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## Stress among adolescents of working and non-working parents

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### Abstract

**Background:** Modern world is full of hassles, deadlines, frustrations and demands, where stress is common for everyone. Adolescence 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.

**Objective:** The main purpose of the study was to assess the level of stress among adolescents of working and non-working parents in selected schools of Pune city.

**Methods and Material:** Comparative study design with non-probability- convenience sampling. The sample size was 1000 adolescents from 7<sup>th</sup> standard to 10<sup>th</sup> standard. The tool combined of section-I (demographic variable) and section-II Modified Student's Stress Rating Scale.

**Result:** The mean, median and SD of stress level in adolescents of working parents is 117.14, 114.5 and 17.92 respectively. The mean, median and SD of stress level in adolescents of non-working parents is 73.54, 74.00 and 7.80 respectively. It is found that 91% of adolescents of working parents have moderate stress and 8.60% severe stress, whereas in adolescents of non-working parents there is 32.80% mild and 67.20% moderate stress.

**Conclusion:** It is concluded that the level of stress is higher in adolescents of working parents in compare to adolescents of non-working parents.

**Keywords:** Stress among adolescents, working, non-working parents

### Introduction

Stress is a general human phenomena & a regular part of person's life from which nobody can get out of it. It is normal in bad situations or any tentative environment, but it becomes difficult when environmental stresses increase a person's adaptive capacity to cope. Stress is not a burden from the outside the body but it is the manner human begins react to what is going on in their surroundings. Adolescence is a crucial phase in which many ups and downs take place. Sometimes these ups and downs are so sudden that individual cannot cope with them and that leads to psychological problems like anxiety, depression and stress etc. At this period parent and social support is important so that adolescents can develop balanced and positive personality.

India is a developing country where mother & father both have to work together for the family. Earlier the role of father was to go outside for job and mother stays at home for looking after their children 24/7. But as we know the time changes both the parents have to work for their family.

A strong and positive relationship with parents is a vital part of adolescent development, and connection between parents and their children is a shielding factor against a number of unwanted results for children.

Some studies have proved that working mothers are the role model of the children. The working mother's children realize the significance of work in the early part of life. They recognize the worth of time which they spent with the parents more than sense of accountability and work ethic.

The other studies have revealed that children of working mothers are less mingled with others, less psychological and emotionally matured and more violent.

Previous studies have found that adolescents with close connections to their parents had depression at lower level.

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It is also found in a study that the children without adult guidance are more possible to engage in delinquent or risky potentially dangerous behavior.

According to a research article, the working parent's children who leave for the school in the morning time until about 6 or 7 pm. They are known as latch key because they are given the key of their home by their parents; they take the key to school, and then use that key to let them-selves into the home while their parents are still at work. These kinds of children have negative latch key experience. Without limitations and parental guidance these children make their way into problem more easily, possibly stealing, and sibling rivalry. And in some family after returning back from school to home children see the door locked from outside and wait for their parents to open the lock. Most of the times these children find sleeping near the door, in nuclear families.

Adolescence is extreme complex and vital period of each and every individual's life. This is the time in which the individual expands new experiences and responsibilities. Also all levels of growth and development takes place in this period i.e. Physically, mentally, socially and emotionally. Thus, at this stage parents support is important so that adolescent can develop balance and optimistic personality.

Since women starts work in growing numbers in the late 20th century, psychologists and child development expert doubted and raised the question about the effects of working both the parents on child's complete growth and development because in adolescence period the children needs parental support and if both the parents are in work no-one is there to look after the children.

Since modern welfare development started in 1980s, all have seen parents with low-income they leave the welfare rolls & join the workforce in increase numbers. Simultaneously, the earned income tax credit has offered an economic incentive to work for parents whose income is very low. Thus, unlike some of the other two-generation mechanisms discussed in this issue of future of children, policies that encourage low-income parents to work are both well-known and well-ingrained in the US. But parent's (and particularly mothers') work, is not clearly helpful for their kids. The researches shows that on the one hand, working parents can be positive role models for their children, and, of course, the income they earn can improve their children's lives in many ways. But then again, working by both parents i.e. mother & father can weaken the developing connection between parents and their kids.

Each and every people have different views regarding stress in adolescents of working parents. Some thinks that children of working parents suffers more and get neglected as they get a little time to spend on their children, hence stress can develop but some are of the opinion that children of working parent become self-confident, and get mature earlier. Hence this conflict of opinion stimulated the researcher to conduct the present study to assess the level of stress among adolescents of working and non-working parents.

**Materials and methods**

A non-experimental comparative research design was adopted to conduct the study. Non-probability convenience sampling technique was used to select 1000 adolescents – 500 of working parents ad 500 of non-working parents from selected schools of Pune city. A modified student stress

rating scale was used to assess the level of stress among adolescents of working and non-working parents. The Modified Students' Stress Rating Scale is a seven-point scale with 30 items. The students were approached to give responses based on the incidence of experiencing a specific stress against 7 options given namely, 1) Never, 2) Rarely, 3) Once In A Month, 4) Once In Fortnight, 5) Once In A Week, 6) Once In 2/3 Days, 7) Every day. The items are given under five factors i.e. Physiological, Emotional, Social, Examination and Behavioral Stress. These factors consist of 6 items each. The level of stress was graded into mild, moderate and severe. To collect the socio-demographic information there were 16 variables including age, class, board of the school, number of the siblings, birth order, father and mother's education, father's and mother's occupation, income of parents, shift duty of father and mother, type of family, hours spent by parents with their children.

**Research objectives**

1. To assess the level of stress among adolescent of working parents.
2. To assess the level of stress among adolescents of non-working parents.
3. To compare the level of stress among adolescents of working and non-working parents.
4. To identify the association between demographic variable and level of stress among adolescents of working and non-working parents.

**Result**

**Table 1:** To assess the level of stress among adolescent of working parents. n=500

Adolescents of working parents				
Stress level	Mean	median	f	f%
Mild	117.14	114.5	2	0.40%
Moderate			455	91%
Severe			43	8.60%

The level of stress among adolescent of working parents is 0.40% mild, 91% Moderate and 8.60% severe stress level. And all mean, median and mode for adolescent of working parents has moderate stress level near about 112-117, minimum is score is 66 and maximum is 170 which a severe level stress.

**Table 2:** To assess the level of stress among adolescents of non-working parents. n=500

Adolescents of non-working parents				
Stress level	Mean	median	f	f%
Mild	73.54	74.00	164	32.80%
Moderate			336	67.20%
Severe			0	0.00%

The level of stress among adolescent of working parents is 32.80% mild and 67.20% Moderate. And all mean, median and mode for adolescent of working parents has moderate stress level near about 73-77, .minimum is score is 57 and maximum is 94 which also in moderate level stress.

**Table 3:** Comparison of level of stress among adolescents of working and non-working parents N= 1000

Comparison between adolescents of working and non-working parents			
Group	N	Mean	SD
Adolescents of working parents	500	117.14	17.9
Adolescents of non-working parents	500	73.54	7.80

The mean of level of stress for the adolescents of working parents is 117.14 and standard deviation is 17.9 whereas, mean of level of stress for the adolescents of non-working parents is 73.54 and SD is 7.80, the comparison tells that adolescents of working parents are having more stress than adolescents of non-working parents.

#### **Association between demographic variable and level of stress among adolescents of working and non-working parents.**

In adolescents of working parents p-value is less than 0.05 level of significance in gender, class, board, father's education, shift duty of father, father's income, mother's education, mother's occupation, mother's income and hours spend by parents so we conclude that there is an association between these demographic variable and level of stress.

In adolescents of non-working parents p-value is less than 0.05 level of significance in board, no. of siblings, father's education, father's income and mother's education so we conclude that there is an association between these demographic variable and level of stress.

#### **Discussion**

The present study was undertaken to determine the level of stress among adolescents of working and non-working parents in selected schools of Pune city. The sample size is 1000 adolescents of working and non-working parents. The researcher used mean, median & standard deviation for the comparison of stress level.

The mean, median and SD of stress level in adolescents of working parents is 117.14, 114.5 and 17.92 respectively. The mean, median and SD of stress level in adolescents of non-working parents is 73.54, 74.00 and 7.80 respectively. It is found that the level of stress is higher in adolescents of working parents in compare to adolescents of non-working parents. There was a comparative study conducted on personality traits in children of working and non-working mothers (Sonali Aggarwal) and the non-working women's children found to be more active, enthusiastic, assertive, trusting & non depressive.

In present study it is found that 91% Of adolescents of working parents have moderate stress and 8.60% severe stress, whereas in adolescents of non-working parents there is 32.80% mild and 67.20% moderate stress. For the support there was a study conducted on Behavioral Problems in Preschool Children of Working and Non-Working Mothers (Mrs. A. Alexander, et. al.) and assessment of behavioral problems of preschool children of working mothers revealed that 40% were facing mild level of behavioral problems & 60% were having moderate level of behavioral problems. Assessment of behavioral problems of preschool children among non-working mothers revealed that 83.3% were having mild level of behavioral problems and 16.7% were having moderate level of behavioral problems.

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