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## RESEARCH ARTICLE

### A COMPARATIVE STUDY TO ASSESS THE LEVEL OF LONELINESS AMONG ADOLESCENTS OF WORKING AND NON WORKING MOTHERS IN SELECTED SCHOOL OF DISTRICT KANGRA, HIMACHAL PRADESH

**\*Neha Sharma**

Lecturer, Guru Dronacharya College of Nursing

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#### ABSTRACT

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to adulthood. Mother is the first teacher for a child and her occupation play a great role in the development of a child. Loneliness is a feeling which mainly grows in the hearts of adolescence due to ignorance felt by them in their childhood. Loneliness is a feeling which isolates an individual from social groups even when he is present in the crowd. **Aim** the primary of the study is to compare the level of loneliness among the adolescents of working and non-working mothers. **Material and method** non- experimental approach was adopted to compare level of loneliness among the adolescents of working and non-working mothers in the selected school of Yol Cantt, District Kangra. Comparative design was used, total of 60 adolescents were included in equal strength from working and non-working mothers respectively. Pilot study was conducted on 12 subjects and feasibility and sample size was determined, where study was found to be feasible. Inferential statistics were used for data analysis. **Result:** Findings of the study revealed that mean $\pm$ SD score of working and non-working mothers 48.6 $\pm$ 3.34 and 47.6 $\pm$ 6.08 respectively, there is no significant difference between the level of loneliness among the adolescents of working and non-working mothers. **Conclusion:** The study concluded that working pattern of mothers does not affect the level of loneliness among the adolescents of working and non-working mothers.

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#### INTRODUCTION

Human development is a lifelong process of physical, behavioral, cognitive and emotional growth and change. In the early stages of life from babyhood to childhood, childhood to adolescence, and adolescence to adulthood-enormous changes take place. Adolescence, the transition stage of physical and psychological development that generally occurs during the period of puberty to legal adulthood (age of majority) (<http://en.m.wikipedia.org/adolescence>). Adolescence is a transition stage of physical and physiological development that generally occurs during the period from puberty to adulthood. Adolescent are usually faced with the onset of pubertal changes and the transition to an unfamiliar and stressful environment. These changes are characterized by the desire to establish an identity that calls for independence from parents and care giver (Chinawa, 2015). Adolescent period is very much conscious in aspect of personality development which is affected by various factors like parent's working condition, school environment.

**\*Corresponding Author:** Neha Sharma

Lecturer, Guru Dronacharya College of Nursing

Sometimes adolescent behavior become very much introvert and isolated from the society because negligence faced by them during their childhood. All these conditions and factors affect the overall development of an individual throughout his life. Adolescence, transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 to 19. This age range falls within WHO's definition of young people, which refers to individuals between ages 10 and 24. In many societies, however, adolescence is narrowly equated with puberty and the cycle of physical changes culminating in reproductive maturity. In other societies adolescence is understood in broader terms that encompass psychological, social, and moral terrace as well as the strictly physical aspect of maturation (<https://www.britannica.com/science/adolescence>). Loneliness is defined as the distressing experience that occurs when one's social relationship are perceived to be less in quantity and especially in quality than desired. Being alone experiencing is not the same thing. People can be alone without feeling lonely and can feel lonely even when with other people loneliness and peer relations in adolescence (<https://www.britannica.com>). Adolescent emotional state marked by great sadness and apprehension, feeling of worthlessness and guilt. Loss of

pleasure in usual activities although loneliness come time to time of all age but during adolescence it is stayed in the peak because of many changes in social expectation, roles, relationship and identities which may increase the experience in loneliness (Almani, 2012). A positive attention from the parents motivated adolescence to attain his developmental milestones on time; In addition, grandparents love and support also help them to develop psychologically. The pattern of parent's occupation also affects the growth and development of the children including the level of loneliness among them. A working parent is a father or a mother who engages in a work life a side from their duties as a child care provider. There are many structures within families including single, working mothers or single, working fathers. There are also married parents who are dual earners in which both parents provide income. In many families today, mothers continue to work because they have carrier that they have spent years developing. Some people still think that a "good mother" is one who gives up work to stay home with her children. However, no scientific evidence says children are harmed when their mothers work (Glezer, 1989). Home is a first educational center of a child and mother is the first teacher so behavior pattern of the adolescence directly or indirectly depends on the home environment which plays a vital role in the development of the personality. Working mothers are highly engaged in their professional life so it's become really hard for them to give proper attention to their adolescence and today nuclear family pattern is very much dominating over our society which also affects the behavior pattern of adolescence change the way in which she is perceived in society at her work place. A working mother especially on who has the good fortune to be able to balance her home and work enjoy the stimulation that a job or career provide (Collins William, 2012). It is obvious that when mother enters the employment market their children face crises from their early age, because they are then usually reared by servants. They cannot take proper care of their children as their mother can, so they face hardships in terms of emotional support and raring. These children do not get proper care from their mothers even who they return home. As they usually exhausted and hardly get time to care for their children. Emotional maturity gets shaped if there is more caring and rearing for their child and it is expected that working mothers cannot give as better treatment to their children as the non-working mothers can provide therefore is expected that children of non-working mothers would be emotionally stable than the children of working mothers (<http://en.m.wikipedia.org/adolescence>).

### Objectives

- To assess the level of loneliness among adolescent of working and non-working mothers by using UCLA-loneliness scale.
- To compare the level of loneliness among adolescents of working and non-working mothers by using UCLA-loneliness scale.
- To find out the association of loneliness with selected demographic variables.

### Hypothesis

**H<sub>0</sub>:** There is no any significant difference between loneliness among adolescents of working and non- working mothers. Hypothesis was tested at 0.05 level of significance.

## MATERIAL AND METHODS

A cross-sectional descriptive, comparative design was adopted to compare loneliness among working and non-working mothers. Adolescents from working and non-working mothers were selected by convenient sampling technique. A total 60 adolescent 30 from working mothers and 30 from non-working mothers were selected.

**Description of study tool:** The tool consists of two parts

### Tool-1: Sociodemographic sheet

It consists of 6 items that include Age, class, type of family, mother's educational status, father's occupation, mother's occupation.

### Tool-2: UCLA loneliness scale

A 20 item scale designed to measure one's subjective feeling of loneliness as well as feeling of social isolation. Participants rate as each item as either "O" (I Often feel this way), "S" (I sometime feel this way), "R" (I rarely feel this way), "N" (I never feel this way).

## RESULTS

Table 1 depicts that Majority (60%) of adolescents of working and non-working mothers were lying in the age group of 12-17 years. In case of class 100% students belonged to 7 to 12<sup>th</sup> class. Regarding family type of working mothers 24 (80.0%) of nuclear family, 4(13.33%) of joint family, 2 (6.67%) of extended family whereas in non-working mothers 21 (70%) of nuclear family, and 9 (30.0%) of extended family.

In case of mothers education, 6(20%) of secondary education, 5(16.67%) of higher secondary education, 19(63.33%) of graduation and above (working mothers). 1(3.34%) of primary education, 15(50.0%) of secondary education, 14(46.6%) of higher secondary education (non-working mothers). Father occupation (working mother) 10(33.3%) of self-employed father, 5(16.66%) of private job and 15(50%) of government job. (Non-working mothers) 20(16.6%) are self-employed father, 5(16.66%) of private job and 5(16.66%) of government job. Regarding mothers occupation, in working mothers 60 (20.0) of self-employed, 10(33.3%) of private job, 14(46.7%) of government job. Non-working mothers 30 (100.0%) of housewife. Hence it is concluded that maximum mothers were in government job. Above table revealed that the mean  $\pm$  SD (48.63 $\pm$  3.34) among the adolescents of working mother and Mean  $\pm$  SD(47.66 $\pm$ 6.08) among adolescents of non-working mothers. There were no significant difference found in level of loneliness among adolescents of working and non-working mothers ( $t=0.762$ ,  $df=58$ ,  $p=0.450$ ). Therefore, it is concluded that working pattern of mothers does not affect the level of loneliness of adolescent.

Above table revealed that there were significant association between level of loneliness with age ( $p$ -value=0.018,  $df=58$ ) and class ( $p$ -value=0.018,  $df=58$ ) at  $p$  whereas there was no significant association between level of loneliness with Type of family, mother's education, father's occupation and mother's occupation ( $P \geq 0.05$ ).

**Table 1. Frequency and percentage distribution of subjects according to socio-demographic variables N=60**

SR NO.	Demographic Variables	Working Mothers (n = 30)		Non-Working Mothers (n = 30)	
		f	%	f	%
1.	AGE (years)				
	12-14	18	60.0	18	60.0
	15-17	12	40.0	12	40.0
2.	CLASS				
	7-9 <sup>th</sup>	18	60.0	18	60.0
	10-12 <sup>th</sup>	12	40.0	12	40.0
3.	TYPE OF FAMILY:				
	Nuclear	24	80.0	21	70.0
	Joint	04	13.33	0	0.0
	Extended	02	6.67	09	30.0
4.	MOTHER EDUCATION:				
	Primary Secondary	0	0.0	1	3.34
	Higher secondary	06	20.0	15	50.0
	Graduation and above	05	16.67	14	46.6
5.	FATHER OCCUPATION:				
	Self employed	10	33.33	20	66.6
	Private job	05	16.67	05	16.6
	Government job	15	50.0	05	16.6
6.	MOTHERS OCCUPATION:				
	Housewife Self	0	0.00	30	100.0
	Employed	06	20.0	0	0.0
	Private job	10	33.3	0	0.0
	Government job	14	46.7	0	0.0

**Table 2. To compare the level of loneliness among adolescents of working and non-working mothers by using UCLA loneliness scale N=60**

CATEGORIES	MEAN	SD	t-VALUE	df	p-VALUE
WORKING MOTHERS (n=30)	48.63	3.34	0.762	58	0.450 (NS)
NON-WORKING MOTHER (n=30)	47.66	6.08			

NS= not significant

**Table 3. To find out the association between level of loneliness with selected demographic variables**

SR NO.	Demographic Variables	N	MEAN	SD	F	P-Value
1.	Age:					
	12-14	36	49.36	4.66	5.97	0.018*
	15-17	24	46.33	4.75		
2.	Class:					
	7-9 <sup>th</sup>	36	49.36	4.66	5.97	0.018*
	10-12 <sup>th</sup>	24	46.33	4.75		
3.	Type of family: Nuclear Joint Extended					
		45	48.62	4.79	1.02	0.367
		04	48.00	1.82		
		11	46.27	5.84		
4.	Mother's education:					
	Primary Secondary Higher secondary	01	54.00	- 5.62	0.48	0.695
	Graduation and above	21	47.90	6.05		
		19	48.05	2.17		
	19	48.21				
5.	Father's occupation: Self employed Private job Govt. job					
		30	46.76	4.56	2.73	0.074
		10	50.30	5.65		
	20	49.15	4.56			
6.	Mother's occupation:					
	House wife Self employed Private job Govt. job.	30	47.66	6.08	1.73	0.170
		6	45.83	3.25		
		10	51.00	3.23		
	14	48.14	2.34			

## DISCUSSION

The current study focused on level of loneliness among adolescents of working and non-working mothers in selected school of District Kangra (Himachal Pradesh). A non-experimental research approach was used. Data was collected from the 60 adolescents, 30 from working and 30 from non-working mothers by using convenient sampling technique. In this chapter, finding of the study are discussed in relation to the objectives of the study.

Findings related to level of loneliness among adolescents of working and non-working mothers of selected schools of district Kangra (HP):

In working mothers, majority (100%) of adolescents were experiencing loneliness sometimes whereas among adolescents of non-working mothers (80%) were experiencing loneliness sometimes. Finding related to association between level of loneliness among adolescents of working and non-working mothers with selected demographic variables (e.g. age, class,

type of family, mothers education, father's occupation, and mother's occupation). There was significant association between level of loneliness with age and class, whereas there was no significant association between level of loneliness with Type of family, mother's education, father's occupation and mother's occupation ( $P \geq 0.05$ ).

### Conclusions

The main aim of the study was to assess the level of loneliness among adolescents of working and non- working mothers.

- In working mothers majority (100%) of adolescents experiencing loneliness sometimes whereas in non-working mothers (80%) of adolescents were experiencing loneliness sometimes.
- There was significant association between level of loneliness with age and class whereas there was no significant association between level of loneliness with Type of family, mother's education, father's occupation and mother's occupation ( $P \geq 0.05$ ).

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