



Influence of Mothers' Occupation on Children Upbringing and Social Behaviour among Federal College of Education, Zaria staff and its implication for Counselling Profession

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Abstract

The paper focused on the influence of mothers' occupation on children upbringing and social behaviour among FCE, Zaria staff and its implication for counselling profession. Descriptive research design was employed for the study. The population comprised of Two thousand three hundred and twenty-one (2321) working-class parents in Federal College of Education, Zaria. Multi stage cluster, simple random and proportionate sampling techniques were employed before the sample of three hundred and twenty-two respondents was selected but only 195 responses were returned and used for the study. The instrument used for data collection was a self-designed questionnaire which was validated by three experts in Guidance and Counselling and Psychology from Ahmadu Bello University, Zaria. The instrument was trial tested using test retest method and the data obtained were analyzed using Spearman Rank Correlation which yielded coefficient of 0.72 to ascertain the reliability of the instrument. Frequency count and percentages were used to answer the three research questions. The findings of the study revealed that mothers play lots of roles in children upbringing and social behaviour, that mothers' occupation poses challenges on children upbringing and social behaviour in the society and that counselling strategies can be used in addressing the challenges of mothers in children upbringing and social behaviour. The paper recommended that working-class mothers should create more time from their tight schedules for their children, they need to guide and monitor the use of media by their children as well as the friends they keep and that there is need for the provision of counselling services in places of work.

Key words: Mother's occupation, upbringing, social behaviour, Counselling

Introduction

It is imperative to note that the family and especially the parents are great socialization agents. It is the first social setting that a child experiences in life. Mothers have the primary responsibility for the child's upbringing (Funsho, 2014). The relationship between the mother and the child helps in shaping and maintaining high level of positive

behaviours. They are expected to guide and modify the behaviour of their children to conform to the acceptable behaviours in the society as well as participate in activities aimed at preventing crime or disorder being committed by their children. A mother is particularly important not because she has special skills but because she is with her children for a much greater time than any other person. Although there are some women who stay at home busy looking after their children round the clock, however the rest go out engaging themselves in one occupation or the other.

Most of the women play a double role in the society. At home, they play the role of mother and at workplace they play the part of labour force. (Abdul, Allahdino & Roshan 2012). Researchers have proved that absence of parents' attention at an early age is very harmful. To support this view, Lanre (2018) observed that, "the child of working-class mother scores comparatively lower than the child of household mother." It is important to note that not every child comes from a home that could provide them with the requisite educational resource necessary for their academic success. In agreement with this, mothers' occupation plays a significant role in providing many of these necessities and appears to impose the greater impact on the children upbringing and social behaviour. Similarly, Ajila and Olutola (2000) pointed out that, "the home has a significant influence on the psychological, emotional, social and economic state of the children. The state of the home affects the individual since the mothers are closer to the children (Salihu, 2018).

One way that a mother's work might directly influence her child's development is through its effect on her ability to form a bond with her infant that promotes the child's security and attachment, as well as her ability to care for the child responsively and appropriately (Belsky, 2001). For example, if a mother's work requires frequent or long separations from her child, their bonding could be impeded—although many other factors could affect the outcome, such as the quality of the caregiver who substitutes for the mother or the mother's job-related stress. According to Waldfogel (2005), "researchers have documented that children are more likely to spend time without parental supervision at younger ages if their parents are working, which may in turn harm the children's performance in school and increase their participation in risky behaviours in the society. Theories of how parents' function and nurture their children suggest that on-going stress at work may cause parents to withdraw from interacting with their children at home, or to be more vulnerable to stimuli that trigger conflict with their children. In support of this view, Ann (2018) says, "researchers described this as "role overload" working parents may be overwhelmed by the feeling that they can't accomplish everything they need to do, and, in this way, work stress becomes linked to stressful situations in the home."

Parents feel pressured by external demands to work for pay, such as financial uncertainty, welfare requirements, or the rising cost of goods that are thought to benefit children such as child care, tutoring etc. (Mark, 2001). These demands, in turn, may affect parents' job satisfaction, physical and mental health, coping resources and ability to provide socio-emotional support for their children. Long work hours, lack of autonomy, job insecurity, and a heavy workload are also associated with mothers' mental health problems (for example, anxiety and depression), and mothers' mental health is believed to play a

fundamental role in their children's mental and physical development (Geraldine & James, 2009). With the aforementioned in mind, counselling services may be required. Adebajo (2018) defines counselling as the service offered to the individual who is undergoing a problem and needs professional help to overcome it. Counselling is a more specialized service requiring training in personality development and handling exceptional groups of individuals. Counselling for working mothers calls for theories and strategies that better reflect the complexity of issues facing the group. Counsellors must recognize the complexity of the issues facing working mothers today, and understand that work and family have to be dealt with jointly. Counselling direct working-class mothers on appropriate occupational choices. If the society is not to be plaque by a band/group of disgruntled, frustrated and unrealistic individuals, it is desirable that adequate guidance and counselling and career information be provided working-class mothers who will in turn raise responsible children.

Statement of the Problem

It is obvious and common to see that children upbringing and social behaviour are the primary responsibility of every parent and particularly the mothers. Mothers have inescapable responsibilities in children upbringing. A society where these children that would be future leaders are engaged in crisis, conflict, crimes among others due to mother's occupation then there can never be peace, progress and sustainable development in the society.

Child-care and upbringing have become a major issue in most of the countries of the world. It is a universal truth that children require the love of mother the most. These days it is absolutely very hard decision for a mother to select between working out of the home and having some quality time with the children. There are many researches which have proved that absence of parents' attention especially the mother at an early age is very harmful. The child of working-class mother whose mother's hardly have time for, always scores comparatively lower than the child whose mother devote time and attention for. The general observation is that mothers in Zaria Metropolis are too busy with their economic pursuits, thereby leaving the training of their children in the hands of nannies. It is against this background that this study investigated the influence of mothers' occupation on children upbringing and social behaviour among Federal College of Education, Zaria staff and its implication for counselling profession.

Objectives of the Study

Specifically, the study sought to:

- i. examine the role of mothers in children upbringing and social behaviour.
- ii. assess the challenges of mothers' occupation on children upbringing and social behaviour in the society.
- iii. determine counselling strategies in addressing the challenges of mothers' occupation on children upbringing and social behaviour.

Research Questions

- i. What are the roles of mothers in children upbringing and social behaviour?
- ii. What are the challenges of mothers' occupation on children upbringing and social behaviour in the society?
- iii. What are the counselling strategies to be adopted in addressing the challenges of mothers' occupation on children upbringing and social behaviour?

Methodology

The design for this study is a descriptive survey design. The population for this study comprised of Two thousand three hundred and twenty-one (2321) working-class parents in Federal College of Education, Zaria. Multi stage cluster sampling was used. Respondents were classified into teaching and non-teaching staff; then simple random sampling technique was adopted in selecting five (5) schools from which proportionate technique was employ to select the sample of three hundred and twenty-two (322) staff using Research Advisor (2006) method. The instrument used for data collection was structured questionnaire. The questionnaire was divided into two (2) sections that is, A and B sections. Section A consists of personal data of the respondents, while section B consists of questions related to the research questions. The questionnaire was constructed using the four-point rating format of Strongly Agreed, (SA), = 4, Agreed, (A), = 3, Disagreed, (D) =2, Strongly Disagreed (SD) to elicit respondent's degree of response necessary for meaningful interpretations.

To establish the validity of the instrument, the questionnaire that was given to the three lecturers from the Department of Educational Psychology and Counselling, ABU, Zaria who scrutinized the instrument and suggested essentials for inclusion in the instrument. The suggestions were used for the modification of the final draft of the instrument. A trial testing of 20 staff from College of Education, Gidan waya was conducted twice after which Spearman Rank Correlation was used which yielded 0.72 reliability coefficient which is considered adequate for the internal consistency of the instrument. The researchers along with two research assistants administered the questionnaire to the randomly sampled respondents in a community meeting of FCE, Zaria. The data collected from the respondents was carefully tabled and presented in tabular form. Simple descriptive statistics of frequency distribution and percentages (%) were used in the data analysis.

Results

Answers to Research Questions

Table 1: Respondents' views on the role of mothers in children upbringing and social behaviour

s/n	Item Statement	SA	A	D	SD	Total
1.	Mothers inculcate social norms into the children despite their working conditions	116 (59.5%)	57 (29.2%)	7 (3.6%)	15 (7.7%)	(100%)
2.	Genuine love is usually shown to children by their working mothers	108 (55.4%)	73 (37.4%)	5 (2.6%)	9 (4.6%)	(100%)
3.	Assisting in children education is common among working mothers	97 (49.7%)	85 (43.6%)	3 (1.5%)	10 (5.1%)	(100%)
4.	Leadership by example is an attribute of working mothers	89 (45.6%)	72 (36.9%)	16 (8.2%)	18 (9.2%)	(100%)
5.	Working class mothers show moral supports in the education of the children	105 (53.8%)	69 (35.4%)	6 (3.1%)	15 (7.7%)	(100%)

In the Table above, 173(88.7%) of the respondents agreed that one of the roles of mothers in children upbringing and social behaviour is that mothers inculcate social norms and values into the children despite their working conditions 22(11.3%) of the respondents disagreed. Item 2 indicated that 181(92.8%) of the respondents agreed that genuine love and affection are usually shown to children by their working mothers, while 14(7.2%) of the respondents disagreed. In addition, item 3 shows that 182(93.3%) of the respondents agreed that assisting in children education is common among working mothers while 13(6.6%) of the respondents disagreed. Item 4 indicates that 161(82.5%) of the respondents agreed that leadership by example is an attribute of working mothers, while 34(17.4%) of the respondents disagreed. Item 5 indicates that 174(89.2%) of the respondents agreed that working class mothers showed moral supports in the education of the children 21(10.8%) of the respondents disagreed.

Table 2: Respondents' views on the challenges of mother's occupation on children upbringing and social behaviour in the society

s/n	Item Statement	SA	A	D	SD	Total
1.	Lack of parental training emanated from mothers' occupation	102 (52.3%)	51 (26.2%)	19 (9.7%)	23 (11.8%)	(100%)
2.	Use of house help by working mothers has negative effect on their children	106 (54.4%)	49 (25.1%)	18 (9.2%)	22 (11.3%)	(100%)
3.	Friends easily influence children of working-class mothers	87 (44.6%)	59 (30.3%)	20 (10.3%)	29 (14.9%)	(100%)
4.	Level of indiscipline is usually low among working mother children	115 (59.0%)	46 (23.6%)	13 (6.7%)	21 (10.8%)	(100%)

5.	Media negative influence is rampant among children of working women.	97 (49.7%)	63 (32.3%)	17 (8.7%)	18 (9.2%)	(100%)
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In the Table, 153(78.5%) of the respondents agreed that one of the challenges of mother's occupation on children upbringing and social behaviour in the society is the lack of parental training and care emanated from mothers' occupation, while 42(21.5) of the respondents disagreed. Item 2 indicates that use of house helps by working mothers has negative effect on their children, 155(79.5%) of the respondents agreed, while 40(20.5%) of the respondents disagreed. Item 3 shows that 146(74.9%) of the respondents agreed that friends easily influence children of working mothers, however, 49(25.1%) of the respondents disagreed. Item 4 indicates that 161(82.6%) of the respondents agreed that level of indiscipline is usually low among working mother children, on the contrary 34(17.4%) of the respondents disagreed. Item 5 indicates that 160(82.1%) of the respondents agreed that media negative influence is rampant among children of working women, while 35(17.9%) of the respondents disagreed. This means that working-class mothers do face lots of challenges in the upbringing and social behaviour of the children.

Table 3: Respondents' views on the counselling strategies in addressing the challenges of mothers' occupation on children upbringing and social behaviour

s/n	Item Statement	SA	A	D	SD	Total
1.	Counselling working mothers on the importance of upbringing of their children will reduce the challenges	98 (50.3%)	51 (26.2%)	19 (9.7%)	27 (13.9%)	(100%)
2.	Enlightening working mothers on the need to pay serious attention on their children social behaviour will be of help	106 (54.4%)	45 (23.1%)	21 (10.8%)	23 (11.8%)	(100%)
3.	Organising seminars, workshops and conferences on the role of working mother's in the family is very important	117 (60.0%)	39 (20.0%)	19 (9.4%)	20 (10.3%)	(100%)
4.	They educate working mothers' on the danger of neglecting their responsibilities of their children	104 (53.3%)	53 (27.2%)	17 (8.7%)	21 (10.8%)	(100%)
5.	Provision of orientation for working mothers on the need to voice out on some of the challenges they are passing through	127 (65.1%)	51 (26.2%)	6 (3.1%)	11 (5.6%)	(100%)

In this Table, 149 (76.4%) of the respondents agreed that one of the counselling strategies in addressing the challenges of mothers' occupation on children upbringing and social behaviour is counselling working mothers on the importance of upbringing of their children will reduce the challenges, 46(23.6%) of the respondents disagreed. Item 2 indicates that 151(77.4%) of the respondents agreed that enlightening working mothers on the need to

pay serious attention on their children social behaviour will be of help, while 44(22.6%) of the respondents disagreed. Item 3 shows that 156(80%) of the respondents agreed that counselling strategy has to do with organising seminars, workshops and conferences on the role of working mother's in the family is very important, in contrary 39(20%) of the respondents disagreed. Item 4 indicates that 157(80.5%) of the respondents agreed that counselling strategy educate working mothers on the dangers of neglecting their responsibilities of their children, 38(19.5%) of the respondents disagreed. Item 5 indicates that 178(91.3%) of the respondents agreed that counselling strategy lead to provision of orientation for working mothers on the need to voice out on some of the challenges they are passing through, while 17 (8.7%) of the respondents disagreed. This means that various counselling strategies could be employed in addressing the challenges of mothers' occupation on children upbringing and social behaviour.

Discussion of Findings

The study has revealed that despite the working conditions of some mothers, they still have lots of roles to play in the upbringing and social behaviour of their children. This is line with the submission of Felix (2015) who described mothers as leaders who should be role models, who are expected to guide and modify the behaviour of their children to conform to the acceptable behaviours in the society as well as participate in activities aimed at preventing crime or disorder being committed by the children. Similarly, Abdul, Allahdino and Roshan (2012) stated that, a mother is particularly important not because she has special skills but because she is with her children for a much greater time than any other person and her instructions reflects a very strong influence on attitudes, abilities and behaviour of children.

The study equally revealed that working-class mothers face a lot of challenges such as negative effect of house help, bad influence of friends of the working mothers, negative effect of the media on their children upbringing etc. This was why Shalala (2017) expressed that, "the situation of women in the current era is very difficult. They have to face many challenges." On the demands of working mothers and its impact on child development, Nezhad (2013) maintain that, "it is enormous and tasking. Mothers have a lot to do in the area of proper child care and development." Geoffrey et al (2011) is of the view that, "early enrolment of a child in day-care centers is strongly associated with less harmonious mother-child relationships." The result of this is that, children grow up to exhibit various forms of non-challant behaviours that are highly detrimental to society.

The study show that counsellor can employed different strategies such as organising seminars, workshops and conferences, one-on-one counselling among others in addressing the challenges being face by working class mothers on their children's upbringing and social behaviour. Counselling in our present-day generation is useful to all persons and at every stage of life. Evidence has shown that it is beneficial for better understanding of family issues (Ambakederemo & Ganagana, 2016).

Conclusion

Children are often described both as the wealth and pride of a nation. The future of any nation therefore depends on the young ones who constitute the potential human resources needed for the continuity of the society. Thus, to achieve sustainable development of a society, the young population must not only be preserved but also disciplined. The role of mothers' in children upbringing cannot be overemphasised. The role of the mother in addition to her job outside is bringing up children in the norms and values of society. She is responsible for the child emotional, psychological, social, behavioural and intellectual development.

Implications for Counselling

Counselling is a specialized service requiring training in personality development and handling exceptional groups of individuals. It is required for individuals having developmental problems such as choice of career, occupation, family welfare among others. It involves active listening, emphatic understanding releasing the pent-up feelings confronting the client and so on. It is offered to those individuals who are facing some challenges and need professional help to overcome it for instance working class mothers. Be as it may, Counselling programmes can assist the family in harmonizing their abilities, interest, values and enable them to develop their full potentials especially working-class mothers. Counselling can direct mothers on appropriate career choices, solving indiscipline issues from the children, address education, social and psychological problems and general adjustment to life. This is because counselling profession is seen as a psychological process of helping an individual to be equipped with self-understanding and skills of problem solving of everyday life in the family, school and society at large.

Recommendations

- i. Working class mothers should continue to inculcate social norms and values into their children by creating more time from their tight schedules.
- ii. Working class mothers need to guide and monitor the use of media by their children as well as the friends they keep.
- iii. There is need for the provision of counselling services in places of work in order for staff especially working-class mothers to see the need to voice out on some of the challenges they are passing through in the upbringing of their children.

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