



NECESSITY OF SOCIAL & EMOTIONAL DEVELOPMENT OF CHILDREN WITH WORKING MOTHER

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ABSTRACT:

The role of working women has changed throughout the world due to economic conditions and social demands. This has resulted in a scenario in which working women have tremendous pressure to develop a career as robust as their male counterparts while sustaining active engagement in personal life. The ever-increasing work pressure is taking a toll on the working women leaving them with less time for themselves.

The increasing responsibilities on the personal front with the technological blessings like advanced mobile phones, notepads, etc. that keeps work life integrated with personal life also creates stress on personal and professional fronts in this knowledge age. This affects the person's physical, emotional and social well-being. Thus, achieving work life balance is a necessity for working women to have a good quality of life.

This paper is an attempt to examine the stiff challenges faced by working women in maintaining a balance between their own and laborious life. The time when women began entering the workforce in rising numbers in the late 20th century, psychologists and child development experts have questioned the impacts of working parents on a child's overall development.

Many families must depend on financial support from both parents, thus obliging the dual-income family, but healthy social and emotional development depends on more than just the amount of hours spent with children. The various factors that affect the work-life balance of married working women have been examined in this study. The problems faced by the working women in terms with their children are quite high. The results also explain that the work-life balance of individuals affect their living of life.

KEYWORDS- Work-life balance, quality of life, working women, personal life, professional life

INTRODUCTION:

Women today face a number of difficulties when they decide if working out of their home could be the best solution for their families.

In the past, the thinking of society was that mother who works outside of their house would not be able to keep up with the proper development of children. In past studies it is being suggested that there is no harm emotionally, mentally or behaviorally to a child that has a working mother. Women around the world have been asking themselves what seems to be a simple question; however in reality, is very complex.

Now the question is that "Is it better to stay at home with the children, or to work outside of the house?" The answer to this question will not be the same for everyone. As it is a very personal choice for both the mother and family and what is best for family may not be best for another one. One of the main things that mothers think about when looking thoughtfully for a long time at work force is how will this affect the child.

The good news is that there have been quite a few recent studies that help answer this tough, yet very personal question. During the last several decades, the number of women in the work force has been increasing at significant rates. Women have been joining the workforce for many different reasons.

One reason for this is because of personal aspirations, women have wanted to start having successful careers. Women are seeing that there is the possibility of having successful careers at the same time as having a well-rounded and successful family. In addition to having personal career goals, other women have turned to the workforce to support their family financially.

This could be to bring in extra money in order to provide enrichment opportunities that can increase the educational success of a child that may not be available for a single income household. On the other hand, having the mother at work could be the way the family can survive with getting food and necessities because of the economic hardships that many United States Citizens are facing (Opposing Viewpoints).

Being financially stable can improve the overall quality of education, child care, and provide a safe and secure environment for children to thrive. It is said that in one study that having both parents that work can be the best environment and that children become socially independent and often excel in education. Some individuals say that working women do not love their family as much as stay at home mothers.

This stems from the career mother not being physically at home for long periods of time. Mothers from both sides of this argument have debated for years over which role is better for the development of children.

Over the last few decades, there has been a slight change in societies view on working mothers.

In the past, women were thought to be best suited to stay at home and take care of the household chores and raise the children. As more and more women entered the workforce, it has become more socially acceptable for jobs to create flexible work schedules, re-design maternity leave, and be family oriented for creating a work life balance.

In a Pew Research study in July 2007, it was found that 60% of women surveyed thought that part time work was the best solution and women are happy that so many employers offered flexible or part time work options In the same survey, 21% of women believed that full time work was better, and 19% of women thought that not working at all was best for their family. On the other hand, working mothers try to balance work, parenting and household chores.

There are many working women that feel that once they are done with their work shift, their parent and spouse shift starts, and that their day is just beginning over again. By mistake working mothers can bring the stress home and this could affect the family's relationship. Stress can cause a mother to withdraw and become distant with a child.

People have said for many years to do what you feel is best, and to make yourself feel happy. Now, there is research showing that there is a way to reduce stress and that is to make you feel happy, whether that is staying at home or working. Happiness can often be contagious; if you stay in a better mood then people are more likely to be in a good mood around you.

IMPORTANCE OF BONDING:

Many things, like styles of parenting, parental availability, the presence or lack of siblings, socioeconomic status and the child's individual temperament, effects a child's social and emotional development.

One of most important thing in normal social and emotional development is how strong the bonding is between the child and his parents, starting from the second she takes the birth. Parental bonding helps a child feel safe, secure, nurtured pampered and loved. According to HelpGuide.org, the parent-child bond is one of the strongest predictors of mental, social, physical and emotional health.

QUALITY VS QUANTITY:

The quality of the time that parents spent with their child may be more dominant as compared to quantity. Parents who furnish twenty-four hours care for their child and try to follow all of the conventional rules of parenting may still be unable to form a secure bond with their children,

according to a vital study The Committee on Integrating the Science of Early Childhood Development.

Working parents who make family time a priority and are committed to their child's development are just as capable of establishing a healthy bond with their child as non-working parents. Creating a secure, healthy attachment with your child requires more than a certain amount of time spent together -- it requires love, nurturing, commitment, attending to your child's physical needs and developing a sense of connection to your child.

POTENTIAL NEGATIVE EFFECTS:

Some things may leave a bad effect on a child's social and emotional development and affect his ability to bond with working parents. According to a clinical review published in 2011 in the "Michigan Family Review," factors such as nonstandard work schedules and financial stress may have a negative impact on a child's social, emotional and behavioral development, resulting in issues like behavioral problems and poor academic performance.

The quality and quantity of hours spent in child-care settings may also effect development. A study published in the May/June issue of the journal "Child Development" found that teens who spent the most time in child-care settings as young children were more likely to exhibit impulsiveness and risk-taking behaviors than peers who had spent less time in child care.

POSSIBLE BENEFITS:

Despite the possible negative effects of having working parents, children may also experience certain benefits if they have working parents who responsibly attend to their needs. According to HealthyChildren.org, children with working parents may view the world as a less threatening place. They may feel a sense of pride knowing that their parents have careers -- girls in particular may feel motivated and sense that they have more career options if they have a mother who works -- and participation in quality day care or after-school child-care settings has been linked to good developmental traits in children in the places of cognitive, social and emotional development.

THE IMPACT OF LONG-TERM MATERNAL EMPLOYMENT:

In terms of the behavioral adjustment of children of middle class or upper middle class mothers who worked when they were infants: When child was three months old Full-time maternal employment begun and was associated with significantly behavior problems reported by caretakers at the age of 4½ years and by teachers at first grade; Children whose mothers started working part-time before their child reached the age of one year had lesser disruptive behavioral problems than the children of mothers who started working full-time before their child's first birthday.

This greater risk for behavioral problems was seen at the age of three, and at the time of first grade; the way through which those secure impacts of part-time work operated was through increases in the quality of the home environment and in the mother's sensitivity. With respect to cognitive difference in the middle and upper middle class sample, the study found that: Children of mothers who started working full-time in the first year of that child's life received modestly lower child cognitive scores relative to children of mothers who do not start working on all eight cognitive outcomes examined.

Associations at 4½ years and initial grade were roughly almost same as in size to those at age three; Mothers who started working full-time seem more likely to have signs of depression; Lower cognitive scores were not found in children of mothers who started working part-time during the initial year of their child's life. While these findings point to the need to check the effect of full-time maternal employment on children, particularly before they are three months old, some benefits of starting full-time work were found in the area of the mother's ability to be sensitive to her child. Mothers who started working full-time seem to use greater-quality substitute childcare and to show greater levels of sensitivity towards her child. The researchers noticed that the greater levels of maternal sensitivity seen in employed mothers might have risen from their having greater financial security.

AWARENESS ABOUT FULL-TIME VERSUS PART-TIME:

Although based on relatively small levels of statistical significance, the findings of a number of well-executed studies suggest that when parents have a choice early in their child's life (particularly during the first three months), they should consider working part-time.

During that difficult period, when there is an option, the father should try to make an effort to be present in as active a parenting role as possible. Similarly, if at all attainable, grandparents should be more actively invited to take care of their grandchildren when they are infants and both parents are working full-time.

This has an added benefit since in researches it has found that actively-involved grandparents serve a crucial role as a protective buffer against the potential harmful influences of parental stress.⁵ It is important to note that the potential dangers of full-time versus part-time work are only found in middle and upper middle class families.

This is therefore most relevant recommendation for the part of our community that falls in that category. The finding that full-time mothers are at times at greater risk for depression should not be taken lightly. Researchers have found that infants are clearly affected by their mother's depression.

Infants of parents those with depression or stress have been found to have difficulties and problems with self-quieting, lower activity levels, low confidence level and decreased ability to attend. Relative to the children of no depressed parents, their impacts tends to be more negative and bad, as typified by increased likelihood of expressing sadness and anger.

Equally important are the studies on the role of chronic stress in parenting.⁶ Powerless parents are more likely to: be hyper-vigilant with their child; focus on the negative and bad side, while ignoring or not appreciating on improved behavior; engage in coercive and punitive parenting; misread neutral child cues as malevolent, and derogate child in efforts at power repair.

This type of style of parenting frequently engenders high levels of resistance and at-risk behavior in the adolescent. The intimation of this body of research is that great stress levels, and particularly depression in stressed-out parents, can have long term intimations on proper child development. The community needs to take this into account when prioritizing the need to provide young parents with support.

CONCLUSION:

Overall, the effect on children is not whether the mother works or does not work, but how emotionally invested she is in the success of the child. Mothers have to overcome many of life's stresses by being intentional in the interactions with the child. This means if the mother is under abundance of stress, maybe she needs to take a breath, relax and try to come back into interacting with a positive and loving attitude.

One way that could help in reducing stress and irritation, is to build a support system of family and friends that are able and willing to lend a helping hand when things get tough .If a mother is going to work out of the home, ensure that you are looking for the best quality caregiver that you can find. This could be a dare in low income families, still, services like United Way, often has got references and can give you a good direction on how to find a good caregiver .Since there is no clear evidence that there is any harm being done to children that have working mothers, it comes down to personal preference on whether you return to work, or stay at home raising the children. This is a question that only the family can decide.

The best thing to do is what you think is right, and what will make you happy. This study was able to measure Working women and found weekly hours of work and the stress associated with work were very important determinants of employees work life balance, alongside their occupations, age and caring responsibilities.

There is a widespread demand from employees for the right to balance work and home life in today busy world where finding time for oneself seems impossible. Health and wellness programs can, for



sure help working women in balancing their personal and professional life. But they alone cannot be the answer to addressing the problems of imbalance.

The problems and difficulties of women are multi-dimensional as evident from the literature reviewed; therefore, they require further probing to help working women in balancing their work and family life.

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