

## **Self-Confidence Level of the Children of Working and Non-Working Mothers: A Comparative Study**

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### **Abstract**

The decision between remaining taking care of youngsters and going for work is extremely convoluted for Pakistani mothers. There are the contentions in support and against the occupation of moms. The supporters of moms work are of the feeling that working moms assemble fearlessness, social cognizance and feeling of commitment, move viciously and parcel of monetary advantages. The adversaries quarrel that by working, moms strip their youngsters from early advancement and preparing. Subsequently, it is not mischievous for a mother to have a vocation yet it is more likely than not the cheering action for her kids. The current study intends to investigate the effects of mothers' work on the self-confidence of children. For this a sample of 175 students was randomly selected from different colleges of Rawalpindi. It was found that the trend of mothers' employment is increasing day by day. The self- confidence level of the children of mothers staying at home and working do not have any significant difference.

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## **Introduction**

Pakistan is a developing country where male and female have to work simultaneously. They are the two most vital pillars of growth and development. Without their common involvement, it is impossible for the state to progress. Pakistani women enthusiastically participate in industrious and non industrious activities. The majority of the women take part in a double role in Pakistan. At home, they perform the role of mother and at workplace they perform the part of labor force. There are a few ladies who remain at home discovered caught up with taking care of their youngsters round the clock. A mother is transcendently vital not on the grounds that she has exceptional aptitudes but rather on the grounds that she is with her youngsters for a significantly more noteworthy time than some other individual and her headings mirrors an intense expert on dispositions, capacities and conduct of kids. The greater part of those kids who are effective and composed originated from homes where parental demeanors are ideal and a sound relationship existed amongst kids and guardians (Priyanka Aeri and Devina Jain, 2010).

Certainty can be an inevitable augur, which implies that those without it might bomb in accomplishing objectives, or not attempt since the absence of self-assurance, and those with it might succeed in light of the fact that they have it. Absence of fearlessness is called apprehension. Being unnerved of disappointment is a characteristic of this, and can as often as possible be the consequence of encounters from various past disappointments. Dread and fear is every now and again the called the inverse to certainty. Individuals with satisfaction are the individuals who have outlandish certainty, i.e. trusting they are capable of things or being right when they are most certainly not. What's more, those who are pompous or pretentiousness trust a similar thing yet with no respects for disappointment. All around self-assurance is created amid the period of adolescence and rises up out of the gradual addition of bury and intrapersonal encounters (Harris, 2009; Brown, 1994).

“The socio-psychological concept of self-confidence relates to self-assuredness in one's personal judgment, ability, power, etc., sometimes manifested excessively.”

<http://en.wikipedia.org/wiki/Self-confidence> (2010-02-11)

“Self-confidence is confidence in oneself, i.e. in one's abilities and worth, including the ability to cope with one's limitations and problems.”

<http://www.websters-online-dictionary.org/definition/self-confidence> (2010-02-11)

## **Factors**

Self-conviction has been specifically associated with an individual's informal community, the exercises they partake in, and what they catch wind of themselves from others. Positive confidence has been connected to components, for example, mental wellbeing, mattering to others, and both self-perception and physical wellbeing. Low

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confidence in youths appears to be an essential indicator of undesirable practices and mental issues, for example, self-destructive ideation further down the road.

During adolescence self-esteem is influenced by age, race, ethnicity, adolescence, wellbeing, body tallness, body weight, self-perception, contribution in physical exercises, sex introduction, sex character, psychological wellness, and arousing or disclosure of sexuality. Self-assurance can differ and be seen in an assortment of measurements. Segments of one's social and scholastic life influence confidence. An individual's fearlessness can change in various situations, for example, at home or in school.

### **Implicit vs. Explicit**

Implicit can be characterized as something that is inferred or seen however not specifically communicated. Unequivocal is characterized as something that is completely and unmistakably communicated; leaving nothing suggested. Verifiably measured confidence has been observed to be pitifully related with unequivocally measured confidence. This leads a few faultfinders to expect that unequivocal and certain fearlessness are two totally unique sorts of confidence. Accordingly, this has made the determination that one will either have a particular, oblivious confidence or they will intentionally distort how they feel about themselves. Late reviews have demonstrated that certain confidence doesn't especially take advantage of the oblivious, rather that individuals intentionally over report their levels of confidence. Another plausibility is that understood estimation might evaluate an alternate part of cognizant confidence out and out. Erroneous self-assessment is generally seen in solid populaces. In the outrageous, expansive contrasts between one's self-discernment and one's genuine conduct is a sign of various issue that have vital ramifications for understanding treatment chasing and consistence.

### **Review of Related Literature**

Fearlessness is the fundamentally essential variable that decides learners' status to contribute in oral exercises in dialect classrooms (Yashima, Zenuk-Nishide, & Shimizu, 2004). As it were, we can state that where there is fearlessness, there will be great correspondence. Then again, absence of self-assurance is idea to be the most perilous hindrance for profitable correspondence. Various reviews have been completed on the impacts of fearlessness on learners status to take an interest in classroom open exercises (Molberg, 2010; Al-Sibai, 2005; Gregersen & Horwitz, 2002; Brown, 1994).

The writing on the wellsprings of developing general self-assurance focuses to self-assurance being subordinate from a few elements. The most key elements are: (1) individual encounters; fruitful encounters increment the improvement of high self-

assurance, while the encounters of disappointment have the inverse impact, (2) social messages gotten from others. Group, home, school, and associates are essential for self-assurance escalation. Sending positive messages for others is thought to be unfavorable to the improvement of high self-assurance, while disclosure to negative messages diminishes the stature of self-assurance (Glenda & Anstey, 1990; Pierce et al., 1989; Brockner, 1988; Bandura, 1982).

Self-confidence is massively imperative in almost every period of our lives, yet such a variety of individuals move savagely to discover it. Tragically, this can be an endless loop: individuals who need fearlessness can think that it's hard to end up plainly triumphant. All things considered, a great many people are unwilling to back a venture that is being slanted by somebody who was restless, bobbling, and excessively sorry. Then again, you may be affected by somebody who talks obviously, who holds his or her head high, who answers addresses certainly, and who promptly concedes when he or she doesn't know something. Certain individuals induce trust in others: their watchers, their associates, their managers, their clients, and their companions. Also, picking up the certainty of others is one of the key routes in which a self-assured individual discovers achievement. The uplifting news is that self-assurance in actuality can be learned and based on. What's more, regardless of whether you're dealing with your own particular self-assurance or building the certainty of individuals around you, it's definitely justified even despite the exertion! It might help or cripple scholastic achievement.

### **Significance of The Study**

The results of the study will be helpful not only for parents but also for teachers that how they can best enhance the self-confidence level of children. The study will further find out the reasons of the difference between self-confidence level of children of working and non-working mothers. The items in the tool of the study in order to collect data will contribute to a better understanding of how to help children to increase their self-confidence level.

### **Objectives of The Study**

The study intends to:

1. identify the demographics (age, gender, location, discipline, job status of mother).
2. assess the self-confidence level of children of working and non-working mothers.
3. compare the attitude of children of working and non-working mothers towards life.

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### **Hypotheses**

1. Self-confidence level of children of working mother is high as compared to children of non-working mothers.
2. Children of working mothers are having positive attitude toward their life.

### **Delimitation**

The sample of the study is delimited only to the:

1. Rawalpindi colleges
2. College students
3. Session 2015

### **Sample**

The sample of the research was 175 students at college level. The mothers of 98 (55%) respondents were on job whereas 77(44.0%) mothers were house wife.

### **Sampling Technique**

The researcher used simple random sampling technique to collect the data.

### **Instrument**

A scale as a tool of research was used to collect data designed under the light of literature and after studying different scales regarding self-confidence level.

### **Data Collection**

Data was collected in an organized and structured manner after seeking permission from the authorities of the colleges. The researcher personally collected the data for the present study.

### **Data Analysis**

Data was analyzed by using SPSS. ANOVA and T-Test was applied according to the objectives of the study. Demographics were analysed through frequencies and percentages.

### **Results and Discussions**

Table 1: Demographic variables of respondents

	Demographic Variables	Frequency	Percent
1	Student academic Level		
	Inter	83	47.7

	Graduation	92	52.6
2	Mother's Job status		
	On job	98	55.4
	Jobless/house wife	77	44.0
3	Student Gender		
	Male	56	32.0
	Female	119	68.0
4	Student Discipline		
	Science	125	71.4
	Arts	50	27.3
5	Student Age categories		
	16-19 years	113	64.6
	20-23 years	58	33.3
	24-27 years	4	1.1
6	Student/family Location		
	Rural	64	32.6
	Urban	111	98.4

Table 1 show some noteworthy characteristics of respondents that 83 (47.7%) respondents fall under inter level including FA/FSC whereas 92 (52.6%) respondents fall under graduation level. While number of working mothers is 98 (55.4%) and non-working are 77 (44.0%) of the 175 (100.0%) mothers. The number of male respondents is 56 (32.0%) and female respondents are 119(68.0%). With respect to discipline 125 (71.4%) respondents have science subjects where as respondents having arts subjects are 50 (27.3%).

Respondents were categorizing under three age groups such as. 113 (64.6%) respondents fall under 16-19 years and 58 (33.3%) respondents fall under 20-23 years where as 4 (1.1%) respondents fall under 24-27 years of age. Respondents who belong rural area are 64 (32.6%) and 111 (98.4%) respondents reported that they belong to urban area. Table 2: Difference between self-confidence level

	Sum of Squares	df	Mean Square	F	Sig. (P)
Between Groups	78.989	3	26.330	.844	.472
Within Groups	5273.358	169	31.203		
Total	5352.347	172			

$P \text{ value} > a = .472 > 0.05$

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Table 2 shows the comparison regarding self-confidence level between the adults of working and non-working mothers. The value of sum of squares between groups is 78.989 and for the same group the value of mean square is 26.330. For within groups the value of sum of squares is 5273.358 with mean square value 31.203. P value .472 which is greater than tabulated value that shows no significant difference.

Table 3: Attitude towards life

	Working Mother		Non-Working Mother/House Wife	
	Frequency	Percent	Frequency	Percent
Agree	58	59.7	42	54.4
No view	13	13.4	11	14.2
Disagree	26	26.9	24	31.16
Total	97	100.0	77	99.76

Table 3 depicts the attitude of the adults of working and non working mothers towards life. 58 (59.7%) adults out of 97 shows positive attitude towards their life whereas 13(13.4%) respondents showed no view and 26 (26.9%) respondents were disagree. 42 (54.4%) adults of non-working mothers respond positive attitude towards life and 11(14.2%) respondents out of 77 showed no view. Whereas 24 (31.16%) respondents were disagree. The findings show that the adults of working mothers are having positive attitude towards their life as compared to the adults of non-working mothers.

## **Findings**

After analyzing the data the following findings were drawn:

It was found that the trend of mother's job is high due to the needs and demands of their children.

The findings also showed that there is no significant difference between the self-confidence level of the adults of working and non-working mothers.

The study also depicts that the adults of working mothers are having positive attitude towards their life as compared to the adults of non-working mothers.

In the light of findings of the present study the adults of non-working mothers are having lack of plans regarding their professional life.

## **Conclusion**

In the light of findings it is concluded that the adults of working mothers are fully confident in their personal and professional life as well as they are having a healthy social life due to the experiences of their mothers in their professional life their mothers can much better guide them how to do what to do and when to do. The vision of working

mother is much bright as compared to a non-working mother. The adults of working mothers possess positive attitude towards their life.

### **Recommendations**

Under the experience and findings of the present duty some recommendations are drawn:

1. Teachers should guide those students who are having low self-confidence by using different techniques.
2. With the help of different group based activities the confidence level should be increased those who show low self-confidence.
3. By proper training sessions regarding guidance and counseling teachers and mother should have time to time meetings about the progress of the adult from every developmental aspect.
4. In case of facing failures this is the first most duty of parents as well as teachers to make him realize the importance of taking failure as a challenge this will enhance their self-efficacy level and on the other hand their self-confidence level as well.