

Research Paper

Impact of Stress and Guilt on Parent-Child Relationships among Working and Homemaker Mothers

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ABSTRACT

In this study, we will focus on Working mothers, “a woman who has a job and takes care of her children” (Working Mother/Father/Parent, 2024), and homemaker mothers, “a woman whose work is inside the home, doing the cleaning, cooking, etc., and who usually does not have any other job” (Housewife, 2024). We will understand the work-life balance, “the amount of time you spend doing your job compared with the amount of time you spend with your family and doing things you enjoy” (Work-life Balance, 2024) of both these groups in their professional and home grounds and the guilt that is formed in them either due to unavailability at home or career, often described as a result of competing demands of work and family responsibilities (Haslam et al., 2019). Thus, the main objective of our research is to analyse the effect of stress due to their work and the guilt formed in them on their relationship with their children, which is a significant and unique bond between a parent and child (APA Dictionary of Psychology, n.d.). The research methodology would be by purposive sampling, where the sample would consist of 400 Indian mothers (200 working, 200 housewives) within nuclear families, aged above 25 years, and having no diagnosed mental disorder. The data will be collected through an online survey method. Child-parent Relationship Scale Robert C. Pianta, Guilt About Parenting Scale (GAPS), and Parental Stress Scale (PSS) Berry, JD, & Jones, W, H, (1995), will be used to formulate the questionnaire and assess parental stress and the parental guilt caused among working and non-working mothers and its impact on the parent-child relationship. Standard deviations, variance analysis, and correlational analysis will be used depending on the nature of the data obtained from the sample. The expected result is to find out the effect of parental guilt and occupational stress on the relationship between the mother and the child.

Keywords: *Working mothers, Homemaker mothers, Stress, Parental guilt, Parent-child relationship*

The study focuses on working mothers, defined as, “a woman who has a job and takes care of her children” (Working Mother/Father/Parent, 2024), and homemaker mothers, “a woman whose work is inside the home, doing the cleaning, cooking, etc., and who usually does not have any other job” (Housewife, 2024). By examining the impact of guilt and stress on the relationship between mothers and their children, we aim to explore

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how these differences between working and homemaker mothers affect them in their efforts to maintain a healthy and nurturing connection with their children.

A major theme in this research is work-life balance, defined as “the amount of time you spend doing your job compared with the amount of time you spend with your family and doing things you enjoy” (Work-life Balance, 2024). Working mothers have to endure tremendous stress and feelings of guilt as they have to balance professional responsibilities and parenting chores. These feelings of guilt come from feeling incompetent in both roles, as they are unable to engage in either role fully. On the other hand, homemaker mothers, though not balancing external work, often have to face societal pressures and the monotony of domestic labour, which can also be stressful and guilt-provoking. Both types of mothers often feel judged by others for different reasons, such as working mothers “neglecting” their children for career purposes or homemaker mothers who do “not contribute” to the family financially, adding to the emotional burden they carry.

The phenomenon of parental guilt plays a central role in understanding the emotional experiences of mothers. “Parental guilt is often a result of the competing demands of work and family responsibilities, which can leave mothers feeling that they are not giving enough attention to their children” (Haslam et al., 2019). For working mothers, long hours at work, not being present at school events, or having less time to spend with children are common sources of guilt. Homemaker mothers, too, feel guilty, although their shortcomings were based on other factors: they had the luxury of having more hours with their children but felt guilty for not financially contributing to the family or for not achieving anything in their personal lives. Both aspects of guilt have a natural tendency to negatively affect the emotional and psychological state of the mother and, thus, as a consequence, the quality of the parent-child relationship.

Stress is defined as "a state of mental or emotional strain resulting from adverse or demanding circumstances" (APA Dictionary of Psychology, n.d.); a working mother has to be at work performing duties, as well as face deadlines concurrently with other responsibilities being available for her children. This duality leads to chronic stress, which is known to interfere with parenting. Stress would likely make people less patient, more likely to miscommunicate, and be irritated easily; all of which would weaken the parent-child relationship.

Homemaker mothers, on the other hand, may not have work-related stress. Still, they experience types of stress triggered by living and operating in an environment that provides no reprieve from domestic responsibilities, as well as societal pressures that necessitate household tasks, childcare, and running a healthy household. These mothers are often expected to do so much in carrying out domestic chores, caring for their children, and maintaining a smooth household running. Without appreciation or acknowledgment of their efforts, she may feel frustrated, isolated, and stressed. Furthermore, homemaker mothers are also prone to "role strain," confined to a feeling of being confined by the repetition of domestic chores, again a cause of stress evoking their emotional unavailability for their children.

The parent-child relationship, defined as "the enduring social and emotional connection between a parent and a child" (APA Dictionary of Psychology, n.d.), plays a crucial role in the psychological and emotional development of a child. It may be determined by the emotional condition of the parent. Stress, as well as guilt, are usually big factors that

influence mother-child interaction. Stressed mothers tend to have less tolerance, are more frustrated, and are less likely to exhibit positive parenting behaviours like active listening, praise, and or emotional support. Guilt, instead, breeds overindulgence or permissiveness in the parenting done by mothers who try to make up for the perceived inadequacies in their parenting.

The time that a working mother spends away from her children causes a rift in the relationship, especially when they cannot meaningfully interact with one another on the days that she spends with them. Such guilt and stress can result in strained communication or inconsistency in disciplinary approaches, affecting the emotional security of the child. Homemaker mothers, who are more physically present, also face stress-related problems, for example, irritability due to pressure from household tasks, that influences the emotional scope of their interactions with children.

This highlights the theory of attachment by John Bowlby and Ainsworth which states that there are four attachment patterns,

1. **Ambivalent attachment:** These children become very distressed when a parent leaves. Due to the unavailability of the primary caregiver, these children cannot count on the primary caregiver being available at the right time.
2. **Avoidant attachment:** Children with an avoidant attachment avoid parents or caregivers and do not have a preference between a caregiver and a complete stranger. This attachment pattern could be the outcome of abusive or neglectful caregivers since children will get punished for depending on a caregiver, hence avoiding seeking help in the future.
3. **Disorganized attachment:** Such children exhibit jumbled mix-ups of behavior that appear dazed, disoriented, or confused. They also commonly refuse, resist, or avoid the parent. It is not clear if the tendency for such attachment is associated with inconsistent caregiver behavior.
4. **Secure attachment:** Children who can rely on their caregivers' protest when separated and on reunion, but children feel safe knowing that a caregiver will return. When frightened and securely attached, children are comfortable seeking reassurance from caregivers. This is the most common attachment style.

Scope of the Study

- Exploratory study about the impact of stress and parental guilt on parent-child relationships, specifically working and homemaker mothers
- Differentiating between the two groups of stressors and emotional strain.
- Investigates work-life balance, stress, and guilt as factors affecting the emotional availability and parenting styles of mothers.
- Participants: Indian mothers belonging to nuclear families, age above 25 years, not suffering from any known mental disorder.
- Tends to resort to the application of quantitative methods, such as surveys and scales in measuring stress, guilt, and the relationship of parent to child.

Research question: How does guilt and stress impact the parent-child interactions in the lives of working and homemaker mothers?

REVIEW OF LITERATURE

A study conducted evaluates the parental stress and parent child relationships and coping strategies among working and home-maker mothers of preschoolers. Using scales by Berry

and Jones, Hampy and Grych and Pianta, 150 mothers from Kerala participated in this study. The results which came out indicated a significant relationship between both coping and parent-child strategies for both the groups which had been taken. The findings from this study suggests that effective coping strategies can enhance parent-child relationships. (Rosly & Pinto, 2023).

The study evaluates the effects of work-life balance conflict on parental-role satisfaction in working mothers. A survey of 235 working mothers concluded 313 valid responses from all of them and was analysed using the SPSS 24.0. Results show that work-life balance conflict positively influences both child-rearing stress and parenting guilt. Which consecutively enhances parental role satisfaction. The findings of the study highlight the importance of addressing work life balance issues and improving parenting outcomes for working mothers. (Zhi, Um & Jo, 2022)

The study investigates the impact of occupational stress on the quality of parent-child relationships among different mothers. Using an ex-post facto design, data was collected from 309 mothers through structured questionnaires. The findings showed that occupational stress factors, particularly factors such as workload, significantly influences relationship quality, accounting for almost 18% of the variances. Additionally, demographic variables like income, education also played a role. The conclusion emphasized that addressing occupational stress is very important for enhancing parent-child interaction among mothers. (Adejuwon, Balogun, Olutola & Adesina, 2019)

The research paper explores the work-family guilt among mothers, revealing its emotional toll and consequences. Using interviews and diary studies, it understands the feelings of stress and inadequacy stemming from the struggle to balance work and family roles. The results indicate that this guilt acts as a “straightjacket”, limiting mothers’ effectiveness in both areas. The conclusion of this paper emphasizes the need for better support systems to alleviate this guilt and improves mental well-being. Overall, the study contributes valuable insights into the challenges faced by working mothers and suggests implications for workplace policies and societal expectations. (Aarntzen, Derks, Steenbergen, Ryan & Lippe, 2019)

The study investigates the impact of women’s employment on mother-child relationships, focusing on the phenomenon of the “mother guilt feeling”. Using grounded theory, 14 married women in Yazd were interviewed and, in the study, they revealed 30 concepts and 13 categories. Results indicate that while some mothers employ positive strategies, the predominant feeling is guilt due to perceived harm from their absence. The study hence concludes that this guilt arises from various factors, such as emotional challenges that working mothers face in balancing their roles and responsibilities. (Dehghanizadeh, Fallah & Vaziri, 2020).

The study investigates the impact of work interference with the family on parent-child interactive behaviours and relationships, revealing that both time-based and strain-based WIF negatively impact educational and recreational activities. Trait guilt moderates these relationships, with higher guilt leading to weaker negative impact on the interactions. The study employed surveys from employed parents across two studies to validate these findings. Results consistently support the hypothesis, indicating that WIF can significantly predict parent-child interactions, highlighting the constructive role of guilt in mitigating the adverse effects of work-related stress on family engagement. (Cho & Allen, 2012)

Rationale of the Study

- Rising workers among women give rise to demands to know the differential emotional experiences of working and homemaking mothers.
- Studies on how stress and shame influence the parent-child relationship contribute significantly to the study of child development and family functioning.
- It bridges the research gap for the emotional characteristics of mothers in Indian nuclear families who carry traditional and modern roles.
- Findings will be used as input to strategize and intervene in support of maternal mental health and parent-child relationships.

METHODOLOGY

Aim:

To find out the impact of guilt and stress on working and home-maker mothers.

Objective

- To analyse the effect of stress due to their work and the guilt formed in them on their relationship with their children.

Hypothesis

- **H1:** There is significant influence of guilt and parent-child relationship of working and homemaker mothers.
- **H2:** There is significant influence of stress and parent-child relationship of working and homemaker mothers.
- **H3:** There is significant correlation between the stress, guilt and parent-child relationship of working and homemaker mothers.

Variables:

- Independent Variable: Stress and guilt
- Dependent Variable: Parent- child relationship
- Confounding Variable: Working and homemaker mothers

- Research type: Quantitative Research Methodology
- Research design: Exploratory Research and Correlational

- Target population: Working and Home-maker mothers
- Sample size: 120, 60 (working mothers), 60 (home-maker mothers)
- Sample technique: Purposive Sampling

Tools:

Jamovi, Google Forms for data collection, Excel, Child-parent Relationship Scale, Guilt About Parenting Scale (GAPS), and Parental Stress Scale (PSS).

Operational definition:

- Working mothers: Working mothers are people who are generally employed outside of their homes, but they also try to fulfil their parental caregiving responsibility towards their children.
- Home-maker mothers: A home-maker mother is a person who primarily manages the household and takes care of their family within their household instead of being employed outside the household.

- **Stress:** Stress is a physiological or psychological impulsive response to a perceived threat or challenge.
- **Parental guilt:** Parental guilt is a negative state of mind especially faced by mothers who feel that they have not been able to meet their child's expectations and needs.
- **Parent-Child Relationship:** Parent-child relationship is a multifaceted bond between a parent and their child which includes cognitive, behavioural, and emotional interactions between the two.

Description of Scales

- **Child-Parent Relationship Scale (CPRS):** The Child-Parent Relationship Scale (CPRS), which was developed by Pianta (1992), is one of the most common ones used to evaluate the quality of parent-child relationships from the perspective of the caregiver. The instrument is based on attachment theory and the CPRS shows the parental worldview regarding the relational dimensions of their interactions with their child, such as closeness, conflict, and dependency. The scale has been widely adapted in various cultures and age groups confirming strong psychometric phenomena like reliability and validity. Responses are usually recorded on a Likert-type scale, which provides researchers the opportunity to measure the complex parts of the parental attitudes and relational dynamics quantitatively. The CPRS is widely adopted in studies focusing on child development, clinical practices, and education and revealing the connections between the relationship quality and different kinds of child outcomes such as emotional, behavioural, and academic development. The scale is also used in intervention research, where the changes in parent-child relationship patterns are monitored in the context of the application of the therapeutic or preventive programs that are targeting the improvement of family bonds.
- **Guilt About Parenting Scale (GAPS):** The Guilt About Parenting Scale (GAPS) was a tool that was invented by Haslam in 2019 that has scientifically proven and disclosed how much guilt parents feel which are caused by parenting and other responsibilities. Based on social and cognitive-behavioural theories, the GAPS reflects not only generalized but also situation-specific feelings of guilt that parents may have because of their perceived shortcomings, unfulfilled expectations, or the consequent conflicts between parenting and other life areas. Lower GAPS scores indicate the mastery of the parent's different roles, while the higher scores signify suffocation due to the guilt. The tool contains subscales dealing with time-based guilt, emotional unavailability, and role performance aspects, with participants required to rate using a Likert-type scale. Studies using the GAPS point out parental guilt as an important factor affecting mental health, parenting stress, and overall life quality. The scale has shown strong internal reliability and construct validity across different samples which makes it applicable in both clinical and research settings of the non-clinical populations. It is increasingly seen in the context of studies on parental adaptation, work-family issues, and interventions focused on parent's mental health.
- **Parental Stress Scale (PSS):** The Parental Stress Scale (PSS) which was introduced by Berry and Jones in 1995, is a self-report tool commonly utilized for measuring the stress that comes with the parenting role. The PSS, as opposed to general stress tests, concentrates specifically on the parenting-related issues, and stressors and also takes into account the pleasures that come along with parenting. The scale of 18 items covers both the negative (e.g., restrictions of one's role, distress, and lack of control) and positive (e.g., emotional rewards, personal growth) aspects of parenting. The responses are assessed using a Likert-type scale that gives researchers the possibility

of obtaining a composite score that illustrates the overall parental stress. It has been validated through different studies conducted on parents of normal children as well as those with disabilities and has shown a great deal of internal consistency and factorial validity. The PSS is versatile enough to be applied in both community and clinical environments, which consequently makes it an excellent tool for gaining insights into the interconnections of parenting stress, child growth and development, as well as family dynamics. In addition, the PSS is a standard measure in intervention research for assessing the shift in parental well-being over the course of the intervention.

Inclusion criteria:

Working and Homemaker mothers, Indian Mothers of children from 2-7 years old.

Exclusion criteria:

Not mothers, Non-Indian Citizens.

Procedure:

A Google Form was formulated to collect the data for our research. The Google Form consisted of a consent form, demographic details of the participants, a Child-parent Relationship Scale, a Guilt About Parenting Scale (GAPS), and a Parental Stress Scale (PSS). The Google Form was circulated online, among mothers with children aged between 2-7. A total of 120 responses were collected: 60 responses from working mothers and 60 responses from homemaker mothers. The responses for each section were evaluated according to the scoring key and norms of the Child-parent Relationship Scale, Guilt About Parenting Scale (GAPS), and Parental Stress Scale (PSS) scales, respectively. Subsequently, we utilized the Jamovi application to perform statistical analysis, in which Sapiro-wilk's normality test, Standard deviations, variance analysis, and correlational analysis. The aim was to find out the impact of guilt and stress on working and homemaker mothers. The results were thus analyzed and interpreted to determine our findings' conclusions.

Ethical consideration:

While conducting the study on our participants the following ethics were followed:

- We assured participants understood the study's goal, methods, risks, and benefits before deciding to participate.
- The privacy of participants was maintained by safeguarding their personal information and not revealing it to outside sources.
- Participants could withdraw from the study at any time without penalty.
- This study caused no physical, psychological, or emotional harm to participants.
- We treated our participants with respect and dignity, avoiding any form of discrimination or exploitation.

RESULTS AND DISCUSSION

The sample consists of 120 participants (60 working mothers, 60 home-maker mothers), who are mothers of children aged 2-7 years old.

By conducting the Shapiro-Wilk Test of normality we found that our data was not normally distributed.

Descriptives

Descriptives				
	Occupation	Guilt	Stress	Parent- Child Relationship
N	Working Mother	60	60	19
	Home- maker mother	60	60	11
Mean	Working Mother	48.3	38.4	393
	Home- maker mother	42.1	39.3	375
Median	Working Mother	49.5	39.0	362
	Home- maker mother	43.0	39.0	343
Standard deviation	Working Mother	10.5	7.99	124
	Home- maker mother	13.1	9.02	73.4
Minimum	Working Mother	20	21	208
	Home- maker mother	17	19	260
Maximum	Working Mother	67	61	556
	Home- maker mother	61	58	480
Shapiro-Wilk W	Working Mother	0.944	0.975	0.882
	Home- maker mother	0.927	0.966	0.934
Shapiro-Wilk p	Working Mother	0.008	0.249	0.023
	Home- maker mother	0.001	0.091	0.452

Fig 1: Descriptive statistical analyses of collected data

To fulfill our objective of checking whether there is a correlation between parent-child relationship, stress and parental-guilt we evaluated our data through Spearman Correlation matrix. The results obtained show.

1. There is negative correlation between parent-child relationship and stress which is -0.155.
2. There is negative correlation between parent-child relationship and guilt which is -0.008.
3. There is a positive correlation between parental-guilt and parental-stress, which is 0.332.

Correlation Matrix

Correlation Matrix			
		Guilt	Stress
Guilt	Spearman's rho	—	
	df	—	
	p-value	—	
Stress	Spearman's rho	0.332	—
	df	118	—
	p-value	< .001	—

Fig 2: Spearman's correlation matrix representing guilt and stress

Correlation Matrix

Correlation Matrix		Guilt	Parent- Child Relationship
Guilt	Spearman's rho	—	
	df	—	
	p-value	—	
	N	—	
Parent- Child Relationship	Spearman's rho	-0.008	—
	df	28	—
	p-value	0.967	—
	N	30	—

Fig 3: Spearman's correlation matrix representing guilt and parent-child relationship

Correlation Matrix

Correlation Matrix		Parent- Child Relationship	Stress
Parent- Child Relationship	Spearman's rho	—	
	df	—	
	p-value	—	
	N	—	
Stress	Spearman's rho	-0.155	—
	df	28	—
	p-value	0.414	—
	N	30	—

Fig 4: Spearman's correlation matrix representing stress and parent-child relationship

To find out the impact of stress and guilt on working and home-maker mothers we conducted an independent sample T-test taking occupation (working and home-maker mothers) as the grouping variable and parent-child relationship, guilt and stress as the variables. From the results we drew the following conclusions:

1. We failed to reject the null hypotheses Ho1 because there is significant influence of guilt and parent-child relationship in working and home-maker mothers.
2. We failed to reject the null hypothesis Ho2 because there is significant influence of stress and parent-child relationship in working and home-maker mothers.
3. We failed to reject the null hypothesis Ho3 because there is significant correlation between stress and guilt and parent-child relationship in working and home-maker mothers.

The study conducted involves 120 participants equally distributed between both working and home-maker mothers. All the participants were mothers whose children ranged from the age of 2-7 years. Shapiro-Wilk Test is adopted, with the results showing data to be not normally distributed therefore requiring non-parametric methods such as Spearman's correlation to test whether there was a relationship between the variables taken in the study conducted. The correlation study revealed that there was initially a weak-negative correlation between parent-child relationships and stress (-0.155), which implies that higher stress level decreases the quality of the parent-child relationship to some extent. Similarly,

there was a very weak negative correlation between parent-child relationships and guilt (-0.008) indicating almost negligible influence of guilt upon this type of relationship. However, parental stress has a moderate positive correlation of 0.332 with guilt, which shows that as the stress level advances, the scale of guilt is increasingly progressive.

Independent Samples T-Test

Independent Samples T-Test			
		Statistic	p
Guilt	Mann-Whitney U	1316	0.008
Stress	Mann-Whitney U	1779	0.791

Note. $H_0: \mu_{\text{Working Mother}} = \mu_{\text{Homemaker Mother}}$

Fig 5: Mann Whitney U Test (Independent Sample T- Test)

To find out and compare guilt and stress levels between Working and Homemaker Mothers the Mann Whitney U Test was conducted. By conducting the test, it was found that the values for **guilt** is 1316 with a p-value of 0.008. Since the p-value for guilt is less than 0.05, the difference in guilt levels between working and homemaker mothers is **statistically significant**. This indicates that working and homemaker mothers differ in experiences in parent child relationships.

For **stress**, the Mann Whitney U Test statistics is 1779 with p-value of 0.791. Since the p-value for stress is greater than 0.05, there is **no statistically significant** difference in stress levels between working and homemaker mothers.

In order to evaluate the effects of occupation working versus home-maker mothers on parent-child relationships, stress and guilt the non-parametric Mann-Whitney U test (the independent sample T-test equivalent) was carried out. The parent-child relationship analysis showed that parental stress and guilt do play a role in parent-child relationships, with the stress associated with the guilt and a slight decline in the relationship quality. However, when the working and home-maker mothers were compared, the stress levels did not significantly differ, which meant that both groups had comparable stress levels. On the other hand, the guilt levels showed a significant difference statistically, which means that the occupational status affects parental guilt, wherein the working and the home-maker mothers experience it differently. In summary, while the parent-child relationships have been a little affected by stress and hardly by guilt, the stress effects are alike in both groups, the fact that occupation influences guilt more than stress, however, both stress and guilt are regarded to be the factors responsible for the shaping of the parent-child interactions has been highlighted.

CONCLUSION

Major findings:

- Correlation between parent child relationship and stress: negative correlation of -0.155, and the more highly stressed one is, the weaker the parent child relationship.
- Correlation between parent child relationship and guilt: negative correlation of -0.008, which shows that the effect of parental guilt on parent child relationship is really very weakly negative.

Impact of Stress and Guilt on Parent-Child Relationships among Working and Homemaker Mothers

- Parental guilt and stress: The relationship between stress and guilt among parents correlated positively at 0.332, showing that with increased parental guilt, the level of stress increase goes along.
- Working and Homemaker mothers: The findings of differences between working mothers and homemaker mothers of children are described in terms of the guilt effect on parent-child relationship.
- Causes of stress in working and homemaker mothers: Stress has a strong influence on the parent-child relationship of both working and homemaker mothers.
- Relationship between stress, guilt, and parent-child relationship: These variables are significantly associated with each other for working as well as homemaker mothers, indicating how closely they are interrelated.
- The difference in guilt levels between working and homemaker mothers is statistically significant.
- There is no statistically significant difference in stress levels between working and homemaker mothers

Limitations

- Sample size: The sample is small in number, comprising only 120 participants.
- Sufficient qualitative data has not been covered: A qualitative study would have brought out more into the guilts, stress, and the parent child relationship in a very intuitive sense.
- Limited geographical coverage: The results may vary due to regional or cultural differences, as the scale of the study was rather limited.
- Further scope for larger samples: The studies should be enlarged to the scale level with an increase in generalizability.
- Self-reported data: The use of self-reported measures may mean that the bias or inaccuracy is introduced into the data collection process itself.
- Focuses on nuclear families were considered; it may vary differently in joint family dynamics in terms of caregiving patterns.
- This study uses self-reported data and is likely to be subject to effects of social desirability or inaccuracy of self-assessment.
- The population from the study does not include mothers with diagnosed mental health conditions, which limits the applicability of the study to those who experience clinical stress or anxiety.
- The cross-sectional design cannot monitor changes in stress or guilt over time, which severely restricts the capacity of the study to determine long-term outcomes. The cultural focus on Indian mothers would impose some limitations on generalization to non-Indian or diverse cultural contexts.

Implications of the future research

- Longitudinal studies: The long-term impact of stress and guilt on the children's psychological and emotional development.
- Fathers as well as other caregivers: Future studies can be extended to explore roles and stressors experienced by members of a family.
- Cross-cultural studies: Examine how different cultures and societies contribute to maternal stress, guilt, and parenting.
- Evidence-based intervention research: Examine the effects of interventions such as support programs, workplace adjustments, or therapy on the reduction of stress in parents and how these actions affect parent-child interaction.

- Emotional health issues: The intersections between guilt in parents, stress among parents, and diagnosed mental health conditions, impacts of these phenomena on the parent-child relationship.

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Conflict of Interest

The author(s) declared no conflict of interest.

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