



ASSESSMENT OF GUILT FEELING REGARDING CHILD CARING AMONG WORKING MOTHERS: A DESCRIPTIVE STUDY

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ABSTRACT

Background of the study: Mother is the primary care taker, first educator and nurturer of the next generation. Motherhood confers upon a woman the responsibility of raising a child.¹ this process also changes the way in which she is perceived in society and at her workplace. What is Working Mothers guilt? Working mother's guilt is when something happens that makes you feel guilty about being a working mom. For example, you may feel guilty when you leave your child crying at daycare or you forget something for school because you were too busy thinking about work. A working mother needs significant social and personal adjustments to cope with such a situation. It can compel her to take more than available leave options, leading to risk of job security. Along with motherhood, work adds to the wholeness of being a woman. A working mother, especially the one who has the good fortune to be able to balance her home and work, enjoys the stimulation that a job or career provides. She develops the ability of upraise a useful member of society and at the same time gains financial independence.

Objectives of the study: the aim of the study to assess the level of guilt feelings regarding child caring among working mothers in selected institutions of Punjab. To determine the association of guilt feelings regarding child caring with selected socio-demographic variables.

Material and methods: A quantitative research approach and a descriptive design was used Non-probability convenient sampling technique was used to select 50 working mothers, Questionnaire method was used to collect data by using guilt complex assessment scale for working mothers.

Results: The study finding reveals that level of guilt feelings regarding child caring among working mothers includes majority of working mothers that is 80% had mild level of guilt feelings followed by 14% working mothers had moderate level of guilt feelings, 6%. Working mothers had no guilt feelings and no one had severe level of guilt feelings.

Conclusion: Most of the working mothers had mild guilt feelings 80% regarding child caring. In socio- demographic variables qualification, occupation had association with working mother's guilt feelings where as other variables like age, family type, number of children, children age, area of living, religion had no association with working mother's guilt feelings.

Key words: working mothers, child care, guilt feelings.

INTRODUCTION

Mother is the primary care taker, first educator and nurturer of the next generation. A mother has responsibility of raising a child. This process also changes the way in which she is perceived in

society and at her workplace. It is expected that women to work like they don't have children, and raise children as if they don't work." Because of this, women feel guilty, guilty for working and guilty for not. Blurred boundaries of work time spill into family time, and half listening to your children's stories from their day or missing out on meaningful time with them can lead moms to feel like they are failing. The obstacles to being a volunteer at your kid's school or attending the science fair has you plotting how to sneak away from work unnoticed, so that you might be able to make it just in time for your kid to look up and see you there. It feels like a no-win situation, and it fuels feelings of overwhelm, exhaustion, and defeat that can lead to burnout. In today's society, women often feel that to be seen as successful, they should have to balance their career, children and their marriage. For many families, going back to work, after the birth of a child is a necessity, as they find it impossible to stop work due to financial concerns. However, many mothers feel that this is bad for children, who then have to be looked after by an outside source during the day, such as a child minder or nursery school. As early childhood is the most precious time of a child's development. A working mother needs significant social and personal adjustments to cope with such a situation. It can compel her to take more than available leave options, leading to risk of job security. Keeping in view the above facts, stimulated the researcher to assess the guilt complex

AIM OF THE STUDY

The aim of the study to assess the level of guilt feelings regarding child caring among working mothers in selected institutions of Punjab.

METHODOLOGY

A non-experimental, descriptive design was used in the study using Questionnaire method to collect data by using guilt complex assessment scale for working mothers to assess the guilt feelings. This research design was selected for this study as it is convenient, less expensive, and not a time-consuming means of gathering data.

Samples and setting Target population consists of working mothers in selected institutions, Punjab. The sample size will be 50 working mothers in selected institutions, Punjab.

Development of tool (s)

Tools will be prepared after extensive review of literature, consultation and discussion with the experts of nursing, medicine and research.

Description of tool (s)

It consists of two parts:

Part (A): Consists of demographic variables

Part (B): Consist of probability sampling technique to assess guilt complex among working mothers

Validity of tool (s)

It will be determined by experts' opinions from the field of nursing, medicine and research for content face and criterion validity.

Procedure for data collection

Prior to data collection, permission will be obtained from the research ethical committee, concerned authority of selected institutions authorities to conduct study. Total 50 working mothers will be selected on the basis of inclusion criteria and exclusion criteria through non probability purposive sampling technique and explained about objectives, activities and duration of their involvement. Informed consent will be obtained. Confidentiality and anonymity of the subjects will be maintained. Working mothers will have full autonomy to participate in research and withdraw from research at any time. Guilt feeling related child care will be checked

Level of guilt feeling	Frequency	(%)
Not present (40-50)	03	6%
Mild (30-39)	40	80%
Moderate (20-29)	07	14%
Severe (10-19)	0	0%

Table 1: Assessment of guilt feeling regarding child caring among working mothers

RESULTS

The percentage distribution of working mothers according to level of guilt feelings showed that 40 (80%) had mild level of guilt feelings, 7 (14%) had moderate level of guilt feelings and 03(6%) have not feelings of guilt regarding child caring.

CONCLUSION

The study finding reveals that most of working mothers have mild guilt feelings regarding child caring and qualification and occupation pose significant impact on level of guilt feelings among working mothers.

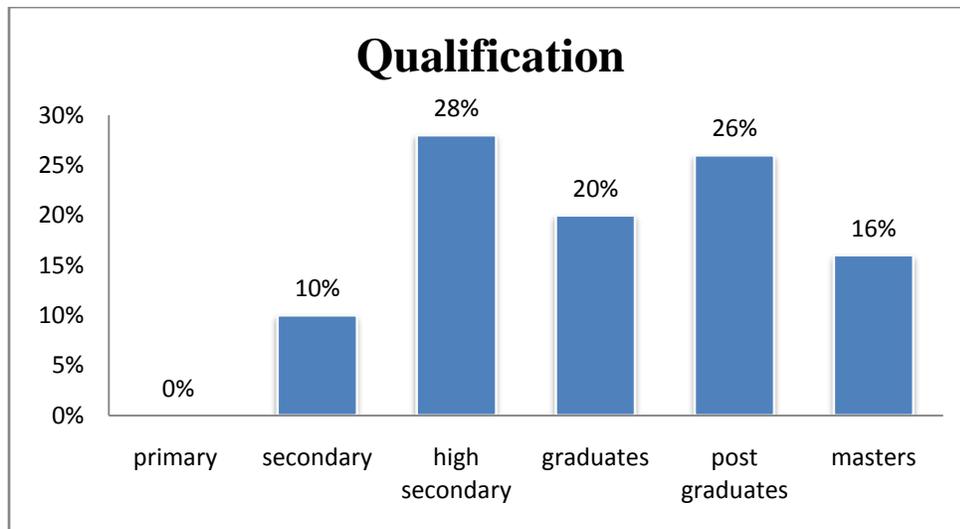


Figure 2 (b): Percentage distribution of working mothers by their qualification

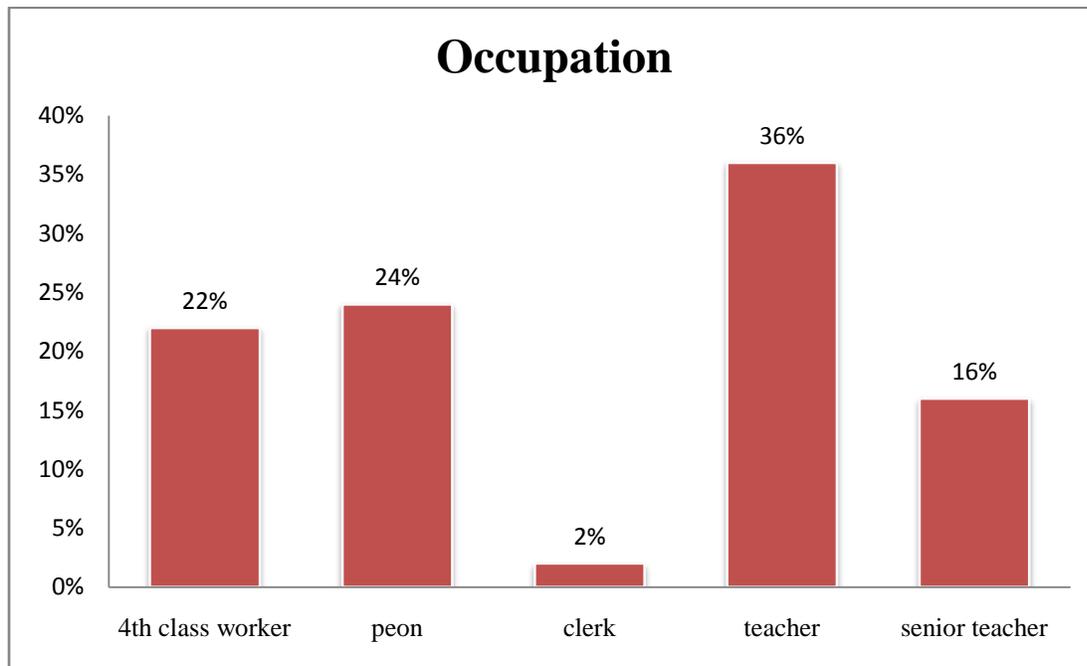


Figure 2(e) percentage distribution of working mothers by their occupation

LIMITATIONS

1. The study was limited to institutions only. The possibility for other working areas was limited.
2. The size of sample in study was small and is 50 and hence it is difficult to make generalization.

IMPLICATIONS

1. Nursing Education

It is helpful to assess the psychological problems among mothers. And cover the area of mental stress on mothers, Teaching Learning activities should include health education on guilt feelings among working mothers. Nurse should provide guidance and counseling services to working mothers which will leads to promotion of healthy life. In service, continuing education needs to be planned and implemented for clinical nurses to enrich their information on recent regarding guilt complex among working mothers.

2. Nursing Practice

Guilt feelings regarding child caring is a critical problem. So, there is need to assess the levels of guilt feelings among working mothers. It has been observed that mostly working mothers have mild guilt feelings regarding child caring. Based on evidence, nursing practice can be modified and improved.

3. Nursing Administration

Nursing administration can conduct in services education training programme for nurses working at different health care center dealing with working mothers. Nursing administrator should organize continuing education programme on prevention of guilt

feeling for nursing personnel in the hospital and community setting with modern technological video aids.

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