

Psychological well-being features of mothers having many children depending on their parental experience

Zubarziat Baranova, PHD, Udmurt State University, RF

BACKGROUND

- High emotional tension caused by the presence of a large number of stress factors are constantly present in the lives of many mothers related to the education of children with normal daily responsibilities and relationships within the family and at work.
- Those features are: lack of time, domestic overload, role ambiguity, social assessment, need for frequent and intensive contacts and interaction with various social groups, etc. This phenomenon has a negative impact on the psychological well-being, physical health and efficiency of mothers’ life. Existing studies have shown that working mothers of large families is associated with considerable neuro-emotional stress on them.
- Indicators of stress and psychological well-being in two samples of mothers having many children: mothers aged between 25 and 35 years (group 1) and mothers aged 36-55 years (group2) were studied.

PURPOSE

- Objective: To study the features of psychological well-being and stress of mothers having many children.
- Object: psychological well-being and stress of mothers having many children.
- Subject: Features of psychological well-being and stress of mothers having many children.
- Hypothesis: mothers with higher parental seniority, are less susceptible to stress and more wealthy psychologically.
- Tasks:
 - conduct a theoretical analysis of problem being studied;
 - explore the psychological well-being of mothers having many children in the groups with higher and lower parental experience
 - examine the resistance to stress of mothers having many children;
 - make a comparative analysis of data of psychological well-being and stress resistense in both samples

MATERIALS AND METHODS

- Methods:
- theoretical analysis of the problem;
 - psychdiagnostic methods: the Ryff Scales of Psychological Well-Being, questionnaire “Wellbeing, Activity, Mood" by V.A .Doskin; test "Proactive coping behavior" by E.S.Starchenkov
 - methods of mathematical statistics: nonparametric Mann-Whitney test, Spearman correlation coefficient.

RESULTS

Indicators	Mean		Significance criteria	
	Group 1	Group 2	U - Mann-Whitney	Significance level
Age	32,85	44,6	0,0	p≤0,05
Number of children	3,3	3,8	185	p>0,05
The establishment of quality ties to other	49,1	53,05	158	p>0,05
A sense of autonomy in thought and action	45,85	54,75	117	p≤0,05
The ability to manage complex environments to suit personal needs and values	60,45	63,0	167,5	p>0,05
Continued growth and development as a person	45,6	53,65	153,5	p>0,05
The pursuit of meaningful goals and a sense of purpose in life	50,0	55,65	169	p>0,05
Wellbeing	3,54	5,14	59	p≤0,05
Activity	3,22	5,46	54	p≤0,05
Mood	3,3	5,23	67	p≤0,05
Proactive overcome	38	40,0	165,5	p>0,05
Reflective overcome	30,156	28,3	192,5	p>0,05
Strategic Planning	10,0	9,35	171,5	p>0,05
Preventive overcome	26,45	16,6	191	p>0,05
Search tool support	14,35	16,5	156,5	p>0,05
Search for emotional support	11,4	12,2	162,5	p>0,05

The comparative analysis of the indicators in groups 1 and 2 on the Mann-Whitney test revealed significant differences in terms of: **autonomy, wellbeing, activity, mood**

CONCLUSIONS

- A sense of autonomy in thought and action expressed higher in the group of mothers with higher parental seniority. We explain this result that reducing autonomy manifested in the fact that non experienced mothers (group 1) are often preoccupied with other expectations and estimates; when making important decisions based on others opinions; their thinking and behavior subject to social pressure.
- Subjects of group 2 are characterized as autonomous and independent, able to resist attempts to make society think and act in a certain way; they can self-regulate their own behavior
- Group 1 respondents are significantly more frequent than in group 2 exhibit such indicators expressed distress in their emotional sphere, as decline of wellbeing, activity and mood. This may be due to the fact that young mothers of large families is more difficult to deal with the current problems in the family, in the education of children because children are not quite adults, mothers do not have enough means of support in everyday life situations

REFERENCES

1. Варданян Б.Х. Механизмы саморегуляции эмоциональной устойчивости / Б.Х. Варданян. — М.: Наука, 2008. — 380 с.
2. Стрелков И.А. О проблеме психологического благополучия / неблагополучия в современной психологии // [Электронный ресурс]. — Режим доступа: <http://www.centri-obrazovaniya.ru/strelkov.html>.
3. Шаминов Р.М. О некоторых преобразованиях структуры субъективного благополучия личности в разных условиях профессиональной социализации / Р.М. Шаминов // Мир психологии. — 2010. — № 1. — С. 237—249.
4. Шевеленкова Т.Д. Психологическое благополучие личности: обзор основных концепций и методик исследования / Т.Д. Шевеленкова // Психологическая диагностика. — 2005. — № 3. — С. 95—129.
5. Bradburn N. The Structure of Psychological Well-Being. Chicago: Aldine Pub. Co., 2005. — 320 p.
6. Diener E. Subjective well-being. Psychological Bulletin, 2007. — P. 542—575.
7. Ryff C.D. 1991, Possible selves in adulthood and old age: A tale of shifting horizons. Psychology and Aging 6(2): 286—295
8. Selye H. Stress Without Distress. Philadelphia: J. B. Lippincott Co., c1974,
9. Tricia A. The Ryff Scales of Psychological Well-Being
10. <http://www.liberalarts.wabash.edu/ryff-scales/>