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## REVIEW ARTICLE

# PSYCHOLOGICAL TECHNIQUE OF JOB STRESS, BURNOUT AND COPYING STRATEGICS

# Psychological Technique of Job Stress, Burnout and Copying Strategies

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Children are lovely flowers of our life's garden. These flower must be properly nurtured and nourished in the manner they deserve. They are the hope of nation, they constitute an invaluable assets for the nation (Chand, 1988).

The child rearing practices are thus those techniques, which are used by the parents or other members for rearing the children (Islam, 1983). Child rearing practices are a product of ideas, beliefs and attitude prevalent in a community on how to bring up the children. The mother's role in child rearing is generally considered paramount. She is regarded as the child's best instructor, the principal person in forming the child's character. The infant's relationship with his mother is one of physical contact and security through the long phases of breast feeding, being carried by her and sleeping with her (Robert, 1965). Thus the bond between mother and child is established in the earliest stages of child's life (Poffenberger, 1981).

Today there is an urgent need that the parents must be helped to relearn that a full and rich relationship with their child will lead to his/her optimal development in all spheres. The present study also focused on the knowledge attitude and practices of the working and non working mothers regarding child-rearing practices, to identify the various aspects in child rearing, of which mothers are not aware and to identify the causes and handicaps faced by the mothers in child rearing.

Culture, which provides a blue print or cognitive map, governs the actions of this members of every society. The transmission of this blueprint is rather imposing task faced by any parent if he wishes to bring up his child to be an adult who can operate effectively in his society. This imposing task may be referred to as child rearing, the process involved in accomplishing this task may be called 'socialization- by which as child born in a given society becomes a social being'. The goal of child rearing is to develop in the child the capacity for adjustment as prescribed by the cultural system to which the child belongs. The 'capacity for adjustment' or realization of a child's potentials involves an interplay of his heredity and natural and social environment surrounding him. The first two years in child's life are crucial in achieving the goal of

child rearing. In this respect, family plays an important role since during these formative years the child's interactions are intensively and intimately confined to the members of his family. These interactions express parents attitude, interests, beliefs and values in talking care and training of their children. Thus parents act as models for the developing child.

The studies of child life and child rearing that have been conducted by anthropologists, psychologists, all over the world suggest a wide range of variations in child rearing practices. There are number of parameters natural as well as social which have profound effects on child rearing. This bring about variations in child rearing practices in different groups within the same culture. There are individual variations too among parents of a given society because of certain variables such as education level, economic condition, caste, religion etc. However, the range of variation is often very small and is in contrast with its range in the societies of the world at large.

Child rearing includes much more than providing a child feeding, supplementary foods growth. Opportunities have to be provided to the child for the realization of his potentialities. The most important of all is the love and affection provided by the parents or those who take care of children. Deprivation of love have undesirable effect on the growing child, it hampers his physical, mental and emotional growth.

It is an accepted fact that childhood years particularly below 6 years are crucial in an individual's life. The basis for mature adulthood is early childhood and more so infancy. An individual's later health and nutritional status, behaviour and personality largely depend on the care received by him during this period. In this period the child is totally dependent upon his/her parents especially mothers for gratification most of his/her needs (Bhugan, 1988).

The future of the world rests largely in the hands of the generation we are rearing. Mothers are the front line child care providers, yet the job of being a mom is undervalued, and her frustrations are often passed over. Mothers in developing countries have always

had to work outside the home. In developed countries during previous generations, moms usually stayed at home and attended to family needs full time, but since the second world war, the situation has changed. Presently most moms in the developed and underdeveloped countries go to work as well attend to family care.

**Table 1**

**Distribution of Women on the basis of occupation**

	Teachers	Clerks	Peon	Servant	Beautician	Housewife
Working	13	3	1	1	2	20
Non-Working	13	3	1	1	2	20
Total						

**Table 2.**

**Distribution of women on the basis of their educational qualification**

	Below Matric	Matric	Higher Sec.	Graduate	Post Graduate
Working	--	1	1	7	11
Non working	1	3	3	8	5
Total	1	4	4	15	16

**Total 3.**

**Distribution of women whether on the basis of their type of family**

	Joint Family	Nuclear Family
Working	6	14
Non-working	9	11
Total	15	25

**Table 4.**

**Distribution of working and non-working women on the basis of their views about commencement of breast feeding**

	Breast feeding	Working				Non-working			
		J	%	N	%	J	%	N	%
1	Breast fed your child								
	Yes	18	92	--	--	9	45	11	55
	No	--	--	2	10	--	--	--	--

**Table 5.**

**Distribution of working and non-working women on the basis of feeding practices**

	Commencement Duration of feed	Working				Non-working			
		J	%	N	%	J	%	N	%
1.	Age at which breast feeding started								
	a) Just after birth	1	5	4	20	3	15	7	35
	b) Within 10 hours after birth	5	25	5	25	3	15	2	10
	c) Within 12 hours after birth	--	--	4	20	1	5	--	--
	d) After 1 day	--	--	1	5	2	10	2	10
2.	Continuance of breast feeding								
	a) 6 months	2	10	5	25	2	10	4	20
	b) 1 year	2	10	5	25	4	20	2	10
	c) 1 $\frac{1}{2}$ years	2	10	4	20	3	15	5	25

**Table 6.**

**Distribution of working and non-working women on the basis of their view about care of breasts**

	Care of Breasts	Working				Non-working			
		J	%	N	%	J	%	N	%
1.	Use to clean your self before feeding								
	a) Yes	6	30	14	70	7	35	7	35
	b) No	--	--	--	--	2	10	4	20
2.	Wiping the breasts after feeding								
	a) With water	2	10	6	30	4	20	4	20
	b) Water and soap	--	--	3	15	1	5	2	10
	c) Wipe with cloth	3	15	4	20	2	10	4	20
	d) Did not wash	1	5	1	5	2	10	1	5

**Table 7.**

**Distribution of working and non-working women on the basis of feeding practices with colostrum**

	Breast feeding with colostrum	Working				Non-working			
		J	%	N	%	J	%	N	%
1.	Breast fed your child with colostrums								
	a) Yes	5	25	11	55	5	25	6	30
	b) Within 10 hours after birth	1	5	3	15	4	20	5	25
2.	When fed colostrums								
	a) With in 2-3 hours of birth	1	5	7	35	--	--	4	20
	b) With in 6 hours of birth	4	20	1	5	2	10	2	10
	c) With in 8-12 hours of birth	--	--	3	15	3	15	--	--
3.	Why feed colostrums								
	a) You think it is good for health	4	20	9	45	1	5	6	30
	b) It is force by somebody	--	--	--	--	2	10	--	--
	c) By your own wish	1	5	2	10	2	10	--	--
4.	Used to feed your body								
	a) When child was hungry and cried	1	5	4	20	2	10	4	20
	b) At regular intervals	4	20	5	25	6	30	5	25
	c) According to your convenience	1	5	5	25	1	5	2	10
5.	Time interval you take between feeding								
	a) One hour	--	--	--	--	3	15	4	20
	b) After two hours	1	5	2	10	1	5	5	25
	c) After three hours	2	10	4	20	2	10	1	5
	d) After four hours	3	15	8	40	2	10	2	10
6.	Length of feeding								
	a) 5 minutes	1	5	3	15	1	5	2	10
	b) 10 minutes	1	5	5	25	2	10	1	5
	c) Till the child satisfies	3	15	6	30	6	30	6	30
7.	Use to feed your child								
	a) Only during day	--	--	5	25	2	10	5	25

	b) Also feed at night	2	10	3	15	4	20	2	10
	c) At night also when body cries	3	15	2	10	1	5	3	15
	d) Do not feed at night	1	5	4	20	2	10	1	5
8.	Position you hold the child while feeding?								
	a) Sitting	5	25	7	35	2	10	4	20
	b) Take support of pillow	--	--	3	15	1	5	2	10
	c) Lay down on bed	1	5	--	--	1	5	5	25
	d) Take any position	--	--	4	20	5	25	--	--

**Table 8.**

**Distribution of working and non-working women on the basis of their views about diet of mother during location**

		Working				Non-working			
		J	%	N	%	J	%	N	%
1.	You avoid to eat home foods which are likely to harm the child								
	a) Yes	4	20	14	70	6	30	8	40
	b) No	--	--	2	10	3	15	3	15
2.	Do you think you have enough of milk to satisfy the child								
	a) Yes	1	5	4	20	6	30	4	20
	b) No	5	25	10	50	3	15	7	35
3.	Do you know that your child was not satisfied								
	a) He cries	3	15	7	35	6	30	7	35
	b) Do you other activities	3	15	7	35	3	15	4	20
4.	Do you use to eat anything specific to enhance the milk production								
	a) Yes	6	30	13	65	7	35	10	50
	b) No	--	--	1	5	--	--	3	15
5.	You use to								
	a) Drinks of lots milks	1	5	4	20	3	15	4	20
	b) Eat hot foods like gur, Ajwain	2	10	--	--	1	5	3	15
	c) Eat energy rich foods	3	15	8	40	5	25	4	20
	d) Empty one breast before switching to another	--	--	2	10	--	--	--	--
6.	After feeding for longer period resulting in swallowing of air, do you do								
	a) Hold the body horizontally	--	--	1	5	1	5	2	10
	b) Hold the body vertically and pat	5	25	8	40	4	20	4	20
	c) Hold on shoulder and pat	--	--	3	15	3	15	3	15
	d) Pat on chest	1	5	2	10	1	5	2	10
7.	Have you stopped breast feeding								
	a) Completely stopped after four months	--	--	4	20	--	--	2	10
	b) After six months	4	20	5	25	1	5	2	10
	c) Continued alongwith supplementary foods	2	10	3	15	5	25	4	20
	d) Completely stopped after six months	--	--	2	10	3	15	3	15

**Table 9.**

**Distribution of working and non-working women on the basis of their views about bathing, clothing**

	Bathing	Working				Non-working			
		J	%	N	%	J	%	N	%
1.	Your child got bathed while in hospital/home								
	a) Nurse/Maid/Midwife	3	15	10	50	4	20	5	25
	b) By family member	3	15	4	20	5	25	6	30
	c) Yourself								
2.	When you gave bath to your child								
	a) Daily	2	10	4	20	3	15	6	30
	b) Alternate day	2	10	7	35	4	20	3	15
	c) Weekly	2	10	2	10	1	5	2	10
	d) Specify	--	--	1	5	1	5	2	10
3.	Specify whether any particular ritual/ceremony performed while bathing the child for the first time.								
	a) Yes	1	5	5	25	3	15	6	30
	b) No	5	25	9	45	6	30	5	25
4.	You had wrapped you child just after birth								
	a) In a piece of old cloth	3	15	5	25	6	30	9	45
	b) In readymade cloths	3	15	9	45	2	10	3	15
5.	What sort of clothes you made your child to wore after his/her birth								
	a) Old	3	15	5	25	6	30	9	45
	b) New	3	15	9	45	3	15	2	10
6.	Does your family has any belief regarding the type of clothes of the leolate								
	a) Yes	2	10	4	20	7	35	8	40
	b) No	4	20	10	50	2	10	3	15
7.	Any ceremony to dressing the child in new clothes								
	a) Yes	2	10	4	20	6	30	8	40
	b) No	4	20	10	50	3	15	3	15
	c) Specify	--	--	--	--	--	--	--	--

8.	Did you make clothes for infant								
	a) Before birth	3	15	8	40	6	30	6	30
	b) After birth	3	15	6	30	3	15	5	25
9.	Type of material of cloth you would prefer for your baby								
	a) Cotton	3	15	10	50	5	25	7	35
	b) Synthetic	--	--	--	--	--	--	--	--
	c) Blendid	--	--	--	--	--	--	--	--
	d) Any other	3	15	4	20	4	20	4	20
10.	Would you like do get your infants cloths to be stitched								
	a) At home by yourself	--	--	4	20	4	20	7	35
	b) At home by anyone else	6	30	10	50	5	25	4	20

Table 9. (i)

Distribution of working and non-working women on the basis of their views about bottle feeding

	Starting feeding by bottle	Working				Non-working			
		J	%	N	%	J	%	N	%
1.	You started feeding your child by bottle								
	a) Before three months	2	10	9	45	5	25	5	25
	b) After three months	5	25	4	20	5	25	3	15
	c) Specify	--	--	--	--	--	--	--	--
2.	Do you opt. for bottle feeding								
	a) You think that it is good for child's health	3	15	4	20	3	15	3	15
	b) Family insisted you	--	--	4	20	3	15	4	20
	c) You think it is a right of child	1	5	4	20	3	15	4	20
	d) Doctor asked you to go for it	2	10	2	10	--	--	--	--
3.	If you were busy how would you like to feed your child								
	a) By holding him in our lap	2	10	4	20	2	10	3	15
	b) By holding him giving him the bottle to hold	--	--	3	15	5	25	2	10
	c) By holding him to someone else	4	20	7	35	2	10	6	30
4.	At what age you have started supplementary diet giving to your child								
	a) After 4 months	1	5	6	30	2	10	4	20
	b) After 5 months	2	10	2	10	2	10	2	10
	c) After 6 months	--	--	3	15	2	10	1	5
	d) Any other	3	15	3	15	3	15	4	20
5.	Your baby showed readiness for weaning from bottle to cap								
	a) Before 1 year	3	15	6	30	4	20	3	15
	b) Before 2 years	2	10	5	25	3	15	5	25
	c) After 2 years	1	5	3	15	2	10	3	15
6.	Your child shows a positive attitude forwards eating								
	a) Yes	5	25	6	30	6	30	5	25
	b) No	1	5	8	40	3	15	6	30
7.	Would you help the child to develop it								
	a) Through punishment	--	--	--	--	2	10	3	15
	b) Through reward	6	30	14	70	7	35	8	40

8.	Any particular custom related to feeding and starting weaning								
	a) Yes	2	10	6	30	2	10	3	15
	b) No	4	20	8	40	7	35	8	40
9.	Would you like to give food to your child according to your custom or you will prefer any food might be out of your religion but good for health of children								
	a) Any custom	5	25	6	30	2	10	2	10
	b) Your custom	1	5	8	40	7	35	9	45
10.	Do you use to give him eating whenever use to feel hungry.								
	a) Yes	6	30	11	55	6	30	7	35
	b) No	--	--	3	15	3	15	4	20



**Table 10.**

**Distribution of working and non-working women according to toilet training practices**

		Working				Non-working			
		J	%	N	%	J	%	N	%
1.	Do you think going toilet on time is good for health								
	a) Yes	6	30	14	70	5	25	10	50
	b) No	--	--	--	--	4	20	1	5
2.	Do you think its good do develop in child habit of going toilet at particular time								
	a) Yes	6	30	14	70	7	35	9	45
	b) No	--	--	--	--	2	10	2	10
3.	Do you feel helpless when your child does not respond to you while training								
	a) Yes	3	15	3	15	6	30	8	40
	b) No	3	15	11	55	3	15	3	15
4.	Do you feel tensed when your child does not go for toilet for one or two days								
	a) Yes	6	30	13	65	7	--	7	--
	b) No	--	--	1	5	2	--	4	--
5.	Does your child spoils his/her cloths even after he had been given toilet training								
	a) Yes	2	10	6	30	6	30	4	20
	b) No	4	20	8	40	3	15	7	35

**Table 11.**

**Distribution of working and non-working women on the basis of toward toilet training**

		Working				Non-working			
		J	%	N	%	J	%	N	%
1.	Do you punish your child for soiling his/her clothes								
	a) Yes	1	5	2	10	--	--	3	15
	b) No	5	25	12	60	9	45	8	40
2.	Do you think child should be punished whenever he does not respond to training								
	a) Yes	1	5	2	10	--	--	3	15
	b) No	5	25	12	60	9	45	8	40
3.	Do you think praise help in giving effective toilet training								
	a) Yes	6	30	14	70	9	45	11	55
	b) No	--	--	--	--	--	--	--	--

**Table 12.**

**Distribution of working and non-working women on the basis of rituals performed in family**

	On the basis of birth	Working				Non-working			
		J	%	N	%	J	%	N	%
1.	Do you performed any ceremony on the day of birth to child								
	a) Yes	6	30	12	60	8	40	10	50
	b) No	--	--	2	10	1	5	1	5
2.	Do you have faith in astrology								
	a) Yes	5	25	10	50	7	35	10	50
	b) No	1	5	4	20	2	10	1	5
3.	Do you feel importance of recording the time of child's birth								
	a) Yes	6	30	13	65	5	25	6	30
	b) No	--	--	1	5	4	20	5	25
4.	Is there any difference in the way of celebrating birth of a boy or a girl child								
	a) Yes	1	5	2	10	9	45	10	50
	b) No	5	25	12	60	--	--	1	5
5.	Does your family perform this ritual								
	a) Yes	6	30	14	70	8	40	11	55
	b) No	--	--	--	--	1	5	--	--

6.	Who is the main participator in this ritual								
	a) Mother	6	30	14	70	9	45	11	55
	b) Father	--	--	--	--	--	--	--	--
	c) Any other	--	--	--	--	--	--	--	--
7.	Is there any preference about the sex of child for celebration of this ritual								
	a) Yes	3	15	6	30	9	45	11	55
	b) No	3	15	8	40	--	--	--	--
8.	Do you think whether this should be celebrated on								
	a) Large scale	3	15	6	30	5	25	9	45
	b) Small scale	3	15	8	40	4	20	2	10
9.	Your family perform ritual of Namkaran								
	a) Yes	2	10	9	45	8	40	6	30
	b) No	4	20	5	25	1	5	5	25
10.	Do your family believe in keeping the name of the child according to								
	a) Ones own wish	3	15	8	40	2	10	6	30
	b) According to priest Mundan	3	15	6	30	7	35	5	25
11.	Did you perform the ritual mundane								
	a) Before 2½ years	5	25	7	35	4	20	6	30
	b) Before 3½ years	1	5	6	30	1	5	4	20
	c) Any other	--	--	1	5	4	20	1	5
12.	Where this ritual was perform								
	a) In temple	1	5	4	20	3	15	2	10
	b) At home	1	5	2	10	3	15	2	10
	c) At some holy place	2	10	8	40	3	15	4	20
	d) Any other	2	10	--	--	--	--	3	15
13.	Do you feel importance of this ritual								
	a) Yes	4	20	14	70	8	40	11	55
	b) No	--	--	2	10	--	--	1	5

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