

# Study of Anxiety Level in Mothers of Son and Daughter

Arti Shrivastava<sup>1</sup>, Ritam Singh<sup>2</sup> and Jtoyi Prasad<sup>3</sup>

<sup>1</sup>Department of Home Sciences, Bundelkhand University, Jhansi UP

<sup>2</sup>Department of Home Sciences, Arya Kanya PG College, Jhansi UP

<sup>3</sup>Department of Home Sciences, VSG Girls PG College, Gwalior MP.

## INTRODUCTION

Although the government has not adopted coercive methods since the “Emergency” in the 1970’s under Indira Gandhi’s rule, it has become increasingly unfashionable to have a large family in India. The ideal family size, particularly among the high socioeconomic classes, is two children. Given that at least one son is necessary, families with two daughters become increasingly anxious about the sex of their expected child. Studies have supported this theory, demonstrating that sex selective abortion occurs most frequently in families with two or more daughters (Ramanamma, 1980). Multiple surveys have been undertaken to determine the general population’s view towards the practice of sex selective abortion. In one study of middle class Indians in Punjab, 63% of women and 54% of men felt that amniocentesis should be undertaken if the couple has no son and more than two daughters. If that test shows that the fetus is female, 73% of women and 60% of men felt that it should be aborted. The top three reasons cited for aborting a female fetus include “a male dominated society” (23%), “social stigma attached to having a daughter” (19%), and “difficult to afford a dowry” (17%).

In research, the collection of data has an important role even they are very complex and in haphazard form. The collected data is made simple and systematic and has to be categorized in order to obtain the results and finally the conclusion. The research has reached the stage where the data collected from the representative sample is to be analyzed statistically so that inferences can be drawn. This is the most important phase of the research work as the generalization of current problem is based on the statistical analysis and discussion of results.

This paper deals with hypothesis wise results from the statistical analysis of responses. The statistical analysis incorporates frequency, percentage, mean and chi-square test. Results are presented under the following sub categories-

## MATERIAL AND METHODS

To execute the research plan in the first step of work, different urban and rural areas are selected in Jhansi (UP). List of different areas have been prepared separately. In these different areas, various types of mothers i.e. educated & non-educated, service & business, rural & urban resident and religion wise (Hindu, Muslim, Sikh & Christian) were listed. 110 mothers are selected in the age group of 18 to 41 years who formed the universe of present study. Researcher contacted these mothers and consulted the various issues of present study in form of test viz. Anxiety Scale Questionnaire (ASQ) developed by Rama Singh.

## ANXIETY LEVEL OF MOTHERS

Anxiety is the least understood and most extensively studied of all emotions. The twentieth century is called the age of anxiety but the concern with anxiety phenomenon has been as old as the history of humanity. It is both an emotional state and a personality trait or quality. The concept of anxiety is very important for understanding the emotional life of a person even though there is much delivery in the definition of anxiety, its origin and its role.

### *Scoring*

This test having 90 questions. The scoring of the anxiety test is very easy and of qualitative nature. Each items of the test is answered either by YES or by NO. The investigator analyzed this test on the basis of the well established symptoms of anxiety both convert and overt. Every YES response was given a score of 1 and NO was scored as 0. All YES responses would be the total of anxiety score of the individual and should be written in the box.

**Reliability of the test**

The coefficient of reliability has been determined by using following methods. The test retest method (N=100) was employed to determine the stability of the test. The product moment correlation between test and retest scores has been found to be 0.83. Another by applying the split half method, the reliability of coefficient of the test has been found to be 0.94. Thus the result obtained ensures very high reliability of the test.

**Norms**

Since norms are often needed for selection and placement of the individual in a group, percentile norms are calculated for different samples of populations. An easy and meaningful interpretation can be made with the percentiles to a particular raw score.

SN	Categories	Percentile
1	Very High or Saturated	80+
2	High	70
3	Average	40-60
4	Low	16-30
5	Very Low	up to 15

A person having very high anxiety happens to be tensed, apprehensive, highly worried, dejected, withdrawn and may also report headache, frequent abdominal upsets and tiredness. Peoples having normal anxiety are not disorganizing and non caring rather they are vigilant, cautious and responsive to disturbing situations. The normal level of anxiety also motivates the individual to cope with day to day problems. A person showing very low level of anxiety may be interpreted as non caring, irresponsible and unconcerned with life and environmental situations. Instead of facing and solving their problems, they tend to ignore them and expect others to help them.

**STATISTICAL TECHNIQUES**

Having obtained the responses from the mothers of different sub-cultural groups the analysis is made to find out the significant relationship between the attitudes of couples towards sex selective abortion. In the present study the analysis of the data is done by using followings statistical techniques to find significant outcome between independent and dependent variables.

**Table-1**  
**Distribution of mothers according to age parameter**

Parameters	No of mothers	Percentage
<b>Age in years</b>		
18 – 21	20	18.18
22 – 25	18	16.36
26 – 29	19	17.72
30 – 33	18	15.92
34 – 37	18	16.82
38 – 41	17	15
<b>Total</b>	<b>110</b>	<b>100</b>

Distribution of mothers according to age parameters is shown in table 1. Investigator has classified this age parameter in 06 groups. This table reveals that 18.18% mothers are in age span of 18 to 21. Between 22 to 25, 16.36% mothers are taken as sample of present study. 15.92 % mothers in the age of 26 to 29 while only 15.92% mothers having age between 30 to 33. 37 mothers lies between 34 to 37 age group and their percentage is 16.82. Only 15% mothers are in the age of 38 to 41 years and the number of mothers in this last group is 33.

**Table – 2**  
**Distribution of mothers according to anxiety level in mothers of son and daughter**

Number of children	Number of mothers				
	No of mothers having sons	%	No. of mothers having daughters	%	Total
0	13	26.5	36	72	49
1	27	55.1	6	12	33
2	9	18.4	8	16	17
Total	49	100	50	100	99
Chi square	24.211				
Df	2				
Significance	Highly Significant				

For Significance at 0.01 level – 2.57

For significance at 0.05 level – 1.96

Table 2 shows the distribution of mothers according to anxiety levels of mothers of son and daughter. 27 mothers have 1 son while 9 mothers have 2 son. 6 mothers have 1 daughter and 8 mothers have 2 daughters. 13 mothers having no any son while 36 mothers having no any daughter. It is clear from above table that 49 mothers having no child while 33 mothers having 1 daughter & 1 son. Only 17 mothers having 2 son & 2 daughters. Figure 36 to 38 shows the distribution of mothers according to son and daughter.

**Table-3**

**Distribution of anxiety level in mothers under study**

	Anxiety level in mothers					Total
	Very high	High	Average	Low	Very low	
Mothers	23	30	28	14	4	99
Chi square	2.409					
Degree of freedom	04					
P value & significance	0.661001 Not significant					

For Significance at 0.01 level – 2.57

For significance at 0.05level – 1.96

Table 3 shows the distribution of anxiety levels in mothers under study. Total 99 mothers are selected in this study of anxiety level. 23 mothers showing very high anxiety level. High anxiety level is associated with 30 mothers while average level is shown by 28 mothers. Low and very low anxiety level is associated with only 14 and 4 mothers. The result shows the level of insignificance at 0.01. Therefore it is found that there is no significant difference in the levels of anxiety in mothers under study.

Table-4

## Comparative study of anxiety levels mothers of son

Anxiety level in mothers of son N=36					
	Very high	High	Average	Low	Very Low
(mean ± standard deviation)	82.66667 ± 1.527525	61.33333 ± 0.57735	56.4 ± 6.058969	30.83333 ± 4.5789	12 ± 0
Z  /  t	21.544	23.6653	2.418888	9.26757	0
P Value	<0.001	<0.001	0.0211	<0.001	1
Significance	Highly significant	Highly significant	Significant	Highly significant	Not significant

For Significance at 0.01 level – 2.57

For significance at 0.05 level – 1.96

Table 4 reveals the comparative study of anxiety levels in mothers of son in the family. Total 36 mothers are selected who have at least 01 son in the family and no daughter in the family. P values are significant for all levels of anxiety except very low level. Therefore it is found that there is significant difference in the levels of anxiety in mothers of son.

Table – 5

## Comparative study of anxiety levels in mothers of daughter

Anxiety level in mothers of daughter N= 14					
	Very high	High	Average	Low	Very Low
(Mean ± Standard deviation)	0 ± 0	67 ± 0	47 ± 9.899495	29.5 ± 6.363961	0 ± 0
Z  /  t	0	0	1.53029	11.35456	0
P Value	1	1	0.151301	<0.001	1
Significance	Not significant	Not significant	Not significant	Highly significant	Not significant

For Significance at 0.01 level – 2.57

For significance at 0.05 level – 1.96

Table 5 reveals the comparative study of anxiety levels in mothers of daughter in the family. Total 14 mothers are selected who have at least 01 daughter in the family and no son in the family. P values are not significant for all levels of anxiety except low level. Therefore it is found that there is no significant difference in the levels of anxiety in mothers of daughter.

## SUMMARY AND CONCLUSION

The main reasons behind what has been called “son mania” are both multifaceted and deeply imbedded in Indian culture. Sons carry on the family name. They are also charged with the task of supporting their parents in old age. Parents live as extended families with their sons, daughter-in-laws, and grandchildren. Daughters, on the other hand, become part of their husband’s family after marriage and do not make any further contributions to their birth parents. Indian sayings such as, “Bringing up a daughter is like watering a neighbour’s plant,” and “The daughter who has married is like the spittle which has been spat out and no longer belongs to the parents,”

exemplify the feeling of wasted expenditure on raising a daughter. Indian men are also responsible for the funeral rites of their parents and are the only ones who can light the funeral pyre. Some feel that they will only be able to achieve moksha (transcending the circle of reincarnation via the performance of good deeds) through their sons. Thus the importance of having sons continues beyond even this life in Indian culture. A very important factor contributing to son preference is that of economics. Daughters, for several reasons, are an economic liability to families whereas sons are a great asset. One of the most publicized reasons for this disparity is the dowry system.

The present study has been conducted in Jhansi during 2010 to 2014. The main object of the present research is to study the attitude of couples towards sex selective abortion and this attitude is how much concern with the socio-economic status. This study also aimed with the findings the anxiety level of mothers in the society. With the help of qualified questionnaires, psychological test and general information, primary data have been collected and then tabulated, analyzed and interpreted according to the demand of the topic. After selecting the problems, researcher also formulated the hypothesis for better conduction and explanation of results of present study. The concept of null hypothesis was also designed by the researcher for the validity of formulated hypothesis.

To collect the reference data and to know the Anxiety Level of mothers, the Anxiety Scale Questionnaire (ASQ) developed by Rama Singh was adopted. After obtaining responses from the proposed universe, editing coding, classifying, tabulating process have been done so that the collected data may be prepared for analysis and interpretations. Investigator has found that there is significant difference between levels of anxiety in mothers of son and no significant difference between levels of anxiety in mothers of daughter.

The present research is related with sex selective abortion. Sex selective abortion is also the result of the major cause is the social status of women in India. Women are still the subject of domination and subordination. They are still subjected to their husbands' decision. The cultural and social context of India does not provide the base for women to stand up for themselves. They are taught to be subordinates to their husbands and in-laws. The gender issues in India, be it sex-selective abortion, or women violence, will not be successfully addressed until and unless women themselves value their being and their identity. Government regulations are important to control the number of sex-selective abortion. Nevertheless, government should make policies that empower women and support their identity as a human being rather than someone's wife or a mother.

The issue of sex-selective abortion is a major human rights issue regarding the 'say' of women whose fetus is being aborted. In order to address this issue, government of India along with many other interest groups and organizations should make an effort to uplift the situations of women of the country by making women of India realize their importance and the importance of their womanhood.

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