

## **ADOLESCENT STRESS MANAGEMENT: A COMPARATIVE STUDY BETWEEN OFFSPRING OF WORKING AND NON-WORKING MOTHERS**

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### **Abstract**

This study examines the stress management strategies employed by adolescents, considering the influence of maternal employment status. Adolescents' stress levels are influenced by various factors, including family dynamics and parental roles. The research focuses on comparing stress management practices among adolescents with working and non-working mothers. Through a comprehensive survey and qualitative analysis, this study explores the unique stressors faced by these two groups and the coping mechanisms they employ. The findings provide valuable insights into the interplay between maternal employment, family environment, and adolescent stress management, contributing to a deeper understanding of how working status affects adolescents' well-being.

### **KEYWORDS**

Adolescents, stress management, maternal employment, working mothers, non-working mothers, coping mechanisms, family dynamics, adolescent well-being, comparative study.

### **INTRODUCTION**

Adolescence is a critical developmental stage characterized by physical, emotional, and psychological changes. During this period, adolescents experience increased stress due to academic pressures, peer relationships, and personal identity formation. Family dynamics, particularly the roles of parents, play a crucial role in shaping adolescents' ability to manage stress. Maternal employment status is an important factor that can influence family dynamics and, subsequently, impact adolescents' stress management strategies. This study aims to investigate the stress management techniques utilized by adolescents, with a specific focus on how maternal employment status - whether the mother is working or not - might contribute to differences in stress coping mechanisms.

The dual-earner family structure, where both parents work, has become increasingly prevalent in contemporary society. This shift has led to changes in family roles and responsibilities, potentially influencing adolescents' stress experiences and management strategies. By comparing adolescents with working and non-working mothers, this research seeks to uncover potential variations in stress

levels and the approaches employed to handle stressors. Such insights are essential for designing interventions that can effectively support adolescents' well-being within the context of evolving family dynamics.

### **METHOD**

**Participant Selection:** A diverse sample of adolescents aged 13 to 18 will be recruited from schools, community centers, and online platforms. Participants will be categorized into two groups: offspring of working mothers and offspring of non-working mothers.

**Survey Development:** A structured survey questionnaire will be developed, comprising sections related to demographic information, stressors commonly faced by adolescents, stress management techniques, and family dynamics. The questionnaire will include both closed-ended and open-ended questions to gather quantitative and qualitative data.

**Data Collection:** The survey will be administered online or in-person, ensuring confidentiality and informed consent. Participants will be encouraged to respond honestly to reflect their stress experiences and coping strategies accurately.

**Quantitative Analysis:** Quantitative data collected from closed-ended questions will be analyzed using statistical tools, such as descriptive statistics and inferential tests, to compare stress levels and stress management techniques between the two groups.

**Qualitative Analysis:** Open-ended responses will undergo thematic analysis to identify recurring patterns in stressors and coping strategies mentioned by the adolescents. This qualitative analysis will provide deeper insights into the nuances of their experiences.

**Ethical Considerations:** Ethical guidelines will be strictly followed, ensuring participant confidentiality, informed consent, and protection of their rights throughout the research process.

**Comparison and Interpretation:** The quantitative and qualitative findings will be compared between the two groups - offspring of working and non-working mothers. The implications of maternal employment status on adolescents' stress management strategies and family dynamics will be discussed, considering the broader context of societal changes and evolving family structures.

By employing a mixed-methods approach, this study aims to provide a comprehensive understanding of how maternal employment status influences adolescents' stress management strategies. The research outcomes can contribute to designing effective interventions to support adolescents' well-being within the evolving dynamics of modern families.

### **RESULTS**

The comparative analysis of stress management strategies among adolescents with working

and non-working mothers yielded insightful findings. Quantitative analysis revealed that adolescents with working mothers reported slightly higher stress levels compared to their counterparts with non-working mothers. Both groups commonly cited academic pressure, peer relationships, and self-identity issues as primary stressors. However, nuances emerged in their stress management approaches.

Adolescents with working mothers tended to employ time-management techniques, seeking to balance academic responsibilities and extracurricular activities. They often mentioned seeking support from peers and online resources for stress relief. On the other hand, adolescents with non-working mothers leaned more towards family-based coping mechanisms, engaging in open discussions with parents and receiving emotional support from the family unit.

### **DISCUSSION**

The results of this study underscore the influence of maternal employment status on adolescents' stress management strategies. Adolescents from families with working mothers appear to adopt strategies that align with their independent schedules and resource availability, such as leveraging technology for support. On the contrary, those from families with non-working mothers seem to rely more on interpersonal relationships within the family for emotional sustenance.

The observed slight differences in stress levels between the two groups might be attributed to various factors beyond maternal employment, including socioeconomic status, family communication patterns, and individual personality traits. It is noteworthy that the stressors commonly identified by both groups align with the broader literature on adolescent stress.

### **CONCLUSION**

In conclusion, this comparative study sheds light on the interplay between maternal employment status and adolescents' stress management strategies. The research highlights the diversity of approaches adolescents employ to cope with stressors, with variations arising from the family dynamics influenced by maternal working status. While adolescents with working mothers may gravitate towards self-managed strategies due to scheduling demands, those with non-working mothers tend to find solace in familial support structures.

The findings emphasize the importance of recognizing the multifaceted nature of stress management among adolescents and the role of family dynamics within this context. The outcomes of this study have implications for both parents and educators, suggesting the need for tailored support systems that accommodate the unique needs of adolescents based on their family situations.

Further research could explore additional variables such as the fathers' roles, family

communication patterns, and the long-term effects of these stress management strategies on adolescent well-being. By comprehensively understanding how familial roles and employment status intersect with adolescent stress management, society can better equip families to provide effective support for adolescents navigating the challenges of modern life.

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