

## PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS OF WORKING AND NON-WORKING MOTHERS

Dr. Ramandeep Kaur Sidhu\*

### ABSTRACT

*The aim of present research was to study of Psychological Well-being of Adolescents of working and non-working mothers of Ludhiana District. The population of the study was 100 Adolescents (50 male and 50 female) belonging to PSEB and CBSE schools of Ludhiana. For data collection Psychological Well-Being (Sisodia and Chaudhary, 2012) was used by the investigator. There exists significant difference between Psychological Well-being of adolescents of Working and Non-Working mothers. Further there exists significant difference between Psychological Well-being of male as well as adolescents of Working and Non-Working mothers.*

**Key words-**Psychological Well-being, Adolescents, Working mothers, Non-Working mothers

Psychological Well-being is broadly defined as happiness, life satisfaction and self-growth. Well-being is the subjective feeling of contentment, happiness, satisfaction with life's experience, sense of achievement, utility belongingness and no distress, dissatisfaction or worry. It is based on individual's active interaction in a complex world. Psychological Well-being is a model of Well-being widely advocated by a psychology Professor (Ryff, 1989). Ryff (1989) analyzed many various approaches to happiness in different sub-fields of psychology. This study investigated the influence of loneliness and relationship with parents and friends on the Psychological Well-being of adolescents, but it can also be a developmental needs parallel to the need for attachment and can promote Psychological Well-being when adolescents choose to be alone.

The Psychological Well-being aims to help people live more rewarding lives including close relationships, responsibilities to one's community and enjoyment of one's life, i.e., to experience greater subjective Well-being. Reigning measures of Psychological Well-being have little theoretical grounding despite an extensive literature on the contours of positive functioning. In the topical era, there has been an increased interest in the study of Psychological Well Being. The field of psychological since its beginning has devoted much more attention to human unhappiness, distress, behaviour problems

and other Psychological problems than the positive functioning or studying Well-being or satisfaction with life otherwise known as happiness.

Modern age is an age of technological advancements and tough competition. Individual is now facing a world on universal modernization in which his adjusted capacities and abilities to acquire the knowledge are strained. Well-being has been conceptualized as feeling of contentment, happiness, satisfaction with life experience, sense of achievement, utility belongingness and no distress, dissatisfaction or worry etc. Generally, well-being has focused as to how people evaluate their lives in positive terms. Well-being is not just the absence of illness but it is a combination of feeling good and functioning effectively. Well-being of individual is affected by the attitude, working styles and family environment. Adolescents need more care from parents especially from mother but due to working condition of mother, psychological Well-being of adolescents was affected. In modern times, the increasing number of women in the work force has created a number of problems in their children especially in case of adolescents and affects their psychological well-being.

Furthermore, the determination of gender effects on psychological well-being would help to identify any specific need of females or males. When a difference between genders on psychological well-

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\* Assistant Professor, GHG Khalsa College Of Education, Gurusar Sadhar, Ludhiana

being is found, related and needed activities could be prepared and planned for the gender group which needs more attention and concern.

Review of related literature revealed that most of studies Bradburn (1969); Campbell, Converse and Rodgers (1976); Ryff (1989); Shek (1992); Bhogle and Prakash (1995); Diener (2009); Diener, Sapyta and Suh (1998); Keyes, Shmotkin and Ryff (2002); Wright and Cropanzano (2004); Baniwell and Henry (2007); Angner (2008); Roberts and Flint-Paylor (2008) related to Psychological Well-being studies had been conducted on adolescents. Thus investigator attempts to study Psychological Well-being of adolescents of Working and Non-Working mothers.

### Objectives

1. To study Psychological Well-being of adolescents of Working and Non-Working mothers.
2. To compare Psychological Well-being of adolescents of Working and Non-Working mothers
3. To compare Psychological Well-being of male adolescents of Working and Non-Working mothers.
4. To compare Psychological Well-being of female adolescents of Working and Non-Working mothers.
5. To compare Psychological Well-being of adolescents of P.S.E.B schools of Working and Non-Working mothers.
6. To compare Psychological Well-being of adolescents of C.B.S.E schools of Working and Non-Working mothers.

### Hypotheses of the study

1. There exists no significant difference between Psychological Well-being of adolescents of Working and Non- Working mothers.
2. There exists no significant difference between Psychological Well-being of male adolescents of Working and Non-Working mothers.
3. There exists no significant difference between Psychological Well-being of female adolescents of Working and Non-Working mothers.
4. There exists no significant difference between

Psychological Well-being of adolescents of P.S.E.B schools of Working and Non-Working mothers.

5. There exists no significant difference between Psychological Well-being of adolescents of C.B.S.E schools of Working and Non-Working mothers.

### Method

The purpose of this study investigation is to investigate Psychological Well-being of adolescents of Working and Non-Working mothers. To meet the objectives of the study, descriptive survey method was used. It is a descriptive study. This method is concerned with surveying description and investigation of the problem.

### Sample

For this study a sample of 120 adolescents out of which 60 boys and 60 girls was selected from the four school of Ludhiana district of Punjab from P.S.E.B and C.B.S.E schools.

### Measures

Psychological Well-being scale is constructed and standardized by (Sisodia and Chaudhary, 2012) was used in this study. This scale was developed by using likert technique; Suggestions were invited from the experts from different fields such as psychology, sociology, human development, family relations and psychiatry. The final form of scale was thus prepared comprising of 50 statements with a view to measure several aspects of Well-being like Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relations.

An individual with score of 242-250 may be considered to have very high level of well-being. Score ranging from 217-242 represent high level of well-being. The scores from 83-217 would represent normal individuals with moderate well-being. The low scores .i.e. 53-83, would indicate people with low level of well-being whereas a score of 50-58 represents very low level of well-being. A person with lower level of psychological well-being needs counseling and psychotherapy. For each area, a score of 48-50 may be considered very high level of well-being. Score ranging from 43-48 represent high level

of well-being. The scores from 16-43 would represent normal individuals with moderate well-being. The low score .i.e. 12-16, would indicate people with low level of well-being whereas a score of 10-12 represents very low level of well-being. The scale consists of fifty statements. All statements are of positive manner. 5 marks to strongly agree, 4 marks to agree, 3 marks to undecided, 2 marks to disagree and 1 mark to strongly disagree responses are assigned. The sum of marks is obtained for the entire scale. The higher the score more is the well-being.

### Results and Discussions

**Table 1: Significance of the difference between Mean scores of Psychological Well-being of adolescents of Working and Non-Working mothers (N=100)**

Adolescents	Mean	Median	S.D	S.Ed	t-Value
Working mothers	198.35	197	20.41	3.75	2.19
Non-Working mothers	190.11	191.5	20.73		

Table 1 revealed that the mean scores of the Psychological Well-being of adolescents of Working and Non-Working mothers are 198.35 and 190.11 respectively and their standard deviation as 20.41 and 20.73 respectively. The t-ratio is 2.19, which is significant at 0.01 level of confidence. This revealed that significant difference exists between mean scores of Psychological Well-being of adolescents of Working and Non- Working mothers.

Therefore the hypothesis 1 stating that “There exists no significant difference between Psychological Well-being of adolescents of working and non- working mothers”, rejected. As the mean scores of Psychological Well-being of adolescents of Working mothers are higher than adolescents of Non-Working mothers. It concludes that adolescence of Working mothers have more Psychological Well-being as compare to non-Working mothers.

**Table 2: Significance of the difference between Mean scores of Psychological Well-being of Male adolescents of Working and Non-Working mothers (N=50)**

Male Adolescents	Mean	Median	S.D.	SEM	t-value
Working Mothers	208.83	207.5	19.11	5.08	2.69
Non-Working Mothers	195.13	197	20.27		

Table 2 revealed that the mean of the scores of the Psychological Well-being of male adolescents of Working and Non- Working mothers are 208.83 and 195.13 respectively and their standard deviation as 19.11 and 20.27 respectively. The t-ratio is 2.69, which is not significant at 0.01 level of confidence. This revealed that there is no significant difference between mean scores of Psychological Well-being of Male adolescents of Working and Non- Working mothers.

Therefore the hypothesis 2 stating that “There exists no significant difference between Psychological Well-being of Male adolescents of Working and Non- Working mothers”, rejected. The mean scores of Psychological Well-being of Male adolescents of working mothers are higher than Male adolescents of Non-working mothers. It concludes that male adolescents of working mothers have better Psychological Well-being than Non-Working mothers. Similar results have been supported by Kaur (2011).

**Table 3: Significance of the difference between Mean scores of Psychological Well-being of female adolescents of Working and Non-Working mothers (N=50)**

Female Adolescents	Mean	Median	S.D.	SEM	t-value
Working Mothers	196.27	196	21.35	5.45	1.79
Non-Working Mothers	187.5	188.5	20.90		

Table 3 revealed that the mean of the scores of the Psychological Well-being of female adolescents of Working and Non- Working mothers are 196.27 and 187.27 respectively and their standard deviation as 21.35 and 20.90 respectively. The t-ratio is 1.79, which is not significant at 0.05 and 0.01 level of confidence. This revealed that no significant difference exists between mean scores of Psychological Well-being of female adolescents of Working and Non-Working mothers.

Therefore the hypothesis 2 stating that “There exists no significant difference between Psychological Well-being of female adolescents of Working and Non-Working mothers”, not rejected. The mean scores of Psychological Well-being of female adolescents of working mothers are higher

than female adolescents of Non-working mothers. It concludes that female adolescents of working mothers have better Psychological Well-being than Non-Working mothers. Similar results have been supported by Khanna (2011).

**Table 4: Significance of the difference between Mean scores of Psychological Well-being of adolescents of P.S.E.B schools of Working and Non-Working mothers (N=30)**

Adolescents of P.S.E.B Schools	Mean	Median	S.D.	SEM	t-value
Working Mothers	203.23	198	19.67	4.95	2.12
Non-Working Mothers	192.73	193	18.72		

Table 4 revealed that the mean of the scores of the Psychological Well-being of female adolescents of Working and Non- Working mothers are 192.73 and 203.23 respectively and their standard deviation as 18.72 and 19.67 respectively. The t-ratio is 2.12, which is significant at 0.05 level of confidence. This revealed that significant difference exists between mean scores of Psychological Well-being of adolescents of P.S.E.B schools of Working and Non-Working mothers.

Therefore the hypothesis 2 stating that “There exists no significant difference between Psychological Well-being of female adolescents of Working and Non- Working mothers”, rejected. The mean scores of Psychological Well-being of adolescents of P.S.E.B schools of Working mothers are higher than of adolescents of P.S.E.B schools of non-Working mothers. It concludes that of adolescents of P.S.E.B schools of Working mothers have better Psychological Well-being than Non-Working mothers.

**Table 5 : Significance of the difference between Mean scores of Psychological Well-being of adolescents C.B.S.E. schools of Working and Non-Working mothers (N=100)**

Adolescents of C.B.S.E. Schools	Mean	Median	S.D.	SEM	t-value
Working Mothers	202.1	203.5	19.64	5.22	2.86
Non-Working Mothers	187.13	181.5	20.82		

Table 5 revealed that the mean of the scores of the Psychological Well-being of female adolescents of Working and Non-Working mothers are 202.1 and 187.13 respectively and their standard deviation as 19.64 and 20.82 respectively. The t-ratio is 2.86, which is not significant at 0.05 and 0.01 level of confidence. This revealed that significant difference exists between mean scores of Psychological Well-being of adolescents C.B.S.E. schools of Working and Non- Working mothers.

Therefore the hypothesis 2 stating that “There exists no significant difference between Psychological Well-being of female adolescents of Working and Non- Working mothers”, rejected. The mean scores of Psychological Well-being of adolescents C.B.S.E. schools of Working mothers are higher than of adolescents C.B.S.E. schools of Non-working mothers. It concludes that of adolescents C.B.S.E. schools of Working mothers have better Psychological Well-being than Non-Working mothers.

## Conclusions

On the basis of the study the following results have been drawn:

1. A significant difference was found between the mean scores of Psychological Well-being of adolescents of Working mothers are higher than adolescents of Non-Working mothers. It concludes that adolescents of Working mothers differ from Non-Working on the variable of Psychological Well-being.
2. A significant difference was found between the mean scores of Psychological Well-being of male adolescents of Working mothers are higher than male adolescents of Non-Working mothers. It concludes that male adolescents of Working mother have better Psychological Well-being than Non-Working mothers.
3. A significant difference was found between the mean scores of Psychological Well-being of female adolescents of Working mothers are higher than female adolescents of Non-Working mothers. It concludes that female adolescents of Working mothers have better Psychological Well-being than Non-Working mothers.
4. A significant difference was found between

the mean scores of Psychological Well-being of adolescents P.S.E.B. schools of Working mothers are higher than adolescents P.S.E.B. schools of Non-Working mothers. It concludes that adolescents P.S.E.B. schools of Working mother have better Psychological Well-being than Non-Working mothers.

5. A significant difference was found between the mean scores of Psychological Well-being of adolescents C.B.S.E. schools of Working mothers are higher than adolescents C.B.S.E. schools of Non-Working mothers. It concludes that adolescents C.B.S.E. schools of Working mothers have better Psychological Well-being than Non-Working mothers.

### Educational Implications

Research work not considered complete in itself until research findings are put to some practical use, as such in this action an attempt is made to see how findings of the present study can be used as guidelines to policy makers and educationists. The most outstanding characteristic of any research is that it must contribute something new to the development of the area concerned. The present study has its implications for the world of the future teachers. The following educational implications may be offered in the view of the conclusions drawn in the present investigation:

- This study provided guideline for mothers to create an environment where their adolescences feel comfortable.
- This study had been great value for teachers and counselors to know what kind of Psychological Well-being are prevalent among adolescents and how they can overcome them.
- This study reveals that mental health and interpersonal relations is correlated to conformity. It will prove a guideline in improving Psychological Well-being.
- The adolescents should be empowered to express himself. He must be given opportunities to take leadership role by the mothers at home as well as by the teachers in the school.
- It is true that the future of a nation depends upon the quality of its citizens and mothers play

an important role in developing desirable they can hold their responsibilities more life satisfaction, efficiency sociability, Mental health and interpersonal relations influences various aspect of Psychological Well-being

- Teachers can work on adolescents by presenting themselves as a role model for an emotionally mature personality.
- The study of the same nature can be undertaken for different districts & states.
- The some study can be conducted on the large sample to know the relationship between Psychological Well-being of adolescents of Working and Non-Working mothers.

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