



A Comparative Study to assess the Anxiety level during growth and development among Teenage Girls (13-19yrs) of working Mothers and non- working Mothers in Govt. Schools of Kanpur

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ABSTRACT

Teenager is a developmental period during which dependent children grow into independent adults. This period usually begins at about age 10 years and lasts until the late teens or early 20s. During teenager, children undergo striking physical, intellectual, and emotional growth. In early teenager, children begin to develop the capacity for abstract, logical thought. During teenager, the regions of the brain that control emotions develop and mature. Teenagers gradually learn to suppress inappropriate thoughts and actions and replace them with goal-oriented behaviour. Teenager is a period when physical growth and maturation are accompanied by mental and psychological development. Pubertal timing are associated with different symptoms than pubertal status or age. Puberty seems to affect girls more negatively than boys. Stage of pubertal development rather than chronological age has been reported as a risk factor for eating disorders, depression and anxiety. Methodology: A quantitative research approach was used to assess the anxiety. The research design selected was comparative design, Non-randomized convenient sampling technique was used and sample size is 100. The study was conducted in Govt. schools of Kareli. Spence Children's Anxiety scale used as tool for data collection. Reliability is 0.68. The collected data was analyzed and interpreted by using descriptive and inferential statistics. Results: Homemaker Mothers Teenage: There is significant association between anxiety among teenage of homemaker mothers with Father education ($X^2 = 16.80$), and Mother education ($X^2 = 20.63$) as the calculated value > Tabulated value (12.59) at $P < 0.05\%$ and there is no significance association between other demographic variables with age, gender, religion, no. of siblings, education, father's occupation as the tabulated value is greater than calculated value at the significance level of 0.05. There is significant association between anxiety among teenage of employed mothers with Mother education as the calculated value ($X^2 = 10.28$) > Tabulated value (9.49) at $P < 0.05\%$. The study concludes that there is a significant difference in anxiety among teenage of homemaker mothers and employed mother.

769

Keywords: Anxiety, Generalized anxiety disorder, working mothers, Teenager girl, Growth.

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1 Introduction

Teenager is a period that begins with puberty and ends with the transition to adulthood (ages 12–18yr). There are about 1.2 billion teenagers worldwide, 20% of the world

population. Teenager is a time of rapid change. Physical changes associated with puberty are triggered by hormones. In teenager, youth experience puberty, develop abstract thinking abilities, and transition into and out of middle



school and then high school. Although most youth go through this period without excessive stress. Teenagers are at a greater risk of school dropout, arrest, drug use and some psychological disorders than other age groups. Nationality, gender, ethnicity, socioeconomic status, religious background, sexual orientation, and genetic factors shape how teenagers behave and how others respond to them, and are sources of diversity in teenager.

2 Objectives

1. To assess the knowledge of adolescent girls regarding breast self examination.
2. To assess the attitude of adolescent girls regarding breast self examination.
3. To evaluate the effectiveness of structured teaching programme regarding breast self examination.
4. To associate the finding with selected demographic variables...

2.1 Hypotheses

Hypothesis 1: There will be a significant difference between anxiety level during growth and development among teenage girls of working and non- working mothers.

Hypothesis 2: There will be a significant association between anxiety level during growth and development among teenage girls of working mothers with their selected demographic variables.

Hypothesis 3: There will be a significant association between anxiety level during growth and development among teenage girls of non-working mothers with their selected demographic variables.

3 Methodology

A quantitative research approach was used to assess the anxiety. The research design selected was comparative design, Non-randomized convenient sampling technique was used and sample sizes are 100. The study was conducted in govt school Kareli. The conceptual framework was based on Roy's adaptation model. Spence Children's Anxiety scale used as tool for data collection. The research tool consisted of two sections; Section A is demographic variable and section B is related to anxiety scale. The content

validity done by five experts in field of Nursing and Medical. Reliability is 0.68. The collected data was analyzed and interpreted by using descriptive and inferential statistics.

4 Result

Non Working Mothers Teenage

The frequency and percentage distribution of teenage depicts that majority (70%) of subjects are of 12 years of age, (12%) are of 13 years of age and remaining (18%) are of 14 years of age. All the samples are 50 in number out of which maximum percentage (56%) are females and remaining (44%) are males. The highest percentage (84%) of subjects belongs to Hindu Religion, (10%) are of Muslim Religion, (6%) belongs to Christian Religion. The majority (40%) of subjects have 1 Sibling, (52%) of subjects have 2 sibling, (2%) are having more than 2 siblings and remaining (2%) of subjects have no sibling. The majorities (40%) of subject are in 8th Standard, (32%) are in 7th standard and remaining (28%) are in 6th standard. Education status of father explains the maximum (46%) having intermediate education, (26%) are having graduation and above, (21%) are having primary education and remaining (7%) are illiterate. If we analyze fathers occupation, (24%) are government employee, (22%) are in private job, (32%) are self-employed and remaining (22%) subject were farmers. Mother education status explains the maximum (36%) have intermediate education, (20%) have graduation and above, (32%) have primary education and remaining (12%) had illiterate. The 100% of subjects are homemaker.

There is significant association between anxiety among teenage of homemaker mothers with Father education ($X^2_6 = 16.80$), and Mother education ($X^2 = 20.63$) as the calculated value > Tabulated value (12.59) at $P < 0.05\%$ and there is no significance association between other demographic variables with age, gender, religion, no .of siblings, education, father's occupation as the tabulated value is greater than calculated value at the significance level of 0.05.

Working Mothers Teenage

The frequency and percentage distribution of teenage depicts that majority (42%) of subjects are of 12 years of age, (34%) are of 13 years of

age and remaining (24%) are of 14 years of age. All the samples are 50 in number out of which maximum percentage (56%) are males and remaining (44%) are females. The highest percentage (88%) of subjects belongs to Hindu Religion, (08%) are of Muslim Religion, (04%) are of Sikh Religion and no subject belongs to Christian Religion. The majority (36%) of subjects have 1 Sibling, (32%) of subjects have 2 sibling, (24%) are having no sibling and remaining (8%) of subjects have more than two siblings. The majorities (38%) of subject are in 8th Standard, (36%) are in 7th standard and remaining (26%) are in 6th standard. Education status of father explains the maximum (56%) having graduation & above, (26%) are having Intermediate, (18%) are having primary education no one are illiterate. If we analyze fathers occupation, highest percentage

(48%) are in private job, (44%) are in govt. Job, (08%) are self-employed and (00%) subject unemployed. Mother education status explains the maximum (52%) have graduation & above, (44%) have intermediate, (04%) have primary education and no one is illiterate. The 100% of subjects are employed.

There is significant association between anxiety among teenage of employed mothers with Mother Education as the calculated value ($X^2 = 10.28$) > Tabulated value (9.49) at $P < 0.05\%$ and there is no significance association between other demographic variables with age, gender, religion, no. Of siblings, education, father’s education and Father’s occupation as the tabulated Value is greater than calculated value at the significance level of 0.05.

Table- 1: Frequency, percentage, mean and standard deviation of anxiety level among adolescent girls of working and non- working mother. N-60

S.N	Group	Category	Score	F	%	Mean	Sd
1.	Adolescent Girls Working Mothers	No Anxiety	0-22	9	30%	29.6	14.2
		Mild	23-44	17	57 %		
		Moderate	45-66	4	13%		
		Severe	67-90	0	0%		
2	Adolescent Girls Non-Working Mothers	No Anxiety	0-22	13	43 %	25.2	13.5
		Mild	23-44	15	50 %		
		Mild	23-44	15	50 %		
		Moderate	45-66	2	7%		

Table-1 Depicts that majority 17(57%) adolescents girls of working mothers have mild anxiety, 9(30%) have no anxiety ,4(13%) have moderate level of anxiety& none of them are found to be with severe anxiety whereas their mean score is 29.68 with standard deviation 14.20.

The above table shows that majority 15(50%) of

adolescents girls of non-working mothers have mild anxiety, 13(43%) have no anxiety, 2(7%) are found to have moderate level of anxiety & none of them is found to have severe anxiety whereas their mean score is 25.21 with standard deviation 13.52.

Table 2: Comparison between anxiety level among adolescent girls of working and non-working mothers N= 30+30 =60

S.No	Group	Mean	Mean difference	Sds	SED	T-value	Significance
1	Adolescent girls of working mothers	29.8	4.5	11.92	2.86	1.57	=1.57 P>0.05 Non-significant At 58 df 2.00
2	Adolescent girls of non working mothers	25.3					



Table-2: The above table shows that t value is 1.57 at 58 df table value is 2.00 ,which shows there is non- significant difference between anxiety level among adolescent girls of working and non -working mothers.

Mean score of adolescent girls of working mother is 29.8 and mean score of adolescent girls of non-working mother is 25.3. There is mean difference is 4.5 which shows mean score of adolescent girls of working mother is higher than adolescent girls of non -working mother which shows the minor difference in anxiety between both the group but t value 1.57 is lower than table value of 58 df = 2.00 which shows there is no visible difference seen in anxiety level of adolescent girls of working and non - working mothers.

Hence H₁ is rejected –there is non- significant difference found between the level of anxiety among adolescent girls of working and non - working mothers.

Hypothesis 2 is accepted as there was significant association between anxiety level during growth and development among adolescent girls of working mothers with their selected demographic variables Caste, monthly income of family at tabulated value at 9 degree of freedom.

Hypothesis 3 is accepted as there was significant association between anxiety level during growth and development among adolescent girls of non working mothers with their selected demographic variables.

5 Recommendation

- A Similar study may be conducted on a larger sample for wider generalization.
- An experimental study can be conducted to find out the factors associated with anxiety.
- The study may be conducted at different setting.

6 Conclusion

The study concludes that there is a significant difference in anxiety among teenage of non working mothers and working mothers.

The study is conducted with the objective to assess the anxiety level among adolescent girls of working and non- working mothers in selected Govt school of Jabalpur city .The following conditions were drawn on the basis of findings of the study:-

- Among adolescents girls of working mothers

majority 17(57%) are found mild anxiety, 9(30%) nil anxiety level, 4(13%) moderate level of anxiety & none of them are found to have severe anxiety whereas their mean score is 29.68 with standard deviation 14.20.

- Majority 15(50%) of adolescents girls of non-working mothers are found mild anxiety, 13(43%) nil anxiety level, 2(7%) moderate level of anxiety & none of them are found to have severe anxiety whereas their mean score is 25.21 with standard deviation 13.52.
- The finding reveals that t value is 1.57 at 58 DF table value is 2.00 which shows there is non-significant difference between anxiety level among adolescent girls of working and nonworking mothers.
- The finding of present study indicates that the level of anxiety of adolescent girls of working mother is associated with type of family and monthly income of family.
- The finding of present study indicates that the level of anxiety of adolescent girls of working mother is associated with type of family, birth order of child and monthly income of family

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