

A Study to Assess the Adjustment Problems and Their Coping Strategies Among Working Mothers in Selected Areas of Sikar

Ajith. KK

Assistant Professor, BGSB University, Rajouri, Jammu and Kashmir, India

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ABSTRACT

Background: A descriptive study was conducted to assess the adjustment problems and their coping strategies among working mothers in selected areas of Sikar, Rajasthan. A total sample of 60 working mothers were selected using simple random sampling technique. The objectives of the study were to assess the level of adjustment problems and coping strategies used among working mothers and to find out the correlation between the level of adjustment problems and level of coping strategies used, to find out the association between the level of adjustment problems among working mothers with their selected demographic variables. The final objective was to find out the association between the level of coping strategies used among working mothers with their demographic variables.

Materials and Methods: A descriptive design was adopted for the study. A sample comprising of 60 working mothers were enrolled using the simple random sampling technique. The conceptual framework used in the study was based on Ludwig von Bertalanffy's General System Model.

Results: Data analysis were done using descriptive and inferential statistics. Findings of the study revealed that the mean score for severe adjustment problems was 20.29 ± 1.19 , that of those with moderate adjustment problems was 15.05 ± 1.17 , and that of those with mild adjustment problem was 7.79 ± 0.89 . Most to the samples 38.33% (23) had inadequate coping strategies while 36.67% (22) had moderately adjustment coping strategies and 25% (15) had adequate coping strategies. The mean score for inadequate coping strategies was 57.49 ± 7.64 , that of those with moderately adequate coping

strategies was 95 ± 5.45 , and that of those with mild adjustment problem was 111.27 ± 6.64 . There is a negative correlation between the level of adjustment problems and the level of coping strategies used among the working mothers. This means that as the level of coping strategies increased the level of adjustment problems decreased among the working mothers. There was no association between level of coping strategy and level of adjustment problems with selected demographic variables.

Conclusion: The findings of the study confirmed that as the level of coping strategies increased the level of adjustment problems decreased among the working mothers.

Key Word: Adjustment problems, coping strategies, working mothers.

INTRODUCTION

For years, the role of a mother has remained constricted to the idea of a nurturer and a caretaker. She has not only been restricted to the domestic space of a household but has also been endowed with the responsibilities of taking care of her family and raising a child. Irrespective of her capabilities and her desire to shine in the public domain, she has led a quiet life playing the role conferred upon her by the society. However, with the changing times and regardless of all the prejudices they still face in their day to day lives, working mothers have started to take over the professional world and are seen thriving in many arenas of work. That being said, although the number of working women has considerably increased in the recent times, the problems faced by the same

women has become a reigning public issue¹. A person could become a working mother due to material aspirations, necessities of daily life or to maintain a financially independent position. Women were believed to be capable of only “kuche, kirche und kinder” (German for kitchen, church, and children; used to describe a woman’s duty during The Third Reich). Even today, housework is still considered the woman’s domain. She is under stress to send her child to school, reach work on time, and look after her home simultaneously. Sexual relationships can also be strained because of this pressure. Working mothers who work and tend to their family and kids may look like super-moms on the outside, but they’re practically working around the clock. This is not to say that they don’t enjoy being working moms, but they also tend to put self-care last on their list²

A qualitative study was conducted to assess the Coping mechanism against high levels of daily stress by working breastfeeding mothers in Iran. 20 Iranian breastfeeding mothers were assessed through in-depth and semi-structured interviews. The result undoubtedly showed that working mothers experience adaptation issues with their dual role. Two main themes emerged in results as self-management with subthemes of, attitude reconstruction, order and planning, creating a boundary between work and family and reprioritising life affairs; and seeking help with subthemes of family member support, childcare facilities and spirituality³.

Objectives of the study

1. To assess the level of adjustment problems among working mothers.
2. To assess the level of coping strategies used among working mothers.
3. To find the correlation between the level of adjustment problems and level of coping strategies used.
4. To find out the association between the level of adjustment problems among working mothers with their selected demographic variables

5. To find out the association between the level of coping strategies used among working mothers with their demographic variables

Hypotheses

- H₁- There will be significant relationship between the level of adjustment problems and level of coping strategies used among working mothers.
- H₂- There will be significant association between the level of adjustment problems of working mothers with their selected demographic variables.
- H₃- There will be significant association between level of coping strategies of working mothers with their selected demographic variables.

II. MATERIAL AND METHODS

Research Approach: A descriptive approach.

Research Design: Descriptive research design.

Population: working mothers

Settings: Selected areas, Sikar, Rajasthan.

Sampling Technique: Simple random sampling technique.

Sample size: 60 working mothers.

TOOLS AND TECHNIQUE

I) Demographic Performa were used to collect socio demographic data such as age, occupation, religion and duration of work.

II) Modified Bell’s inventory was used to assess the level of adjustment problems of working mothers which consisted of 24 items having two responses as ‘yes’ and ‘no’

Method of Data collection: Data was collected for a period of one month [1st June 2014 to 30 June 2014]. After explaining the purpose and obtaining an informed consent, structured questionnaires were administered to assess their adjustment problems and coping strategies.

Inclusion criteria:

Working mothers who were willing to participate in study.

Working mothers who were available at the time of data collection.

Exclusion criteria:

Working mothers who were not willing to participate in study.

Working mothers who were not available during the period of data collection.

STATISTICAL ANALYSIS

Both Descriptive and Inferential statistics were used to analyse the data [using SPSS version 20 (SPSS Inc., Chicago, IL)]. Descriptive statistics such as Frequency distribution and percentage were used to describe the socio demographic data. Level of adjustment problems and level of coping strategy was analysed as mild, moderate and severe. Karl Pearson’s correlation coefficient was used to find the correlation between level of adjustment problems and level of coping strategies. Chi – square was used to find the association between the

level of adjustment problems and level of coping strategy with selected demographic variables. The level $P < 0.05$ was considered as the minimum accepted level of significance.

III. RESULTS

Table 01: Frequency distribution, Percentage and Chi-square values of sample characteristics. (N=60)

Demographic Variables	frequency	Percentage (%)
Age (In years)		
21-30	21	35
31-40 yrs.	20	33.33
>40 yrs.	19	31.67
Occupation		
Government	33	55
Non-Government	27	45
Religion		
Christian	22	36.67
Muslim.	10	16.67
Hindu.	28	46.66
Others	0	0
Duration of work		
Less than 6 hours	8	13.33
6-8 hours	13	21.67
9-10 hours	15	25
More than 10 hours	24	40

Table 2: Distribution of frequency, percentage, mean and SD of samples according to level of adjustment problems. (N=60)

Level of adjustment problems	Frequency	Percentage	Mean	SD
Mild adjustment problems.	14	23.33	7.79	0.89
Moderate adjustment problems.	22	36.67	15.05	1.17
Sever adjustment problems.	24	40	20.29	1.19

From Table 2, it can be seen that most to the samples 40% (24) had severe adjustment problems while 36.67% (22) had moderate adjustment problems and 23.33% (14) had mild adjustment problems. The mean score

for severe adjustment problems was 20.29 ± 1.19 , that of those with moderate adjustment problems was 15.05 ± 1.17 , and that of those with mild adjustment problem was 7.79 ± 0.89 .

Figure 01: Stacked cylindrical diagram showing the distribution of samples according to the level of adjustment problems.

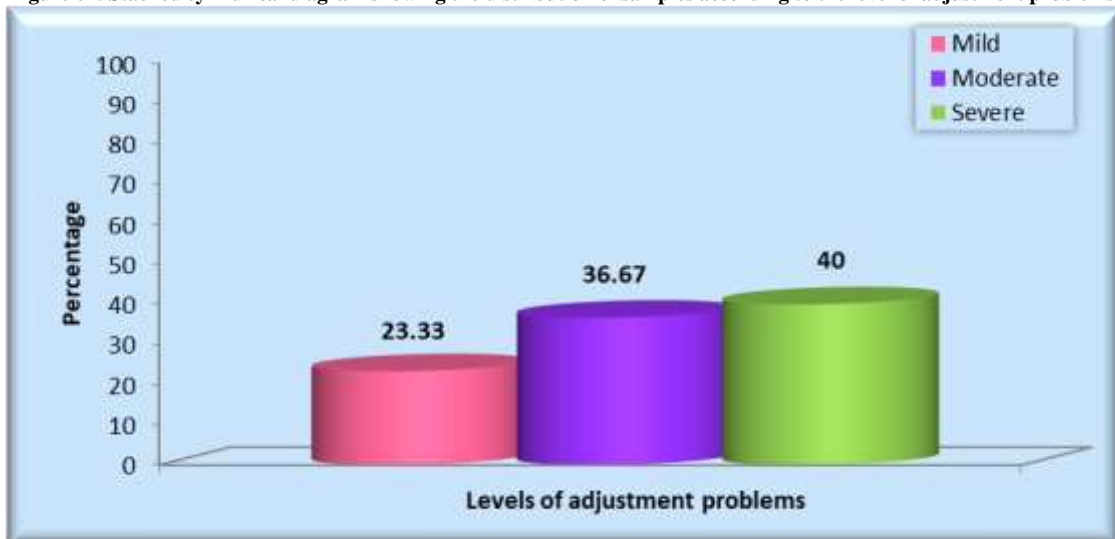


Table 3: Distribution of frequency, percentage, mean and SD of samples according to level of coping strategies. N = 60

Level of coping strategies	Frequency	Percentage	Mean	SD
Inadequate coping strategies.	23	38.33	57.49	7.64
Moderately adequate coping strategies.	22	36.67	95	5.45
Adequate coping strategies.	15	25	111.27	6.64

From table 3, it can be seen that most of the samples 38.33% (23) had inadequate coping strategies while 36.67% (22) had moderately adjustment coping strategies and 25% (15) had adequate coping strategies.

The mean score for inadequate coping strategies was 57.49 ± 7.64 , that of those with moderately adequate coping strategies was 95 ± 5.45 , and that of those with mild adjustment problem was 111.27 ± 6.64 .

Figure 2: Stacked cylindrical diagram showing the distribution of samples according to the level of coping strategies.

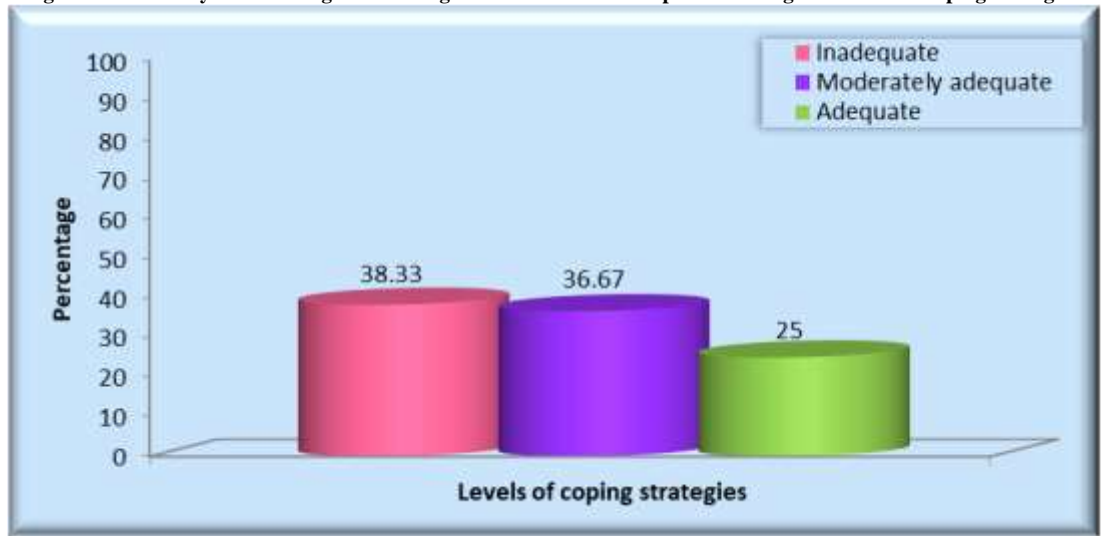


Table 4: Correlation between level of adjustment problems and level of coping strategies used among working mothers N = 60

Area	Mean	SD	R value	t-value	significance
Level of adjustment problems	15.45	4.98			
	15.4515.				
			- 0.87	- 13.26	SG*
Level of coping strategies used.	84.83	23.28			

SG* - Significant at 95%

The data presented in the above table reveals that there is a negative correlation between the level of adjustment problems and the level of coping strategies used among the working mothers. Since the calculated t value (-13.26) is higher than the

table t value (2.392, $p < 0.05$), the null hypothesis (H_0) was rejected and the research hypothesis (H_1) was accepted. This means that as the level of coping strategies increased the level of adjustment problems decreased among the working mothers.

Table 5: Association between level of adjustment problems and selected demographic variables. N = 60

S. No	Demographic variables	χ^2	df	Table value	Level of significance
1.	Age in years	3.752	4	9.488	NS
2.	Occupation	0.414	2	5.99	NS
3.	Religion	2.277	2	5.99	NS
4.	Duration of work.	0.504	2	5.99	NS

NS - Not Significant

The data in the above table shows there is no association between level of adjustment problems of the subjects with selected demographic variables.

Table 6: Association between levels of coping strategies used and selected demographic variables. N = 60

S. No	Demographic variables	χ^2	df	Table value	Level of significance
1.	Age in years	2.33	4	9.488	NS
2.	Occupation	1.13	2	5.99	NS
3.	Religion	3.2	2	5.99	NS
4.	Duration of work.	0.24	2	5.99	NS

NS - Not Significant

The data in the above table shows there is no association between level of coping strategies used by the subjects with selected demographic variables.

IV. DISCUSSION

The findings in the present study revealed that the mean score for severe adjustment problems was 20.29 ± 1.19 , that of those with moderate adjustment problems was 15.05 ± 1.17 , and that of those with mild adjustment problem was 7.79 ± 0.89 . Most of the samples 38.33% (23) had inadequate coping strategies while 36.67% (22) had moderately adjustment coping strategies and 25% (15) had adequate coping strategies. The mean score for inadequate coping strategies was 57.49 ± 7.64 , that of those with moderately adequate coping strategies was 95 ± 5.45 , and that of those with mild adjustment problem was 111.27 ± 6.64 . There is a negative correlation between the level of adjustment problems and the level of coping strategies used among the working mothers. This means that as the level of coping strategies increased the level of adjustment problems decreased among the working mothers. There was no association between level of coping strategy and level of adjustment problems with selected demographic variables.

This result is supported by various studies. The study titled, 'Organizational Cynicism, Work-life Conflict and Psychological Well-being of first-time mothers in IT and ITES sectors', aims to determine the relationship among Organizational Cynicism, Work-life Conflict and Psychological Well-being in first time working mothers. Participants for the study were 50 working mothers, in IT and ITES sector in Bangalore, with a minimum of 2 years of work-experience prior to child birth and not more than 1.5 years of work-experience post maternity

leave. It was a Quantitative study and Purposive sampling technique was adopted to collect the data. There was a significant negative relationship between Work-life Conflict and Psychological Well-being. The results also found a significant positive relationship between Organizational Cynicism and Work-life Conflict.⁴

V. CONCLUSION

The study was conducted to assess the adjustment problems and their coping strategies among working mothers in selected areas of Sikar, Rajasthan. The results of the study undoubtedly confirm that most of the samples had inadequate coping strategies and there is a negative correlation between the level of adjustment problems and the level of coping strategies used among the working mothers. Level of coping strategies increased the level of adjustment problems decreased among the working mothers.

LIMITATIONS

The study used a simple random sampling technique, so that the generalization of findings remains restricted.

The study used a limited sample size.

RECOMMENDATIONS

A similar study can be replicated among staff nurses.

A comparative study can be conducted between working women in the rural and urban area.

ETHICAL CONSIDERATIONS

Following ethical clearance from the institutional committee, the researcher then obtained formal permissions from the concerned authorities to conduct the study. Also, a voluntary written informed consent was obtained from the study participants

after explaining the objectives of the study. Confidentiality was ensured throughout the course of the study.

Declaration by Authors

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Conflict of Interest: The authors declare no conflict of interest.

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