

ABSTRACT

Name of the Institution: De La Salle University- Dasmaringas

Address: Dasmaringas, Cavite

Title: Psychological Well- Being and Academic Performance of Selected Children of Working Mothers

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Objectives of the Study: **A. General**

1. To know if there is a significant relationship between psychological well- being and academic performance of selected children of working mothers.

B. Specific

2. To identify the demographic profile of the respondents in terms of:
 - a. Age,
 - b. Educational Attainment,
 - c. Work of the Mother,
 - d. Number of Mother's Working Years, and
 - e. Work Location of the Mother?
3. To identify the level of psychological well-being of selected children of working mothers in terms of:
 - a. Autonomy,
 - b. Environmental Mastery,
 - c. Personal Growth,
 - d. Positive Relations with Others,
 - e. Purpose in Life, and
 - f. Self- Acceptance?
4. To know the level of academic performance of selected children of working mothers.

Scope and Limitation

The study focuses on the psychological well-being and academic performances of selected children. The study wants to know the level of the psychological well-being of selected children using Ryff's scale of Psychological Well-Being which is composed of six components such as autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance whether they fall into high or low scorer. For the General Point Average, the researchers set a standard on which the level of the GPA is identified into above average, average and below average. The study also wants to know if there is a significant relationship between the GPA and PWB of the selected children of working mothers.

The study does not tackle the other factors that affect the psychological well-being and academic performances of the respondents like the life of the respondents in relation with other family members and friends.

Research Procedure

The researchers divided the procedure into three phases in order to get the right respondents for the study.

PHASE I. GETTING THE RESPONDENTS

- The researchers gave a survey to the 1st year and 2nd year AB psychology students to get the respondents who have the set qualifications which are adolescent, with a working mother abroad and the eldest daughter or son.
- The students who qualified for the set qualifications were asked for their contact numbers and free time to schedule the test that was going to be administered.
- The questions for the survey included the name, which was optional, year and section, contact number, and information about their mother, whether the mother is working abroad, kind of work, number of working years abroad, and location of the work.

PHASE II. APPOINTMENT

- The respondents were contacted by their given numbers.
- The researchers asked the respondents' free time to avoid interruption in their class and the researchers talked to the scheduled professor to have 5-10 minutes to administer the said test.

PHASE III. TEST ADMINISTRATION

- The researchers gave the questionnaires to the respondents including the self- made questionnaires for the demographic profile.
- The researchers explained the test to the respondents. The 1st semester grades were asked to get the General Point Average of the selected respondents of the study.

Major Findings

1. Majority of the respondents are 17 to 18 years old. Most of their mothers are college graduate, with a common occupation such as

Caregiver. They have been working abroad for 1 to 5 years and most are in Canada.

2. In the levels of psychological well-being, all of the scores in six categories seem to be high but positive relations with others get the highest mean score. It shows that most of the respondents have a high score in positive relations with others with a mean score of 4.06. They have a warm, trusting, satisfying relationship and are starting to be concerned with other's welfare. Positive relations also explain that an individual knows how to evaluate his relationships with other people and is able to know how others add something in one's personal sense of well being.

3. Most of the respondents have average grades ranging from 2.00 to 3.00 which is equivalent to 84 to 88 with a percentage of 66.66%, and those who have above average which is 3% ranging from 3.25 to 4.00 with an equivalent of 89 to 100.

4. The research shows a negatively covariance relationship. As the GPA increases, autonomy, positive relations with others, purpose in life and self acceptance decrease. But as GPA increases, personal growth and environmental mastery also increase.

Conclusion

This part presents the integration of results; investigation as well as other study of resarchers done that contributes to the final overview of the study.

1. The demographic profile of the respondents shows influence in their psychological well- being and academic performance. In terms of their age, educational attainment of the mother, work setting of the mother, number of working years and work location. Most of the mothers work as caregivers because mothers know how to take care the other members of the family and high salary is also one of the reasons that is why it is in demand.

2. Respondents have good result in the level of the psychological well- being because the output is that all of the respondents get high scores in every category. Positive Relations with others has a high mean which means that the respondents possess string empathy, affection and intimacy and mostly, they understand the give and take relationship. It seems that they are well adjusted with others presence that they start to have a satisfying, warm and trusting relationship and to have a concern regarding the welfare of the others. Most of the respondents are able to have good relationship with their peers and are supported by their parents. They find a new world with their peers who are willing to accept them and help them in times of trials. Autonomy has the lowest mean but still can be considered as a high one, meaning that the respondents are still self- governing and self- determining. They set a standard to evaluate themselves and they have ways to adjust behavior from within. The

respondents of study have a growing desire for independence and individuality, but still they know their limitations until when their independency and individuality should take place, unlike with other culture wherein whenever they reach the adolescence period, they are totally out of control with their parents.

3. The General Point Average of the respondents is average, which means that it is not that high and not too low, and it shows influence from the demographic profile presented. Respondents are motivated to do well in school due to their mothers' effort to give them a better and brighter future by working. The distance of their mother does not affect their performance rather it becomes a source of motivation for them to perform well in school.

4. The psychological well-being and academic performances are negatively covariance with each other due to a factor regarding the sample

size. Another one is that academic performance is not a good predictor for psychological well-being. Lastly, the restriction of ranges is also a big factor for having such a result.

Recommendations

1. Children of Working Mothers

As children, they should know their responsibilities and purpose because they should keep in mind that their mothers are working to support them and to give all the things they need. The children should continue striving for the best and should know their limitations as children.

2. Mother of Adolescent Children

As mothers, they should know their obligations with their children not only psychologically but also mentally and emotionally. Children whose mothers are away from them find it difficult to adjust from the given situation.

3. Psychology Student

This study can give information and background regarding on the psychological well-being and academic performances of children with working mothers. It may serve as a reference or guide for them for further improvement of this study.

4. Future Researchers

Future researchers should have a larger population because it can strengthen or can go up against the findings of their research. They can also use different research instrument to further establish the psychological well-being and its primary causes. They can also study middle or youngest children of working mothers or other variables.