



A comparative study of mental health of the children belonging to working and non-working women in nuclear and joint family system in Chandigarh

Neha Sharma

Research Scholar;

Psychology; Desh Bhagat University; Mandi Gobindgarh, Punjab; India

Email – nehasharmak730@gmail.com

Abstract: The main objective of this research paper was to determine the Mental Health of the children of working women and non-working women belonging to nuclear and joint family structure of Chandigarh. The sample of present research paper consisted of 200 adolescent children of working women and non-working women including 50 children of working women of nuclear family structure (25 male, 25 female), 50 children of working women of joint family structure (25 male, 25 female), 50 children of non-working women belonging to joint family structure (25 male, 25 female) and 50 children of non-working women belonging to nuclear family structure (25 male, 25 female). Their age range was from 13 to 19 years. It was hypothesized that adolescent children of working and non-working women belonging to nuclear and joint family structure, differ in their Mental Health. Then Mental Health Inventory (M.H.I) by Dr. Jagdish and A. K. Srivastava was administered in order to determine the Mental Health among adolescent children of working and non-working women belonging to nuclear and joint family structure. The responses were scored to determine the level of their Mental Health. Mean, Standard Deviation and t-test were applied to test the hypotheses. The results showed that there was no significant difference between the Mental Health of adolescent children of working and non-working women in nuclear and joint family structure.

Key Words: Family Structure, Mental health, Working Women, Non-Working Women.

1. INTRODUCTION:

A family is a fundamental social unit that consists of individuals related to each other by blood, marriage, or adoption. families interact within a single household and occupy specific social positions, such as spouses, parents, children, and siblings. the concept of family extends beyond mere cohabitation; it encompasses emotional bonds, shared responsibilities, and mutual support.

Definition: a family is a group of persons united by ties of marriage, blood, or adoption, living together and interacting in their respective social roles.

Types of families:

Nuclear family: a nuclear family consists of two married parents and their children living together in a private and separate dwelling. it is believed to be the oldest type of family structure. Children in nuclear families may enjoy more individual attention from parents and a quieter environment, which can be conducive to studying and personal growth. but they might lack the broader support network that a joint family offers, which can affect their social development and coping mechanisms.

Extended family (joint family): an extended family includes multiple generations living under one roof. it may comprise grandparents, parents, children, aunts, uncles, and cousins. Growing up in a joint family can provide children with a sense of community, support, and strong family bonds. They may benefit from the collective guidance and care of extended family members. However, they might also face issues like less privacy and potential conflicts among family members.

Differences between joint and nuclear family:

nuclear family consists of two married adults (usually a man and a woman) and their biological or adopted children. they typically live in a separate dwelling whereas joint family (extended family) includes several generations living together—children, parents, grandparents, aunts, uncles, and cousins. in this all relatives share the same roof. in nuclear



family the emotional support depends upon parental love and sibling connections. There is smaller emotional network. in joint family there is general affectionate bond between generations where exists strong emotional support system due to the presence of multiple family members. There is independence and privacy. in nuclear family there is greater privacy and independence and decision-making is straightforward but in joint family there is less freedom due to collective living.

In summary, while nuclear families prioritize individualism and independence, joint families emphasize mutual support, shared responsibilities, and cultural preservation. Both types have their advantages and challenges, and their significance varies across different cultures and contexts.

Mental health:

Mental health refers to a state of well-being that enables individuals to cope with life's stresses, realize their abilities, learn effectively, work productively, and contribute to their community. It encompasses more than just the absence of mental disorders; it exists on a complex continuum, experienced differently by each person, with varying degrees of difficulty and distress. Mental health conditions include mental disorders, psychosocial disabilities, and other mental states associated with significant distress, impaired functioning, or risk of self-harm.

Here are some key points about mental health:

Integral component of health: mental health is an integral component of overall health and well-being. it underpins our abilities to make decisions, build relationships, and shape the world around us.

Human right: it is a basic human right and crucial for personal, community, and socio-economic development.

Determinants: mental health is influenced by a complex interplay of individual, social, and structural factors. These determinants can either protect or undermine our mental well-being throughout our lives.

Risk factors: factors such as emotional skills, substance use, genetics, social circumstances, economic conditions, and adverse childhood experiences can contribute to mental health conditions.

Protective factors: strengthening resilience involves positive social interactions, quality education, decent work, safe neighborhoods, and community cohesion.

preserving and restoring mental health: strategies exist to promote, protect, and restore mental health at individual, community, and societal levels.

The mental health of children can be influenced by various factors, including the employment status of their mothers and the type of family structure they grow up in. here's an overview of how these factors might impact children's mental health:

Working mothers: children of working mothers may benefit from the financial stability and positive role modeling of a working parent. They often have better social skills and independence. However, they might also experience stress due to less time spent with their mothers and potential childcare issues.

Research suggests that maternal employment is associated with certain behavioral patterns in children. Here are some key findings:

1. **Conduct problems:** children of working mothers may exhibit more conduct problems.
2. **Internalizing behavior:** however, they tend to have fewer internalizing behavior problems (such as anxiety or depression).
3. **Externalizing behavior:** full-time employment is linked to more externalizing behavior problems (e.g., hyperactivity or inattention).

non-working mothers: children with non-working mothers may receive more attention and care, which can be beneficial for their emotional development. on the other hand, they might be affected by potential financial constraints or less exposure to diverse social environments.

children with non-working mothers may experience different challenges:

1. **behavioral problems:** a low socioeconomic status (ses) increases the risk of children exhibiting behavioral problems.
2. **education level:** when a mother has attained a high level of education, it significantly reduces the probability of her child having mental health problems.
3. **homemaker status:** interestingly, the activity status of "homemaker" is positively related to children's mental health.

It's important to note that these are general observations and the actual impact on a child's mental health can vary greatly depending on individual circumstances and the quality of the parenting they receive. Both working and non-working mothers can raise mentally healthy children, whether in a joint or nuclear family setting, provided they create a supportive, loving, and stable environment.



in summary, the impact of maternal employment on child mental health depends on various factors, including the type of employment, timing of return to work, and overall family dynamics. both working and non-working mothers can contribute to their children’s well-being by creating a supportive and nurturing environment

2. OBJECTIVES:

The objectives of the study are as follows:

- To measure the Mental Health of the children belonging to working women and non-working women.
- To measure the Mental Health of the children belonging to nuclear family structure and joint family structure.

3. HYPOTHESIS:

The following hypotheses were formulated and tested:

Ho1. There is no significant difference between Mental Health of children of working women in nuclear families and in joint families.

Ho2. There is no significant difference between Mental Health of children of non-working women in nuclear families and in joint families.

Ho3. There is no significant difference between Mental Health of children of working and non-working women in joint families.

Ho4. There is no significant difference between Mental Health of children of working and non-working women in nuclear families.

4. RESEARCH METHOD:

Descriptive research design is adopted in order to address the objectives of the study.

Sample:

The sample of present research consisted of 200 adolescent children of working women and non-working women including 50 children of working women of nuclear family structure (25 male, 25 female), 50 children of non-working women of nuclear family structure (25 male, 25 female), 50 children of working women belonging to joint family structure (25 male, 25 female) and 50 children of non-working women belonging to joint family structure (25 male, 25 female). Their age range is from 13 to 19 years.

Tools:

In the presented research study, data related to Mental Health of adolescent children of working women and non-working women belonging to Joint and Nuclear families was collected. For the compilation of the data, the Mental Health Inventory (M.H.I) by Dr. Jagdish and A. K. Srivastava was used.

Collection of data:

Data was collected by the researcher from adolescent children of working and non-working women of Joint and nuclear families in a congenial environment. Along with this, they were also assured that their name and the information given by them would be kept completely confidential. The data will only be used for research purpose. Six schools were selected. The group was divided into children of working and non-working women. Thereafter Mental health Inventory was administered from required Adolescents in group form.

5. RESULTS & DISCUSSION:

This part deals with analysis and interpretation of data as related to the topic, collected and scored. The results of the study are tabulated in Table 1.

Ho1. There is no significant difference between Mental Health of children of working women in nuclear families and in joint families.

Table 1:

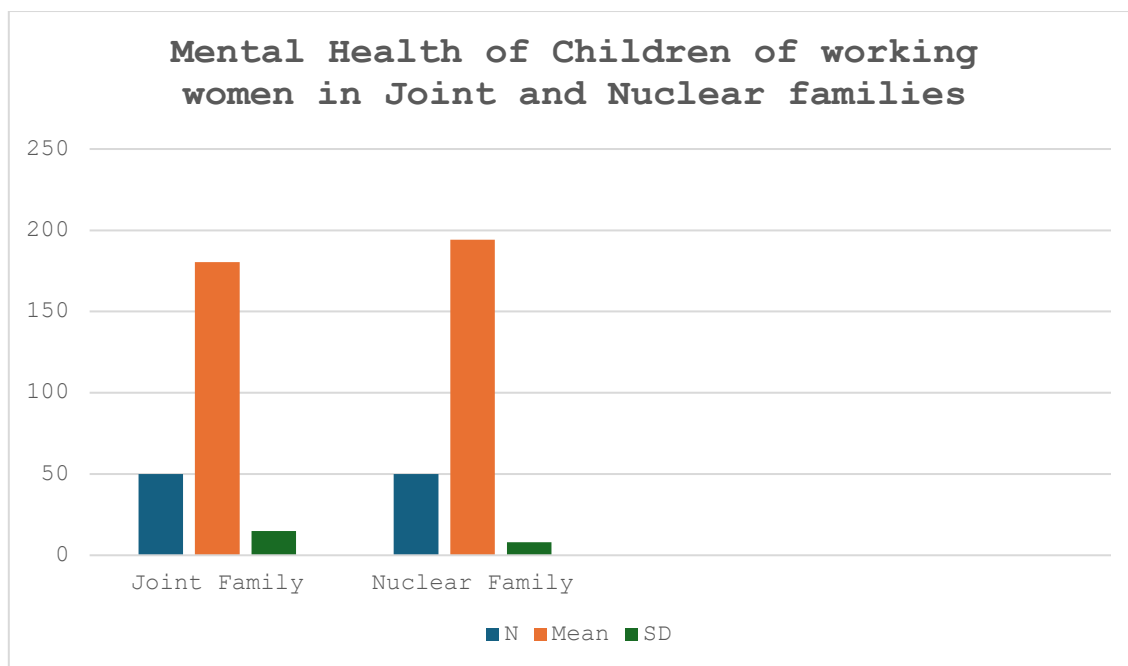
Comparison between Mental health of children of working women in Joint and Nuclear families

Variable	Group	N	Mean	SD	df	Obtained t value	Table value of t at 0.05 levels	Results
Mental Health	Joint Family	50	180.4	14.86	48	-5.77	2.02	Significant
	Nuclear Family	50	194.2	8.08				



The table above shows that the value of Mean for children belonging to working women of joint families is 180.4 whereas for children belonging to working women of nuclear families turned out to be 194.2. This shows good level of Mental Health for children belonging to working women of joint and nuclear families in Chandigarh. The S.D for children of working women of joint families is 14.86 whereas for children of working women of nuclear families is 8.08. The t-value of -5.77 would be considered significant for a 0.05 significance level. This would lead to the rejection of the null hypothesis, indicating that there is no significant difference between Mental Health of children belonging to working women in Joint families and mental Health of children belonging to working women in nuclear families.

Fig No:1



Ho2. There is no significant difference between Mental Health of children of non-working women in nuclear families and in joint families.

Table 2:

Comparison between Mental Health of children of non-working women in Joint and Nuclear families.

Variable	Group	N	Mean	SD	df	Obtained t value	Table value of t at 0.05 level	Results
Mental Health	Joint Family	50	194.4	9.55	48	-1.171	2.02	Not Significant
	Nuclear Family	50	196.5	8.51				

The table above shows that the value of Mean for children belonging to non-working women of joint families is 194.4 whereas for children belonging to non-working women of nuclear families turned out to be 196.5. This shows good level of Mental Health for children belonging to non-working women of joint and nuclear families in Chandigarh. The S.D for children of non-working women of joint families is 9.55 whereas for children of non-working women of nuclear families is 8.51. The t-value of -1.171 would be considered not significant for a 0.05 significance level. This would lead to the acceptance of the null hypothesis, indicating that there is no significant difference between Mental Health of children belonging to non-working women in Joint families and mental Health of children belonging to non-working women in nuclear families.

Ho3. There is no significant difference between Mental Health of children of working and non-working women in joint families.



Fig No:2

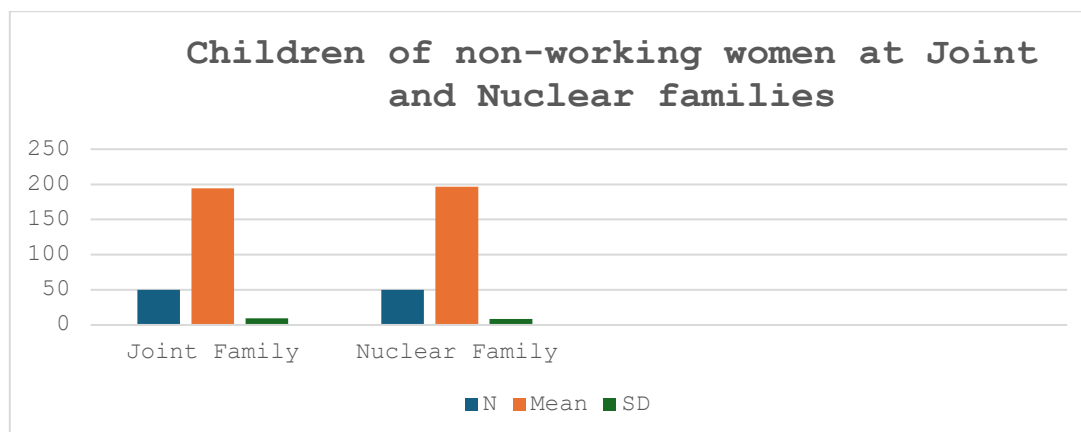


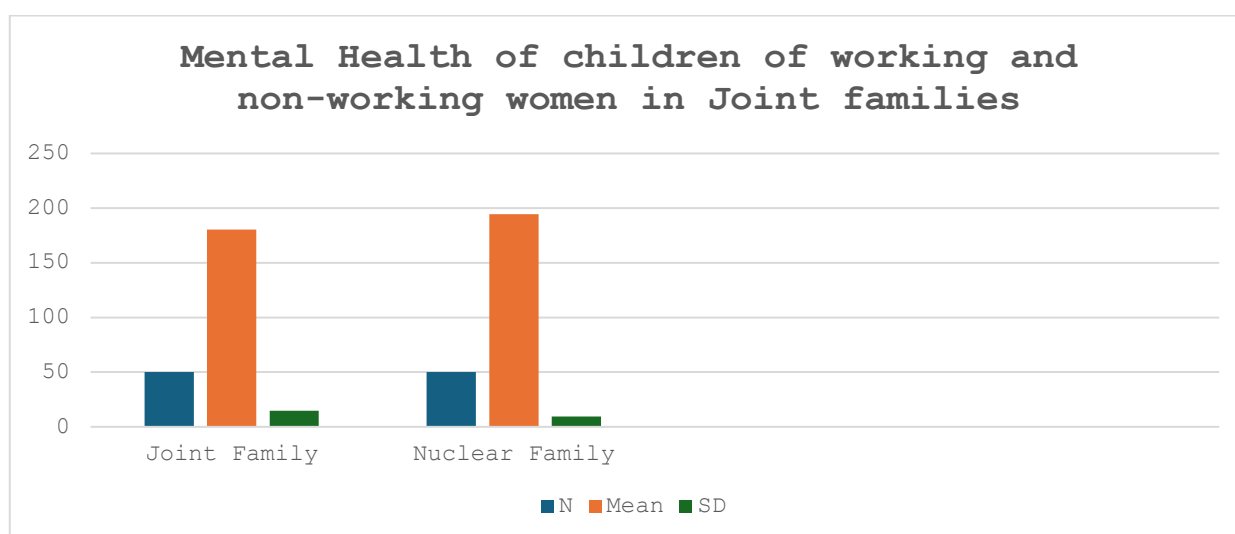
Table 3:

Comparison between Mental Health of children of working and non-working women in Joint families

Variable	Group	N	Mean	SD	Df	Obtained t value	Table value of t at 0.05 level	Results
Mental Health	Joint Family	50	180.4	14.86	48	-5.60	2.02	Significant
	Nuclear Family	50	194.4	9.55				

The table above shows that the value of Mean for children belonging to working women of joint families is 180.4 whereas for children belonging to working women of nuclear families turned out to be 194.4. This shows good level of Mental Health for children belonging to working women of joint families in Chandigarh. The S.D for children of working women of joint families is 14.86 whereas for children of working women of nuclear families is 9.55. The t-value of -5.60 would be considered significant for a 0.05 significance level. This would lead to the rejection of the null hypothesis, indicating that there is no significant difference between Mental Health of children belonging to working women in Joint families and mental Health of children belonging to non- working women in Joint families.

Fig No: 3



Ho4. There is no significant difference between Mental Health of children of working and non-working women in nuclear families.

Table 4:

Comparison between children of working and non-working women in nuclear families



Variable	Group	n	Mean	SD	Df	Obtained t value	Table value of t at 0.05 level	Results
Mental health	Joint Family	50	194.2	8.08	48	-1.39	2.02	Not Significant
	Nuclear Family	50	196.5	8.51				

The table above shows that the value of Mean for children belonging to working women of nuclear families is 194.2 whereas for children belonging to non-working women of nuclear families turned out to be 196.5. This shows good level of Mental Health for children belonging to non-working women of nuclear families in Chandigarh. The S.D for children of working women of joint families is 8.08 whereas for children of working women of nuclear families is 8.51. The t-value of -1.39 would be considered not significant for a 0.05 significance level. This would lead to the acceptance of the null hypothesis, indicating that there is no significant difference between Mental Health of children belonging to working women in nuclear families and mental Health of children belonging to non-working women in nuclear families.

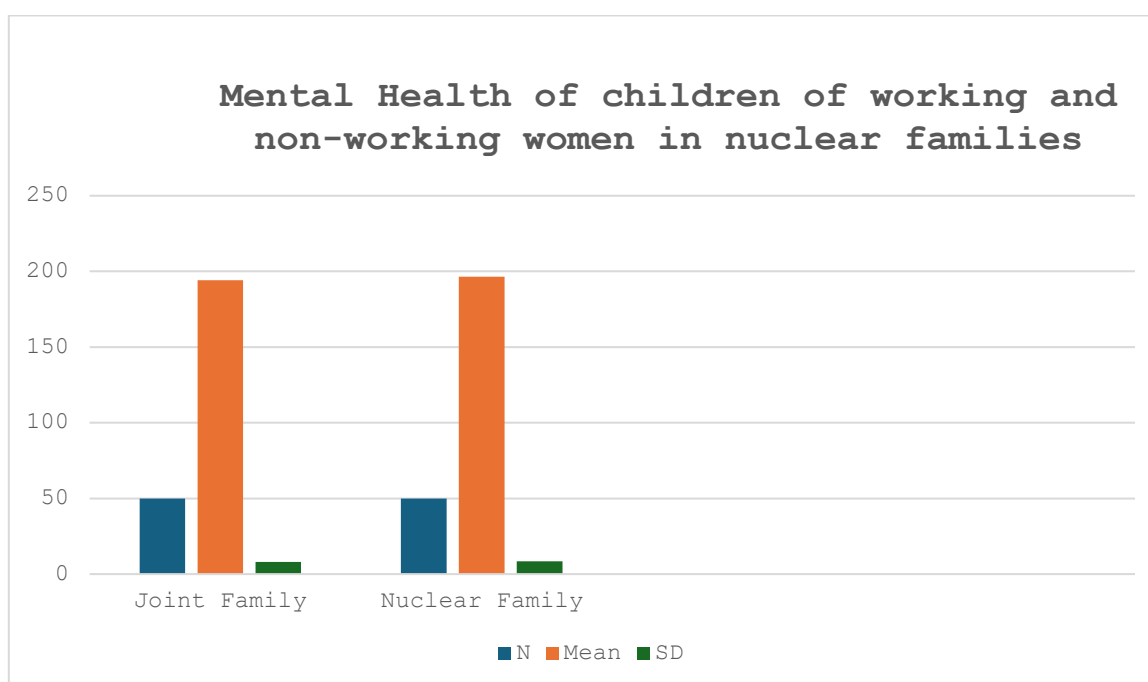


Fig No:4

6. DISCUSSION :

The present study was conducted to determine the mental health of the children of working and non-working women belonging to nuclear and joint family structure. The main objective was to measure and compare the mental health of the children of working women and non-working women belonging to nuclear and joint family structure. The results indicated that there is significant difference between Mental Health of children belonging to working women in Joint families and nuclear families. It was also seen that there is no significant difference between the Mental Health of children belonging to non-working women in Joint families and in nuclear families. The results also indicated that there is significant difference between Mental Health of children belonging to working and non -working women in Joint families. It was also seen that there is significant difference between Mental Health of children belonging to working and non-working in nuclear families.

7. CONCLUSION:

On the basis of the result the following conclusion is drawn:

It was seen that there is significant difference between Mental Health of children belonging to working women in Joint families and nuclear families but there was seen no significant difference between Mental Health of children belonging



to non-working women in Joint families and in nuclear families. On the other hand, there was significant difference between Mental Health of children belonging to working women in Joint families but there was seen no significant difference between Mental Health of children belonging to working women in nuclear families.

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