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## Study on Adjustment of Mother in relation to some Personality Correlation with Reference to Child Rearing

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### Abstract

A healthy home and positive maternal interactions are vital for child development, with long separations negatively impacting children. A mother's job stress and childcare time affect personality growth. Increased female participation in demanding jobs complicates work-life balance, leading to less individual attention for children in group settings. While the women's movement has empowered and reshaped roles, glorifying motherhood can restrict women's freedom, causing role conflict. Maternal employment may increase children's loneliness and adjustment issues. SRO 232 offers childcare leave, but concerns about child upbringing and parental involvement remain prevalent.

**Keywords-** environment, interactions, development, Adjustment, significantly.

### Introduction

A healthy home environment and good interactions with parents, especially mothers, are crucial for children's development and well-being. Long separations between mothers and their children during early childhood can negatively impact this. A mother's work experience also influences her children's development. Factors like working conditions, job stress, and time spent with children can affect personality growth. As more women work stressful jobs, balancing work and parenting becomes harder. Children of working mothers often go to group childcare early, receiving less individual attention, which can affect their personality later.

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Therefore, a study titled “Adjustment of Mother in relation to some Personality Correlation with Reference to Child Rearing” was initiated.

Women have faced many challenges in their quest for independence in cultural, social, political, economic, and psychological areas. Recently, they have begun to emerge as leaders in the workforce. The Feminist Movement and Women’s Rights Movement aim to change societal beliefs and practices that reinforce gender inequality. Evidence shows that traditional views on women’s roles are weakening. This shift is supported by factors like improved access to education, greater job mobility, and new economic trends, all contributing to women’s progress in society. Knowledge about women has evolved from just studying their status to covering broader topics in today’s information age.

Over the last twenty years, the women’s movement has gained strength, focusing on women’s empowerment and equality. The goal is to understand the changing status and family roles of career women today. In India, women are overcoming social and psychological barriers, taking on new responsibilities. Their economic roles have widened beyond just home and farm work, and they now perform multiple recognized roles in society.

The biological woman is a natural creation, while the modern woman is shaped by society. Men and women have different roles in reproduction and child care, with women giving birth and men participating in raising children. Although men have physical strength, this does not make them superior. Women are often linked to motherhood, but glorifying this role can limit their freedom and keep them in hard work. When a woman holds a job, she often has to manage multiple roles—being a wife, mother, and employee.

This can lead to role conflict, especially for married working mothers who juggle these responsibilities. Motherhood adds even more duties, as mothers hold a revered position in society. Their role is vital as they introduce the new generation, help preserve traditions, and teach moral values. A mother also influences her child’s emotional development and personality. Overall, a working woman’s responsibilities at home and at work are significant, impacting both her family and society.

## **Adjustment of Mother**

A mother plays a crucial role in a child’s development by addressing their physical, mental, and moral needs. Her influence can lead to either a happy life or significant challenges for the child. The mother teaches the child important lessons about being a citizen and is a key figure in their social upbringing, providing training in discipline and self-control. The employment of women impacts various aspects of life, including children’s well-being. As more mothers work, there are noticeable changes in family structure and home dynamics.

More mothers are working outside the home than in the past, and this impacts children based on how their care is arranged. It’s often thought that children feel lonely and sad when their mothers are away all day. In homes with working mothers, household duties may be neglected, and there are fewer opportunities for family activities. Children in these families are expected to help with chores more than those with non-working mothers. Studies show children of working mothers may struggle to adjust, and they can be more nervous and irregular in their schoolwork, especially younger children compared to older ones.

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A mother's job and feelings about her work strongly influence her role as a mother. She often feels guilty being away from home, especially if she doesn't need to work for money. Infants are born with a "blank slate" mind, which they fill with experiences as they grow. The way children are raised and educated shapes their futures. Many social psychologists, such as McDougall, Watson, Ross, and Allport, introduced the idea of attachment. Infants and young children create emotional bonds with their caregivers, as close attachment to a mother helps a defenseless child survive. Attachment behavior, like crying and smiling, connects infants to their caregivers and lays the foundation for mature relationships.

Research indicates that weak attachment can disrupt social and emotional development throughout life. When children lack maternal love, they struggle to form secure attachments. It is often said that families revolve around the child, who in turn revolves around the mother. Ponce (1997) noted that quality child care cannot replace a mother's support. For working mothers, raising a child can be challenging, especially in nuclear families without older relatives. Leaving a child in day care is often necessary, but mothers' involvement is crucial for their children's mental and physical growth. Receiving attention from parents fosters healthy development in children. If a child receives attention when they are young, they can handle challenges better as teenagers and build a stable personality.

Psychologist Rogers (1995) highlighted the impact of childhood experiences on personality development. Many psychologists agree that specific times in a child's growth are crucial for shaping their personality, especially the family environment. Good parenting is essential for a child's personality development. When parents understand how their child reacts to situations, they can resolve issues effectively. Adapting their parenting style to fit the child's temperament helps guide successful personality growth.

Parenting is a significant responsibility, and how parents interact with their children is crucial for the child's development. A child's behavior, manners, and confidence are influenced by their parenting style. Good parenting helps children face challenges in life with confidence. Typically, mothers play the most vital role in raising children in all societies. Besides providing physical care, mothers also inspire and teach moral values. Children of stay-at-home mothers often receive more attention and better education.

In contrast, mothers who work may struggle to fulfill their parenting responsibilities, which can affect their children's needs and development. Some believe that children of working mothers face difficulties due to their mother's absence, which can lead them to bad influences. However, this isn't always the case. Many children of working mothers show high levels of self-confidence and have broader knowledge and career options than those with non-working mothers. They learn to make their own decisions and handle tasks independently. These children interact more with the outside world, expanding their social circles, which helps them become bolder and more confident.

The effects of a mother's employment on her child depend on various related factors. These include mother's level of satisfaction with work, involvement of father's in family concerns, childhood education and care and the characteristics of the children.

The family role of working women is influenced by their attitude and satisfaction from work, independence, coworker relations, education, and job status. Additionally, how well they

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balance work and family, the involvement of fathers or other adults, division of household tasks, and the mother's stress level also significantly impact their children's development.

## **Working Women and Childcare**

Anxiety among working women in our community is increasing due to various factors like job pressure, ongoing conflicts, and safety concerns. These issues create a heavy responsibility on women, as they are often more vulnerable than men. Women play crucial roles as wives and mothers, especially during their reproductive years, leading to worries about how their work impacts their children. When mothers are busy, children may have to fend for themselves, affecting their social and emotional well-being.

Additionally, women often bring home work-related stress, which can influence their behavior and relationships. Children's growth and development rely on the support they receive from parents and the community, particularly during their early years. Positive or negative experiences in childhood shape their future feelings and abilities.

Mothers play a key role as primary caregivers, so understanding the effects of their employment is crucial, especially during preschool years. The Government of Jammu and Kashmir has created a rule (SRO 232) allowing women employees to take up to 730 days of child care leave to care for their two eldest children. This leave is available for children under 18 years or under 22 years for those with disabilities. While maternal employment may reduce mother-child interactions, it can lead to increased family income and better intellectual performance in children. It is important for mothers and children to spend quality time together through simple activities, like eating or cuddling. Mothers should engage their children in conversation about their day and limit distractions, such as television and phone calls, to make their time together special. They also need to focus on essential household chores to prioritize spending time with their children.

## **Statement of the Problem**

Childhood is a key time in life marked by rapid development. During these early years, children develop important habits and skills, including vocational skills, sharing and playing with others, self-expression, and critical thinking.

A healthy home environment and good interaction with parents, especially mothers, is crucial for children's development and overall well-being. With more mothers working, it's important to consider how their employment affects children emotionally, socially, and cognitively. Employment can influence children's growth, and separation from mothers during early childhood may impact this development. Factors like a mother's work experience, work hours, conditions, stress, and time spent with children can all affect a child's personality. More work hours typically mean less time available for children. Stressful jobs have increased, affecting parenting and child wellbeing. Women struggle to balance work responsibilities with their children's needs. In traditional Kashmiri society, the affection mothers gave has changed significantly.

Developed countries have better childcare resources, while under-developed countries lag behind. As mothers handle both outside and domestic work, they have less time for their children, harming family dynamics. Working mothers often cannot attend to their children's needs or discipline them, which may lead to personality issues in kids. Children of working

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mothers typically go to group childcare, resulting in less individual attention. This can significantly impact their personality as they grow. Therefore, a study titled “Mother in relation to some Personality Correlation with Reference to Child Rearing” was deemed necessary.

## **Support Provided by Family Members**

Everyone needs help sometimes, whether it's kind words, a supportive gesture, or recognition of their struggles. Family and work often cause the most stress. Having support from a spouse is vital for managing stress, regardless of whether one is a homemaker or a business executive. For working mothers, a strong support system allows them to effectively juggle work and family responsibilities.

The modern workplace should shift from a male-dominated perspective to one that recognizes the needs of working women and promotes family-friendly policies. A study examined the support systems available to working mothers from their families, revealing that 79.05% of respondents had good relationships at home. In Srinagar, 82% were pleased with the working status of family members, as it helped financially. Additionally, 78.25% received emotional support, particularly in Anantnag, where it was reported at 80%. Thanks to familial support, 88% of women managed their household and job roles well. Also, 73% had helpful husbands who assisted with childcare, reflecting findings from previous research by Hameed et al. (2004).

In today's world, men are becoming more sensitive to their families, especially their wives, sharing domestic duties more often. Working women struggle to manage both work and home life, and while partners understand these challenges, issues with in-laws can still arise. The long-standing competition between daughters-in-law and mothers-in-law affects family harmony, particularly for working mothers. Despite this, only 31.05% of respondents reported facing in-law conflicts, and many in-laws actually support working women, which helps reduce family tension. Additionally, only 24.05% of respondents had domestic help at home, as full-time help is often too expensive for middle-income families.

## **Problems Faced by Mothers in Upbringing Children**

The healthy development of children with educated and working mothers is crucial for society, but the lack of social support poses challenges. In Indian middle-class extended families, the oldest women often take care of child-rearing, so working mothers do not need to worry much about their children's upbringing. Other female relatives, like grandmothers and aunts, provide supervision and support, creating a nurturing environment for the children. Having other children around also helps, as it lessens the mothers' absence in joint family structures. In a study, most women were from joint families, and 82.5% left their children with responsible individuals while they worked. About 65% spent quality time with their children, believing it fostered good manners and healthy habits.

Additionally, 82.8% could monitor their children's academic progress without issues, and 88.3% from the study, with even higher numbers from Srinagar, supported their children's communication and language development effectively. However, 43% of mothers felt restless about others caring for their children during their work hours, and 40% thought they were neglecting them. Furthermore, 31.5% believed their children missed maternal affection, and 47%

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struggled to promote healthy eating habits due to their work commitments, with 58% of mothers from Srinagar feeling similarly.

## Conclusion

A healthy home environment and positive interactions, particularly with mothers, are vital for children's development. Long separations in early childhood negatively impact children, with maternal work experience playing a significant role. Job stress and the time spent with children influence personality development. As more women undertake stressful jobs, balancing work and parenting poses challenges. Children of working mothers often receive less individual attention in group settings, impacting their later personality. The women's movement has supported female independence, leading to changes in traditional views on women's roles through education and economic opportunities. However, glorifying motherhood may constrain women's freedom as they juggle multiple roles, resulting in role conflicts. While maternal responsibilities significantly affect family and societal dynamics, a nurturing environment is essential for children's physical and emotional needs. Increased maternal employment may lead to perceived loneliness and adjustment issues in children due to reduced interaction. The Jammu and Kashmir Government's SRO 232 allows for childcare leave, addressing the work-family balance. While supportive family structures aid mothers, concerns about children's upbringing remain prevalent, illustrating the complex relationship between professional obligations and parental involvement.

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