

Social Support and Mental Health among Working Mothers

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Abstract

The purpose of this study was to understand the relationship between social support and mental health of working mothers. A sample of 100 mothers within the age range 20-39 working in day and night shifts for Capital IQ, MNC, located in Hyderabad was selected following purposive sampling method. The Mental Health Inventory designed by Veil & Ware (1983) was used in the study to assess the multidimensional nature of psychological well-being and distress and in addition Multidimensional Scale of Perceived Social Support designed by Zimet et al., (1988) was used to measure perceived social support from three sources: family, friends and others. Statistical tests, such as the mean, standard deviation, t test, the correlation coefficient and regression analysis were used. Results revealed that there is a positive correlation between social support and mental health of working mothers. Results also showed that there is no significant difference between mental health and perceived social support of mothers working in day and night shifts. Perceived support from family was found to have more influence on mental health than support from friends and others. Conclusion: social support especially support from family has an effect on mental health of working mothers. As support increases mental health of working mothers also increases.

Key Words: *Working mothers, Social support, Mental health*

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