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## Stress Management among the Adolescents of working and non-working Mothers

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### Abstract

Adolescence is very complex and important period of every individual's life. This is the period in which individual gains new experiences and new responsibilities. This is the period in which many changes take place. Sometimes these changes are so sudden that individual cannot cope with them and that causes psychological problems like depression, stress etc. At this time parent and social support is necessary so that adolescents can develop balanced and positive personality. Mother's employment invariability adds further to the stress in the family in many ways. Eliminating stress from life is impossible. However stress management can decrease some of the harmful effects of stress. The present study was conducted on 200 adolescents comprising 100 boys and 100 girls, out of which 50 boys and 50 girls of working mothers and 50 boys and 50 girls of non-working mothers was taken from Senior Secondary Schools affiliated to Punjab School Education Board of Amritsar city. Stress Management Scale (SMS) by Dr. Pushpraj Singh & Dr. Anjali Srivastava (1997) was used. 't' test was applied to check significance of obtained score at .01 level of confidence. Result found that the boys and girls of working as well as non-working mothers possessed equal amount of stress management level. Adolescents of working mothers were found to be as stress managed as adolescents of those mothers who do not go for work but stay at home. Thus not only mothers but others factors like society, education also affect the stress management of adolescents.

**Keywords:** Adolescents, Psychological problem, Social, Depression, Stress management, Delinquents.

### 1. Introduction

Modern life is full of frustrations and demands. We all strive to maintain and actualize ourselves on both biological and psychological levels. Our needs, motives and behaviour are directed towards this end. While maintaining and enhancing ourselves, we encounter with obstacles both internal or external. It may result in a state of frustration or the contradiction between two or more needs or valued goals and may lead us to some conflicting situations. In such a situation, we are not expecting to strive as we usually do in normal conditions. An extra pressure is brought on us and we are said to be working or behaving under stress.

The world 'stress' is used in psychology in at least two different ways. First it is defined as the state of psychological upset or disequilibrium in the human beings caused by frustration, conflicts and other internal as well as external strains and pressures. What to do? What not to do? How to do? When to do? Such questions depict the state of stress under which one is expected to act or behave. Secondly stress is regarded as a class of stimuli which threaten an individual in some way and thus cause disturbances in his behaviour. Thinking in this way, stresses are the factors or causes that lead to mal-adaptation and disorganization of the behaviour. According to Ayurveda, the base of all worries is desire and associated with ego involvements called kleshas. Five types of kleshas have been enunciated: avidya (ignorance), divesa (repulsion) and abhinivesa (lust for life). It is when one gets caught between kleshas then dukha, sorrow or suffering arises. In other words, Kleshas leads to dukha. According to Lord Buddha, stress lies within us. It arises as a result of our reactions to worldly events. Once we stop reacting, we will no longer get stressed. Etymologically the word stress is derived from the Latin word 'stringers' meaning to draw tight. Stress is yet another word for 'anxiety'. It includes a sense of urgency and a feeling of conflict underlying stress. Being forced to choose between options can cause stress, a fear of possibilities of being hurt or rejected. Adolescents with stress can't able to deal or adjust with the environment.

The effect of stress varies widely from one person to another. While sports car racing or the paragliding may provide just the right amount of exhilaration and thrill to one individual, it may be highly stressful for another.

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The effect of stress varies widely from one person to another. While sports car racing or the paragliding may provide just the right amount of exhilaration and thrill to one individual, it may be highly stressful for another. Remaining quiet may serve a very important purpose for individual x but individual y may suffocate during such a period of forced solitude. Stress lies in the eyes of the beholder, much like the redness of the apple, the blueness of the sky or the greenness of grass. Managed effectively stress can enhance motivation and effort, thus contributing to professional growth and development. Stress is a personal feeling involving a sense of urgency to make a decision from optional courses of action. Sometimes there are no options. A person has to accept the inevitable. Non-availability of options causes as much stress as the difficulty to choose from the options available. Ulcers, backache, headache, hypersensitivity to criticism, feelings of paranoia, loss of sleep, loss of appetite etc are some symptoms of stress.

Adolescence is very complex and important period of every individual's life. This is the period in which individual gains new experiences and new responsibilities. It is the period in which growth and development take place at all levels i.e. physically, mentally, socially, emotionally. Individual has to adjust and adapt themselves to the environment available. This is the period in which many changes take place. Sometimes these changes are so sudden that individual cannot cope with them and that causes psychological problems like depression, stress etc. At this time parent and social support is necessary so that adolescents can develop balanced and positive personality. Mother's employment invariability adds further to the stress in the family in many ways. Moore (1963) observed that children who had been left by their mothers from early infancy showed more dependent attachment to their parents than did other children. Every individual needs a moderate amount of stress to be at least capable of functioning. Many researchers sought to find out what could be done to counteract stress so as to prevent its negative consequences. Stress arises only when people find that they cannot cope with a different situation. Eliminating stress from life is impossible. However stress management can decrease some of the harmful effects of stress. Stress management is very easy if we sincerely analyze the reason of stress. Thus the present study may

prove to be an effort in the direction of making the society free from this evil to the best possible extent by ascertaining and later may be helping in maintaining the level of stress management among the adolescents.

**2. Objectives**

1. To study the level of stress management of adolescents boys and girls of working mothers.
2. To study the level of stress management of adolescents boys and girls of non-working mothers.
3. To compare the level of stress management of adolescent's boys and girls of working and non-working mothers.

**3. Hypotheses**

1. There exists no significant difference between level of stress management of boys and girls of working mothers.
2. There exists no significant difference between level of stress management of boys and girls of non-working mothers.
3. There exists no significant difference between level of stress management of adolescents of working and non-working mothers.

**4. Sample and Methodology**

The present study was conducted on 200 adolescents comprising 100 boys and 100 girls. Out of which 50 boys and 50 girls of working mothers and 50 boys and 50 girls of non-working mothers was taken from Senior Secondary Schools affiliated to Punjab School Education Board of Amritsar city. Stress Management Scale (SMS) by Dr. Pushpraj Singh & Dr. Anjali Srivastava (1997) was used.

The stress management test was a self-administered test. Hence the tests were handed over to the students. Student usually took 30 to 40 minutes to fill proformas and so the proformas were collected when the entire student had completed the test.

For the verification of given Hypothesis I M, SD, D,  $\sigma_D$  and t ratio was calculated for two sets of stress management scores belonging to two groups coming from working mothers. The result of above mentioned statistics is reported in Table 1.

**Table 1:** Showing mean, s.d., d,  $\sigma_d$  and t ratio of stress management scores of boys and girls belonging to working mothers

	Sample N	M	SD	D	$\sigma_D$	T	Significance level at .01/.05
W.M. Boys	50	112.96	15.38	0.7	2.92	0.24	Insignificant
W.M Girls	50	113.66	13.77				

Table 1 showed that actual mean difference of stress management scores of boys and girls belonging to working mothers was being low i.e. 0.7, which statistically indicated that their stress management scores were almost same. Our calculated t-ratio 0.24 of stress management scores of boys and girls belonging to working mothers was insignificant at 0.01 level. Here our null hypothesis i.e. "There exists no significant difference between stress management scores of boys and girls of working mothers" was accepted. Boys and

girls belonging to working mothers get same type of environment, equal time and care from their mothers. That is why their stress management scores were almost same.

**5. For the verification of II Hypothesis** Mean, SD, D,  $\sigma_D$  and t ratio of stress management scores of boys and girls of non-working mothers was calculated. Result of above mentioned statistics is reported in Table 2.

**Table 2:** Showing mean, s.d.,  $d$ ,  $\sigma_d$  and t ratio of stress management scores of boys and girls belonging to non- working mothers.

Category	Sample N	M	SD	D	$\sigma_D$	T	Significance level at .01
N.W.M. Boys	50	124.42	14.30	7.32	16.69	0.439	Insignificant
N.W.M Girls	50	117.1	19.83				

It was clear from Table 2 that no statistically significant differences existed on the obtained difference between mean of 7.32. 't'- ratio 0.439 of stress management of boys and girls belonging to non-working mothers was insignificant at .01 level of significance. It was clear from results that stress management scores of boys and girls belonging to non-working mothers were of same magnitude. Hence our null hypothesis i.e. "There exists no significant difference between stress management scores of boys and girls of non-working mothers" was accepted. Non-working mothers, who do not go for work but stay at home give equal care, attention

and devote equal time to their children either boys or girls. So, there existed no significant difference of stress management scores of boys and girls belonging to non-working mothers.

**6. To achieve the last objective the hypothesis III** M, SD, D,  $\sigma_D$  and t ratio was calculated for two sets of stress management scores belonging to two groups coming from working mothers and non-working mothers. The result of the above mentioned statistics is reported in Table 3

**Table 3:** Showing mean, s.d.,  $d$ ,  $\sigma_d$  and t ratio of stress management scores of adolescents of working and non-working mothers.

Category	Sample N	M	SD	D	$\sigma_D$	T	Significance level at .01
W.M.'s Adolescents (Boys+ Girls)	100	113.31	14.40	0.35	2.25	0.15	Insignificant
N.W.M.'s Adolescents (Boys+ Girls)	100	112.96	17.30				

It was clear from the Table 3 that the difference between means as indicated in the 5<sup>th</sup> column was 0.35 evidently, this seems to be a very low value and statistics also it proved so. The obtained t-ratio is 0.15 for stress management scores of adolescents coming from homes with working mothers and non-working mothers. This 't' value when tested for significance stands insignificant at 0.01 level. This means that 't' of the differences between means of stress management scores of adolescents belonging to working and non-working mothers were not statistically significant i.e. the two groups were the same on the scores of stress management. The third null Hypothesis therefore accepted which indicated that no true difference shall exist, on the variable of stress management for the two groups taken up for the study. The stress management level found in these adolescents was of the same magnitude.

## 7. Conclusion

The stress management level found in these adolescents was of the same magnitude. Adolescents of working mothers were found to be as stress managed as adolescents of those mothers who do not go for work but stay at home. While Biabangard & Hatami (2009) discovered working mother in comparison to household mothers, spend less time in childcare and looking after their children hence their children feel more stress. Lakhe in 2003 found that the social adjustment factor was more among the adolescents of working mothers. The adolescents belonging to the working mother group clearly indicates greater level of emotional adjustments. It is clear from the result of our hypotheses that not only mothers but others factors like society, education also affect the adolescents. That is why mothers, who stay home and provide full maternal care to her children in terms of time and energy is equated as far as stress management level in her children is concerned with a mother who works,

is more aware of the world around her and may be due to added recourses (income, facilities overall status material goods) etc can provide better for her children. So in the present study the two psychological diverse situations do not prove to be different for adolescents as far as stress management scores is concerned.

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