

# Security- Insecurity Feeling and Depression among Adolescents of Working and Non-working Women

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**Abstract:** *The present paper investigated the impact of employment status and gender on the feeling of security-insecurity and depression among adolescents. The sample consisted of 200 adolescents (100 adolescents of working mother & 100 Adolescents of non-working mother) and all of them were selected purposively from different schools of Agartala. In each group 50% were girls and 50% were boys. Data were collected by Maslow's Security- Insecurity Inventory and Beck Depression Inventory. The results revealed that adolescents of working mother possessed more insecurity feeling as well as depression than the adolescents of non-working mother. However the study did not find any gender difference among the boys and girls in regard to security insecurity feeling and level of depression.*

**Keywords:** security- insecurity feeling, depression, adolescents

## 1. Introduction

Adolescence is the developmental period of transition between childhood and adulthood. It involves biological, cognitive and socio emotional changes. Parent-child relationship plays an important role on the adolescent's psychological, emotional and social development. The parent-child relationship serves as a prototype for future relationships of the child. It is this first relationship that the child uses as a template to apply to future relationship experiences. In short, the quality of early relationships predicts later relationships, and success in later relationships takes root in the context of the parent-child relationship (Gearity, 2005). Reich and Seigel (2002) asserted that individuals with a secure attachment to their parents characterized by sensitivity, warmth, and consistency, would be best equipped to engage in the exploration and commitment involved in identity formation. Among the many different relationships individuals form during the life span, the relationship between mother and child is the most important. This relationship will mediate mother-child attachment.

## 2. Literature Survey

Modern psychologists have shown that the most important factor for an adolescent's healthy development is love and affection and sense of security which is further dependent on the attitude of parents particularly mothers towards their children. Parents' Behaviour experienced during early adolescence affects later young adults' feelings of security (Weinfeld, Sroufe, & Egeland, 2000). An unsupportive parenting plays a major role in developing the feelings of insecurity among adolescents (Dewies, Harold, Goeke, Morey, & Cummings, 2002). Under control or over control parenting diminishes children's sense of security by either increasing feelings of lack of protection or feelings of actual physical or emotional danger in the presence of harsh punishment (Dewies et al., 2002).

Security –Insecurity are two factors which to a great extent determine the personality of adolescents. Abraham Maslow describes an insecure person as a person who "perceives the world as a threatening jungle and most human beings as dangerous and selfish; feels a rejected and isolated person, anxious and hostile; is generally pessimistic and unhappy; shows signs of tension and conflict, tends to turn inward; is troubled by guilt-feelings, has one or another disturbance of self-esteem; tends to be neurotic; and is generally selfish and egocentric" (Maslow, 1942). Feeling of Security is a state of mind in which one is willing to accept the consequences of one's behaviours.

Feeling of insecurity often develops shyness, paranoia and social withdrawal or depression. Depression is a major public health problem affecting a large number of population worldwide. Everyone of us sometimes becomes drowned into excessive hopelessness, sadness and depression in our life time. Although psychological disorders occur in only a minority of adolescents, depression is unfortunately relatively common. Unipolar depressive disorder in adolescents is common worldwide but often unrecognized. Depression can have significant impacts on the life of an adolescent affecting functioning in the home, school and other social contexts. Many studies showed close association between insecurity feeling and depression among adolescents. Sund and Wichstrom (2002) conducted a study on 2,360 young adolescents of 12–14 years of age and revealed that insecure attachment to parents may contribute to the development of severe depressive symptoms among young adolescents.

## 3. Objectives

The purpose of the study was to

- determine the feeling of security- insecurity and depression among the adolescents of working and non working mother.
- determine the gender differences among the adolescents in regard to feeling of security-insecurity and depression.

#### 4. Hypotheses

To fulfil the objectives of the present study the following hypotheses were formulated:

- There is significant difference among the adolescents of working and non-working mothers in regard to security-insecurity feeling.
- There is significant difference among the adolescents of working and non-working mothers in regard to level of depression.
- There is significant difference among the boys and girls in regard to security-insecurity feeling.
- There is significant difference among the boys and girls in regard to level of depression.

#### 5. Methodology

##### 5.1 Sample

The study was carried out among 200 subjects. Among them 100 were the adolescents of working mothers and 100 were the adolescents of non-working mothers (house wives). Further in each group 50% were male adolescents and the rest 50% were female adolescents. All of them were belonged to the same age group (17- 18 years) and they were matched in terms of their demographic variables and their socio- economic status.

##### 5.2 Study Tools

- Maslow's Security In-security Inventory:** This inventory (1952) was developed by Abraham Maslow which consists of 45 questions. Maximum score of this inventory is 45 and minimum score is 0. High score in this inventory indicates more insecurity feeling and low score indicates more security feelings.
- Beck Depression Inventory (BDI):** It has developed by Beck et al (1961). Total score in this inventory is 63 and high scores indicate high level of depression. The validity and retest reliability of this inventory are .84 and .75 respectively.

##### 5.3 Procedure

All the subjects, i.e the adolescents of both the category were selected purposively from four schools of Agartala, the capital of Tripura. At first permission was taken from the authority of the all schools. After getting permission dates and time were fixed according to the time schedule and class routine of the schools. Then all the subjects were approached personally and rapport was established. In the present study only the willing subjects were considered and data were collected from them through the self-administered method. After collecting the response from all the study subjects, scoring was done with the help of the respective manuals. Mean and SD were computed for data analysis and finally for testing hypotheses 't test' was employed.

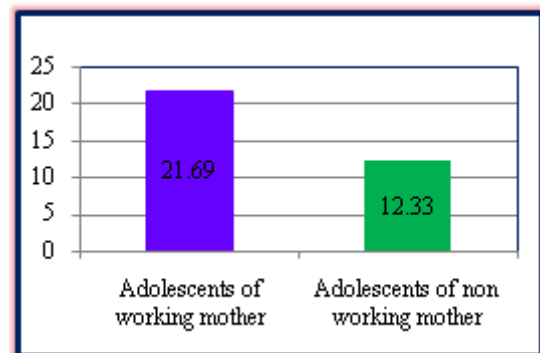
#### 6. Results & Discussion

From the table 1 it is evident that the Mean and SD scores of security-insecurity feeling among adolescents of working

mother were 21.69 and 9.07 respectively whereas the Mean and SD scores of security-insecurity feeling among adolescents of non-working mother were 12.33 and 5.56 respectively. Findings suggested that adolescents of working mother felt more insecure than their counterparts. Hence the 1<sup>st</sup> hypothesis i.e., 'there is significant difference among the adolescents of working and non-working mothers in regard to security- insecurity feeling' has been accepted. Generally working women often face conflict in maintaining their roles in the work place and family. Many researchers have shown that work-family conflict affect working women more significantly who have long working hours and as a result their children's wellbeing hampers due to lack of quality time spent with mothers. This in turn often creates greater family difficulties which further may generate insecurity feeling among their children.

**Table 1:** Comparison of Adolescents of Working and Non-working Mothers in regard to Security-Insecurity Feeling

Subjects	Mean	SD	't' value	P
Adolescents of working mother	21.69	9.07	8.83	0.01
Adolescents of non-working mother	12.33	5.56		



**Figure1:** Mean Score of Security-Insecurity Feeling among Adolescents

From the table 2 it has evident that the Mean and SD scores of adolescents of working mother were 16.85 and 8.99 respectively. On the other hand Mean and SD scores of adolescents of nonworking mother were 10.26 and 7.71 respectively. From the data and result it has seen that adolescents of working mother were having more depression than the adolescents of non-working mother. Hence the 2<sup>nd</sup> hypothesis i.e 'there is significant difference among the adolescents of working and non-working mother in regard to level of depression' has been accepted. It may be because of the fact that adolescence period is the crucial period of life. In this stage of life the adolescents generally face several problems which often they wish to ventilate with their parents. More over children are usually more attached with their mother. Generally working mothers can't spend enough time with their children than the non-working mothers use to do. Hence often adolescents of working mother can't share their problems, frustrations, wishes, desires with their mother. Thus they may become more depressed than those who get enough time with their mother in this period of life (Kessler et. al 2001).

**Table 2:** Comparison of Adolescents of Working and Non-working Mothers in regard to Feeling of Depression

Subjects	Mean	SD	't' Value	P
Adolescents of working mother	16.85	8.99	5.58	0.01
Adolescents of non- working mother	10.26	7.71		

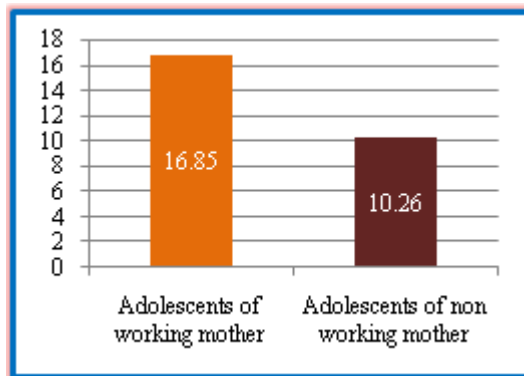
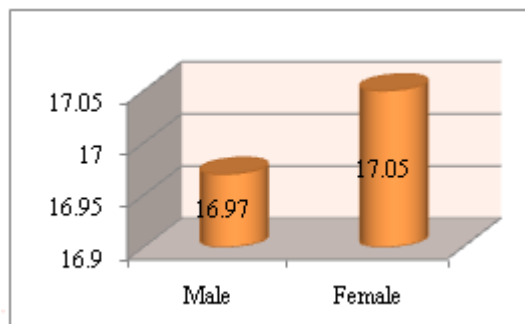
**Figure 2:** Mean Score of Depression among Adolescents

Table 3 showed that the Mean and SD scores of security-insecurity feeling of boys and girls were 16.97 and 8.24 and 17.05 and 9.46 respectively. Though there exists no significant impact of gender on the security insecurity feeling of the subjects (insignificant at 0.05 level). However on the basis of mean scores (Fig. 3) it can be said that boys were more secure feeling than the girls. This study corroborates with the study of Forman, et al., (2002) who showed that due to various societal problems girls feel more insecure than boys. Again Singh, Sharma and Shukla (2011) in a comparative study of spirit of security-insecurity of higher secondary school students found significant differences in between boys and girls in different areas. A study conducted by Raina and SumbaliBhan (2013) showed that girls possessed more insecure feelings than the adolescent boys. Again the study of Sonowal and Saha (2014) revealed significant difference between the adolescent girls belonging to general cast and scheduled tribe regarding feeling of security and insecurity

**Table 3:** Comparison of Boys and Girls in regard to Security Insecurity Feeling

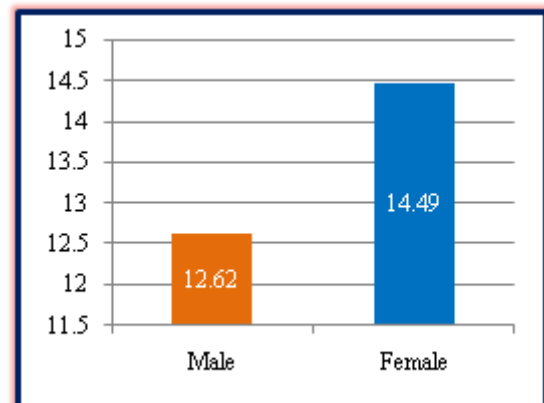
Subjects	Mean	SD	't' Value	P
Boys	16.97	8.24	0.06	NS
Girls	17.05	9.46		

**Figure 3:** Gender impact on Security Insecurity Feeling among Adolescents

The results (Table 4) indicate that there is no significant difference among the boys and girls in regard to their feeling of depression as the 't' value is insignificant at 0.05 level of significance. So the 4<sup>th</sup> hypothesis i.e 'there is significant difference between the boys and girls in regard to level of depression' has been rejected. Interestingly mean scores (Fig. 4) revealed that girls are more depressive than the boys. In general depression is about twice as common in women as in men, with about 1 in 4 women suffering from depression at some point during her lifetime. At psychological view point, adolescence is a time when a girl faced with many life-changing and potentially stressful transforming events such as physical changes, peer group influences, relationships, identity confusion, pursues her education and career,. These changes provide the emotional context within which depression may take hold (Kerns, K. A., & Stevens, A. C.1996).

**Table 4:** Comparison of Boys and Girls in regard to Feeling of Depression

Subjects	Mean	SD	't' value	P
Boys	12.62	8.72	1.47	NS
Girls	14.49	9.18		

**Figure 4:** Gender impact on Feeling of Depression among Adolescents

## 7. Conclusion

So finally it can be concluded that adolescents of working mother have more insecurity feeling and more depression than the adolescents of non-working mother. However there is no significant gender difference among all the adolescents of working and non-working mother in regard to feeling of security-insecurity and depression.

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