



## **Working Parents and Adolescents Stress: An Analysis in Bhubaneswar**

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### **ABSTRACT:**

The husband and wife doing two jobs has become the norm in today's expanding globe. Numerous studies conducted at the national and international levels show the negative effects of working parents' circumstances on the psychology of young and adolescent children, which can result in stress and sadness. In this study we tried to analyze adolescents stress due to working parents. We have taken a sample of 100 students from different public schools of Bhubaneswar. The extent of stress has been estimated by comparing the psychology of 50 students whose both parents are working with that of the corresponding psychology of another 50 students whose father is working only. It is found that even if both parents working, mothers used to give more time for different activities. It is seen that mothers used to give a total of 8 hours per day which is much more than a father (4.2hrs). Also it has been found that due to mother's profession the opportunity lost is very less and adolescents stress is not due to working mothers' profession.

*Key Words: Stress; Working parent; Adolescents; Working mother; Psychology of youth*

### **Introduction:**

Recent years have witnessed a considerable surge of interest on the part of women to be associated with the mainstream economic activity. Besides the proactive policies of the Government of India have changed the mindset of the traditional minded women to become self-reliant and empowered. This situation has changed considerably particularly after the globalization period due to the entry of MNCs in Indian Corporate regime. These MNCs are in favor of equal opportunity of employment in the work place. Again continuously rising consumerism has also influenced the psychology of women to become productively employed. Perhaps the dual employment of the husband and wife has become the fashion of today's growing world.

The health and happiness of every member of the family is impacted by the many responsibilities that women perform in the family. They are regarded as the primary carers for newborns and children in every civilization in the globe (UNDP, 1995). Children's healthy growth depends on women's participation in activities including breastfeeding, food preparation, gathering water and fuel, and seeking preventative and curative medical treatment. Women contribute significantly to the family's income by working as wage workers or running household farms or businesses or doing a job. Such employment is probably necessary for family survival, particularly in underdeveloped nations (Glick, 2002).

So many studies undertaken at the national and international level (Srivastav, 2022) highlight the adverse impact of the situation of working parents on the psychology of young and adolescent children leading to stress and depression. It is found that lack of parental attention in the matters relating to familial entertainment, playing, gossiping among children leads to the children highly depressive, demanding and irritating. Sometimes it is found that the adolescent children without sufficient level of familial interaction have a feeling of denial of opportunities and fewer roles to play. Thus Stress is a dynamic condition which arises when an individual is confronted with an opportunity, constraint, or demand for which the outcome is perceived to be important and uncertain (Robbins and Sanghi, 2006). Poor creche facilities can impede a child's emotional and social growth (Lal Kumar Singh, 2018). Your child's physical and mental health may be impacted by the daycare's underqualified, overworked employees and subpar facilities. Mothers may feel overburdened and worn out from juggling job and family obligations. Children could become pessimistic if mothers carry their annoyance home. They can think that their family's distress is caused by her work. Despite keeping their children's best interests in mind, mothers may neglect to give them a secure emotional outlet. Although many working mothers are forced to be the primary carer, some decide to shoulder more of the burden than their partner, according to the Michigan study. Even though they might put in the same hours as their spouses, the women nevertheless do this.

It has also been discovered that mothers' intellectual and financial capacities influence the scholastic and cognitive growth of their offspring. Another study by Hoffman and Youngble (2000) indicated that low-income mothers' options to support their academically at-risk children were constrained by a lack of parental leave and rigid work schedules. Additionally, according to Bernal (2008), teenage mothers who work full-time volunteered less at school, knew fewer parents of their children's friends, had fewer television limits, and checked homework less commonly than mothers who work part-time or are not employed.

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**Literature Review:**

Sonali Agarwal (2016) has found out that compared to children of non-working mothers, children of working mothers were less emotionally stable. Children of working and non-working mothers displayed notable variations in many features. Children of working mothers were shown to be less depressed and more active, joyful, assertive, and trusting.

Carolyn J. Heinrich (2014) says working parents can set a good example for their kids, and of course, the money they make can greatly enhance their kids' quality of life.

Conversely, labor can harm the growing relationship between parents and young children, particularly if the parents work long hours or night and weekend shifts. The stress that parents experience at work affects their ability to be good parents, destabilises the family dynamic, and adds stress to children's life.

Rosalind C. Barnett, Pedro Carneiro, Katrine V. Løken, and Kjell G. Salvanes(2017) have inferred in their research that In a home with just one parent, parenting responsibilities are split between supporting the family financially and taking care of the child. When a single parent has to support children, they put in more hours at work to earn more money because they are in charge of both their own life and that of their child. They are forced to spend less time with their kids as a result. In circumstances like these, parenting has a higher opportunity cost.

[Monika](#) (2017) has opined that There was no relationship between children's self-concept and academic stress ratings and moms' employment position. On the scales of emotional stability, there was interaction between mothers' work status and children's self-concept. As a result, it has been recommended that parents, instructors, and other faculty members make the necessary efforts, such as good teaching methodologies, empathetic attitudes towards school pupils, so that they may easily cope with academic stress.

Mahmood Ahmad Khan, Syed Riyaz Ahmad Shah (2015) have deduced that in contrast to working mothers' children, who were found to be emotionally unstable, emotionally regressive, socially maladjusted, have disintegrated personalities, children of non-working mothers were found to be emotionally stable, emotionally progressive, and have integrated personalities.

Dr. Smriti kiran saimons & fozia-jan (2016) have inferred in their research that both positive and negative effects of employment can have an impact on parenting; stress from the workplace can have a detrimental impact, while a sense of well-being brought about by work can result in more positive parenting.

[Kyong Hee Chee](#) et al (2009) have found in their research that work-family conflict is strongly correlated with a mother's temporal employment obligations and was highly linked to her emotional suffering. It was discovered that a mother's mental discomfort was lessened by her husband's egalitarian gender philosophy. The presence of nurturing and active parenting was then found to be negatively correlated with maternal discomfort, which in turn predicted a decrease in the adolescent child's emotional and behavioral issues over time.

Dr. Smritikana Mitra Ghosh (2017) determined that teenagers with working mothers have better study habits than teenagers with stay-at-home mothers. Compared to male pupils, teenage girls have better study habits.

Hoffman, L. W. (1980) says that the patterns of academic orientation varied by sex and, particularly for boys, by socioeconomic class. Daughters of working mothers typically fare better than daughters of housewives. Sons painted a contrasting picture. Some evidence suggests that middle-class boys of working mothers fare worse academically.

Prof. Shyam Lata Juyal, Nidhi Sharma (2015) have stated that the parenting styles of stay-at-home women differ significantly in the areas of marital conflict versus marital adjustment and unrealistic versus defective role expectations. Adolescents of working mothers displayed strong self-concept on the social, temperamental, and overall self-concept dimensions. Boys in the same group were shown to have higher physical and temperamental self-concepts than the opposite group, while girls had higher social self-concepts.

Anita Thapliyal (2018) says that Parental support is the encouragement or extra push parents offer their children to make a significant contribution to the classroom. Parental comfort has a crucial role in the growth of children's lives. Additionally, it gives children the confidence to face life's challenges in the future.

Sroufe & Fleeson, (1988) have opined that children who had sensitive mothers were more empathetic, more obedient with authority figures, and less likely to exhibit behavioural issues.

Fish, Stifter, & Belsky, (1993) have stated that mothers who felt more supported by their social networks and were in happier marriages were more receptive to their offspring. More so than employment status, maternal attitudes (such as role satisfaction and separation anxiety) may influence parenting.

Muni (1995) observed that adolescents with working mothers had a good perception of their physical, intellectual, and educational selves and were more adjusted than children of stay-at-home mothers.

Scarr (1984) noticed that compared to children of mothers who were not employed, children of working mothers had better academic performance.

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**Objectives of the Study:**

The objectives of the study are as per the following.

1. To analyse the extent of stress among the school going children whose both parents are working.
2. To find out the extent of stress on the basis of a number of selected parameters as per the Social Network Theory.
3. To examine the factors responsible for stress among the children of working parents.

### Study Approach and Methodology:

Present study has been analyzed on the basis of primary data obtained from 100 students of different public Schools of Bhubaneswar. The extent of stress has been estimated by comparing the psychology of 50 students whose both parents are working with that of the corresponding psychology of another 50 students whose father is working only. The variables relating to stress are chosen on the basis of Social Network Theory. The determinants of stress are outlined on the basis of the standard indexing techniques. Present Study has been explained in three sections. Section-1 of this paper analyses the behavior of working parents. The extent of stress is explained in section-2. The various determinants of stress are outlined in Section-3.

### Results and Discussions:

#### Section-1

Among the working parents whose children are the respondents of the present study, majority is the salary earners in the private sector and their proportionate share stands at around 57 percent. Similarly around 77 percent of the mothers are found to be the employees in the private sector. The proportionate share of fathers working in the public sector, professional, overseas employment, business is 24.00, 7.00, 1.00, 11.00 percent respectively( See Table-1). From the point of view of mothers, majority of them are found to be salary earners in private sector, followed by public sector employees, professionals and business. Majority of the working parents are found as the salary earners in the private sector.

**TABLE-1: Distribution of Respondents on the basis of Parental Profession**

SI No	PROFESSION CATEGORY	PERCENTAGE OF FATHER	PERCENTAGE OF MOTHERS
1.	Salary Earner(Public Sector)	24.00	12.00
2	Salary Earner(Private Sector)	57.00	77.00
3	Professional	7.00	9.00
4	Overseas Employment	1.00	
5	Business	11.00	2.00
	Total	100.00	100.00

#### Section-2

Extent of Stress in this section has been examined by analyzing the pattern of Social Networking and Sharing of common time among children by the working parents. The pattern of social networking is analyzed on the basis of 10 selected indicators as Father's Office Hour, Mother's Office Hour, Mean Sibling per family, Father's stay at home, Mother's stay at home, No of Guests visiting to home, Office work at home by Father, Office work at home by mother, Household work by Father, and Household work by Mother. If both parents are working in that case father's average office hour is 16.54% more than where only father is working. Father's stay at home is 15.80% more in case both parents are working than only father is working. Number of guests visiting to home is 100% more in case of both parents working as compared to only father is working. Office work at home by father is 0.07% less in case of both parents working. Household work by father is also 0.47% less in case of both parents are working (see-Table 2).

**TABLE-2 : Pattern of Social Networking**

SI No	INDICATORS	RESPONSE OF CHILDREN (Both Parents working)	RESPONSE OF CHILDREN (Only Father is working)	%age DEVIATIONS
1	Father's Office Hour(mean time in hrs)	7.96	6.83	16.54
2	Mother's Office Hour(mean time in hrs)	6.72	-	-
3	Mean siblings	1	1	-
4	Father's stay at home(mean time in hrs)	9.16	7.91	15.80
5	Mother's stay at home(mean time in hrs)	14.57	-	-
6	No of Guests visiting to home(mean no of guests per day)	2	1	100.0
7	Office work at home by Father(mean time in hrs per week)	2.33	2.5	-0.07
8	Office work at home by Mother(mean time in hrs per week)	119.44	-	-
9	Household work by Father(average time per day in hrs)	3.55	5.25	-0.47
10	Household work by Mother(average time per day in hrs)	5.36	-	-

Sharing the common time among the family members is a good networking among them. Due to the incidence of both of the parents' employment the common interaction of the children among their parents is found to be disturbed. Sultana and Noor (2012) make an effort to investigate mothers' perceptions of how their children's academic, intellectual, and cognitive growth affects them. The findings demonstrate that, despite some unfavorable effects of mothers' employment on their children, working moms can make a greater contribution to their development than can non-working mothers. Table -3 analyses the sharing of the children with their father and mother separately. From Table 3 it is clear that even if both parents working, mothers used to give more time for different activities. It is seen that mothers used to give a total of 8 hours per day which is much more than a father (4.2 hrs).

**Table-3: Sharing of common time among children by the working parents**

SI No	ACTIVITIES	MEAN TIME WITH FATHER(in hrs)/day	MEAN TIME WITH MOTHER(in hrs)/day
1	Sharing Breakfast	0.38	0.84
2	Sharing Lunch	0.40	0.96
3	Sharing dinner	0.41	1.01
4	Indoor game	0.20	0.43
5	Gossiping	0.44	1.27
6	Watching TV	0.37	0.84
7	Shopping	0.37	0.74
8	Family Visit To Outside Restaurant	0.37	0.77
9	Visit to a relative's and friend's House	0.74	0.62
10	Interacting with a Friend and relative coming to the family	0.55	0.52
	<b>Total</b>	<b>4.2</b>	<b>8.0</b>
	<b>Mean</b>	<b>0.423</b>	<b>0.8</b>
	<b>P(T&lt;=t) two-tail</b>	<b>0.000882854</b>	

### Section-3

**Table 4: Outcome of failure of Interaction**

SI NO	OUTCOME SITUATIONS	REACTION OF THE CHILDREN (in %)			
		Extremely happy	Happy	Unhappy	No Change
1	Sharing Breakfast	25.00	20.00	15.00	40.00
2	Sharing Lunch	25.00	20.00	20.00	35.00
3	Sharing dinner	35.00	20.00	5.00	40.00
4	Indoor game	35.00	15.00	15.00	35.00
5	Gossiping	10.00	35.00	10.00	45.00
6	Watching TV	15.00	20.00	20.00	45.00
7	Shopping	50.00	30.00	5.00	15.00
8	Family Visit To Outside Restaurant	50.00	35.00	5.00	10.00
9	Visit to a relative's and friend's House	30.00	20.00	15.00	35.00
10	Interacting with a Friend and relative coming to the family	35.00	20.00	10.00	35.00

Outcome of failure of interaction can be seen from Table 4, where 10 different outcome situations have been considered such as sharing breakfast, sharing lunch, sharing dinner, indoor game, gossiping, watching TV, shopping, family visit to outside restaurant, visit to a relative's and friend's house and interacting with a friend and relative coming to the family. For all these outcome situations the proportionate share of unhappy children is less than that of no change, happy and extremely happy. Working parents have money to spend on improving their child care and the environment in which their kids grow up. They might spend money on things like food, childcare, health care, the security of their immediate surroundings, or educational opportunities. These costs are referred to by economists as "inputs" for the production of "child quality." The Nobel Prize-winning economist Gary Becker's "household production" theory served as the basis for a substantial body of research that looks at how parents divide their time between work and children (or other pursuits, like leisure) and how household budgets, which are, of course, influenced by parents' employment, either limit or support the investments they want to make in their children. According to this model, parents must make trade-offs when deciding how much time to spend at work versus at home with their kids, and these decisions are in turn influenced by their income (and the prices they must pay for goods), their preferences for investing in their kids' well-being (as opposed to their own), and the "productivity" of their time with kids as compared to their time spent doing other things.

Table 5 shows opportunity lost due to working mother. It is seen that in different types of opportunity lost the proportion of child's opinion is inferior is less as compared to other responses such as very superior, superior and no change. So it can be said that due to mother's profession the opportunity lost is very less. The proportion of responses towards reasons for stress (see Table 6) like less care of house, less sharing of school experience, less interactive

with family members, less care to children, less interactive with relatives and less interactive with outsiders is found to be very less. Hence we can say that adolescents stress is not because of working mothers' profession.

**Table 5: Opportunity lost due to Mother's Profession**

SI No	TYPE OF OPPORTUNITY LOST	TYPE OF RESPONSE (in %)			
		Very Superior	Superior	Inferior	Doesn't Change
1	Tasty Food	50.00	20.00	5.0	25.00
2	Dress	45.00	25.00	10.00	20.00
3	Entertainment	55.00	10.00	5.0	30.00
4	Family Environment	35.00	35.00	10.00	20.00
5	Playing opportunities	40.00	40.00	10.00	10.0
6	Study Load	45.00	25.00	15.00	15.00
7	Home assignment	35.00	25.00	10.00	30.00
8	Mark in the last examination	25.00	30.00	10.00	35.00
9	Sharing of school Experience with the Parents	45.00	10.00	5.00	40.00
10	Opportunity to visit outside	45.00	30.00	5.00	20.00

**Table -6: Reasons for stress**

SI No	Reasons for Stress	No of responses (in %)
1	Less Care of House	5
2	Less sharing of school Experience of children	5
3	Less interactive with Family Members	10
4	Less care to Children	5
5	Less interactive with the Elderly Family Members/ Relatives	10
6	Less Interactive with the Outsiders	15

## Conclusion:

According to Ravnbol (2011), it is particularly difficult for women to get employment in the modern world. They have a lot of obstacles to overcome. There are more detours for them. While some women work tirelessly to further their jobs, others choose to hold off until their kids are old enough to attend school. While some women are free to choose their jobs, others are compelled to work. It makes no difference if she works outside the home or stays at home as long as she gives children her whole attention, spends quality time with them, and demonstrates genuine affection for them. Among the working parents whose children are the respondents of the present study, majority is the salary earners in the private sector and their proportionate share stands at around 57 percent. Similarly around 77 percent of the mothers are found to be the employees in the private sector. The proportionate share of fathers working in the public sector, professional, overseas employment, business is 24.00, 7.00, 1.00, 11.00 percent respectively. If both parents are working in that case father's average office hour is 16.54% more than where only father is working. Father's stay at home is 15.80% more in case both parents are working than only father is working. Number of guests visiting to home is 100% more in case of both parents working as compared to only father is working. Office work at home by father is 0.07% less in case of both parents working. Household work by father is also 0.47% less in case of both parents working. It is clear that even if both parents working, mothers used to give more time for different activities. It is seen that mothers used to give a total of 8hours per day which is much more than a father (4.2hrs). Among all the outcome situations (Table 4) the proportionate share of unhappy children is less than that of no change, happy and extremely happy. It is seen that in different types of opportunity lost, the proportion of child's opinion is inferior, is less as compared to other responses such as very superior, superior and no change (Table 5). So it can be said that due to mother's profession the opportunity lost is very less. The proportion of responses towards reasons for stress (see Table 6) like less care of house, less sharing of school experience, less interactive with family members, less care to children, less interactive with relatives and less interactive with outsiders is found to be very less. Hence we can say that adolescents stress is not because of working mothers' profession.

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