the prevalence and intensity of various psychosocial problems. This research is poised to contribute to current knowledge on the psychological impact of parental employment on children, thereby it describes their psychological and sociological problems. Salient findings related to the study and suggestions pertaining are discussed in the full paper.

Keywords: *Children of Working Parents, psychosocial problems experienced by children working parents*

The Impact of Working Parents on Children's Well-being: A Descriptive Study on Psychosocial Challenges. In recent years, the landscape of family dynamics has undergone significant transformations, with an increasing number of parents entering the workforce worldwide. This change in parental roles brings new challenges, especially regarding the psychosocial well-being of their children. This descriptive study aims to explore the complexities of psychological problems faced by children of working parents, shedding light on the multifaceted impact of parental employment on the social and

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A Study on the Psychosocial Problem Among the Children of Working Parents: A Descriptive Study

emotional aspects of their lives. As the workforce diversifies and families adapt to growing economic demands, it becomes crucial to understand the effects of parental work commitments on the children's development and overall well-being. Absence of a parent at home can create a spectrum of psychological challenges, even when motivated by the noble thought of providing a better life. This study seeks to uncover the nuances of these challenges, exploring how they manifest and affect various facets of a child's life, including emotional, behavioral and academic dimensions. By undertaking a descriptive approach, this research aims to provide a comprehensive understanding of the psychosocial landscape that children face in families with working parents. By recognizing the intricacies of this dynamic, it helps to identify potential stress and difficulties faced by these children, showing the way for informed strategies and interventions. Ultimately, the goal is to provide valuable insights that can inform policies and practices aimed at supporting children's psychosocial well-being in the context of contemporary family structures.

REVIEW OF LITERATURE

Several studies have examined the psychosocial problems experienced by children of working and non-working mothers. Khristi Stefy et al. (2019) conducted a non-experimental comparative survey in Nadiad City with 100 children and found moderate psychosocial problems among children of both working and non-working mothers, with age showing a significant association, while other socio-demographic factors were not significant. Similarly, Milan Lopchan (2017) reported a slightly higher prevalence of psychosocial problems in children of non-working mothers (11.7%) compared to working mothers (8.3%), with male children of non-working mothers exhibiting more difficulties than females, though maternal employment was not the sole contributing factor. In Tiruchirappalli, Salathmary Metilda and Kavitha Maheswari (2015) found that while 54% of children appreciated their mother's occupation, a majority expressed the need for more love and attention, highlighting the importance of prioritizing parent-child interaction despite occupational demands.

Extending this evidence, other studies suggest that maternal employment interacts with multiple factors to influence child well-being. Meta-analytic findings indicate that maternal employment can be associated with more externalizing problems but may reduce internalizing behaviors, depending on work conditions and support systems (Ramawat et al., 2022). Research in low-income Indian settings highlights that working mothers often face high stress levels due to workload and limited support, which can indirectly affect children's psychosocial outcomes (Verma et al., 2018). McIntosh et al. (2025) emphasized that maternal role overload is linked to variability in child health and psychosocial outcomes, suggesting that the balance of work and family responsibilities is critical. Furthermore, studies on cognitive achievement and psychological well-being show that maternal education, flexible work arrangements, and family support can buffer potential negative effects of maternal employment on children (PMC, 2018; ScienceDirect, 2020). Collectively, these findings underscore that while maternal employment status alone is not a deterministic factor, the broader family, social, and occupational context significantly shapes psychosocial outcomes among children.

Objective

- To identify the major psychosocial problems faced by children of working parents.
- To explore the relationship between parent & child communication and psychosocial problems among children of working parents.
- To examine the impact of parents work schedules on children academic performance.

A Study on the Psychosocial Problem Among the Children of Working Parents: A Descriptive Study

- To determine association between psychosocial problems among children with selected demographic variables in selected from Tiruchirappalli District, Tamilnadu.

RESEARCH METHODOLOGY

Statement of the Problem

This study on the psychosocial problems among children of working parents is to examine the impact of parental work schedules on the psychological and social wellbeing of children.

Aim

The aim of the study about the psychological problems as well as sociological problems experienced by the children of working parents.

Research Design

The study is a Quantitative research method. The researcher used Descriptive research design to collect the data from the respondents.

Universe & Sampling

The Universe of the study is 120 children of working parents selected from Tiruchirappalli District, Tamilnadu. Researcher used simple random sampling method.

Tools & Methods of Data Collection

The researcher used self-prepared questionnaire. The questionnaire related to socio demographic, psychological and social details of the respondent.

Data Analysis

The process by which meaning is derived from data obtained in quantitative research. The researcher obtained data relating to the study in tabular form and graphical representation.

RESULT

Socio demographic details

Age	11	36	30.0%
	12	40	33.3%
	13	20	16.7%
	14	20	16.7%
	15	4	3.3%
Education Qualification	6	56	46.7%
	7	32	26.7%
	8	8	6.7%
	9	24	20.0%
Gender	Female	64	53.3%
	Male	56	46.7%
Number of Siblings	1	92	76.7%
	2	8	6.7%
	Nil	20	16.7%
Occupation of Mother	Daily Wage	4	3.3%
	Private	56	46.7%
	Government	44	36.7%
	Business	16	13.3%
Occupation of Father	Daily Wage	8	6.7%

A Study on the Psychosocial Problem Among the Children of Working Parents: A Descriptive Study

	Private	68	56.7%
	Government	28	23.3%
	Business	16	13.3%
Annual Income of Family	Below 2 lakhs	6	5.0%
	2 Lakh to 5 Lakhs	24	20.0%
	5 Lakhs to 9 Lakhs	38	31.6%
	9 Lakhs & Above	52	43.3%
Type of Family	Extended Family	40	33.3%
	Join Family	8	6.7%
	Nuclear Family	72	60.0%

Distribution of Respondents by their feeling of loneliness and isolation due to their parents work schedules

S.no	Feeling of loneliness or isolation due to their parents work schedules	No of respondents (n: 120)	Percentage %
1	always	32	26.7%
2	often	4	3.3%
3	sometimes	44	36.7%
4	rarely	16	13.3%
5	never	24	20.0%

It is inferred from the above table that more than one third (36.7%) of the respondents sometimes experienced feeling of loneliness or isolation due to their parents work schedules, more than one fourth (26.7%) of the respondents always experienced feeling of loneliness or isolation due to their parents work schedules, (20%) of the respondents never experienced feeling of loneliness or isolation due to their parents work schedules, (13.3%) of the respondents rarely experienced feeling of loneliness or isolation due to their parents work schedules and meagre (3.3%) of the respondent often experienced feeling of loneliness or isolation due to their parents work schedules. From the above table we know that children are feeling isolation and loneliness because of their parents work schedule. This impact on the psychological factors indirectly. So, they need to try to change the work schedule and have a valuable time with their children.

Distribution of Respondents by their feeling that they hide their emotions and struggles from their parents because they were too busy and stressed

S.no	Hide their emotions & struggles from their parents	No of respondents (n: 120)	Percentage %
1	always	20	16.7%
2	often	4	3.3%
3	sometimes	60	50.0%
4	rarely	24	20.0%
5	never	12	10.0%

It is inferred from the above graph that half (50%) of the respondents are sometimes feel like they are hide their emotions or struggles from their parents because of they're too busy or stressed, (20%) of the respondents are rarely feel like they are hide their emotions or struggles from their parents because of they're too busy or stressed, (16.7%) of the respondents are always feel like they are hide their emotions or struggles from their parents because of they're too busy or stressed, (10%) of the respondents are never feel like they are

A Study on the Psychosocial Problem Among the Children of Working Parents: A Descriptive Study

hide their emotions or struggles from their parents because of they're too busy or stressed and meagre (3.3%) of the respondent are often feel like they are hide their emotions or struggles from their parents because of they're too busy or stressed. From the above table we know that sometimes children are hide their emotions and their struggles because they of their parents are very busy and stressed with their work. This shows that some children are not be open hearted they themselves keep their emotions with them, these things affect them psychologically as well as make them as stressed.

Distribution of Respondents by their feeling that they talk openly & honestly with their parents

S.no	Feeling that they talk Openly & Honestly with their Parents	No of respondents (n: 120)	Percentage %
1	always	44	36.7%
2	often	12	10.0%
3	sometimes	48	40.0%
4	rarely	12	10.0%
5	never	4	3.3%

It is inferred from the above graph that more than one third (40%) of the respondents are sometimes feel that they talk openly & honestly with their parents, more than one third (36.7%) of the respondents are always feel that they talk openly & honestly with their parents, (10%) of the respondents are often and rarely feel that they talk openly & honestly with their parents and meagre (3.3%) of the respondent are never feel that they talk openly & honestly with their parents. From the table, some of the children are not always speak with their parents openly & honestly, this makes split in relationship between the parents and children, these not only create an issue among the child and parent, it create a problem among socially.

Distribution of Respondents by their feeling on taking more responsibility at home because of their parents work schedules.

S.no	Feeling more responsibility because of their Parents work schedules	No of respondents (n: 120)	Percentage %
1	no	28	23.33%
2	sometimes	36	30%
3	yes	56	46.67%

It is inferred from the above graph that more than one third (46.67%) of the respondents are feel on taking responsibility at home, more than one fourth (30%) of the respondents are sometimes feel on taking responsibility at home and less than one fourth (23.33%) of the respondents are not feel on taking responsibility at home. From the above table many of the children are thinking that they have more responsibility to take care because they thinking that, they not want to give trouble to their parents. These kind of taking more responsibility makes them to focus on many things, beyond their age because of this, they were loss of good contact with other people, these things make an impact on socially.

Findings

Psychological Findings

- Majority 40% of the respondents are share with their mother the things that happen in school.

A Study on the Psychosocial Problem Among the Children of Working Parents: A Descriptive Study

- Majority 40% of the respondents were always have their meals together with their family.
- Majority 36.7% of the respondents are sometimes experienced feeling of loneliness or isolation due to their parents work schedules.
- Majority 53.3% of the respondents their parents are never allow them to buy whatever things they like.
- Majority 46.7% of the respondents are have no own personal mobile for them.
- Majority 40% of the respondents are sometimes feel that they talk openly & honestly with their parents.
- Majority 66.7% of the respondents are satisfied very good with their overall relationship with their parents.
- Majority 50% respondents are sometimes feel like they are hide their emotions or struggles from their parents because of they're too busy or stressed.

Social Findings

- Majority 56.67% of the respondents sometimes go to trip with their family.
- Majority 90% of the respondents parents are know about their friends and their names.
- Majority 60 % of the respondents are not feel that their parents work schedules is impacted the relationship with their friends or peers.
- Majority 57% of the respondents are they themselves do their homework.
- Majority 36.67% of the respondents are average and good in their academic performance.
- Majority 46.67% of the respondents are feel like they have to take more responsibility at home because of their parents are working.
- Majority 63.33% of the respondents are not have private room for them.
- Majority 54% of the respondents their mother were go home first in the evening.

DISCUSSION

This research shows that many of the children are sometimes feeling isolated and lonely because of their parents work schedule, and this atmosphere lead the half of the children to hide their emotions and struggles sometimes from their parents. Parents work schedule make them to feel more responsibility in home this makes them have responsibilities beyond their age.

These things make the children affect in the relationship between with their parents, neighbours and also in their academic performance. To address these problems parents have to spend some amount of time with their children and engage with them in some activities like games, activities etc., The Healthy relationship between parents and children, it helps them to nurture the best of the child. Schools can provide counseling services and create an environment that nurture their best, peer relationship and good academic performance. The psychosocial wellbeing of the child is very important, it create a positive and healthy environment to the child to be more enthusiastic in all activities to nurture themselves.

CONCLUSION

This study is describes that the challenges and problems in both psychological and social among the children of working parents. In this modern world, both the parents are working is the trend and this is necessary because of the economic growth and money inflation. The work schedule of the parents create an impact on children to feel isolated, lonely, hiding emotions from their parents, and both in psychological & social. For these problems parents

A Study on the Psychosocial Problem Among the Children of Working Parents: A Descriptive Study

can try to communicate more openly and honestly with their children, involve them in decision making to them at home. And Schools have to do counseling services for the needed children and have to engage the children in meditation classes like yoga, exercise etc., These things will help the children to cope up with psychosocial problem in effective way.

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Conflict of Interest

The author(s) declared no conflict of interest.

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