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## Effect of Father's involvement in child rearing practice on the well-being of Mothers

Surendra Sharma  
Assist. Professor  
Amity College Of Nursing  
Amity University Gurgaon, Haryana

### Abstract

*In today's modern and fast changing society, families are becoming nuclear, mother are professionally oriented and having busy job. Father participation in child care is necessary due to progressive involvement of mother in job outside the home. Hence the responsibility of child rearing is extended to father also.*<sup>1</sup>

*Today, fathers are subject to quite difference expectation to participate actively in their children everyday life than was the case for previous generation. Many fathers today recognize that family life can be rewarding and their children need their involvement. Father play a critical role in development of their children. Today's media frequently publish photograph of father carrying their babies, pushing prams, playing with children, basic care giving, soothing, teaching, diaper changes, healthier relationship with peer group, feeding and supervising.*<sup>2</sup>

*Father are the important people in child life like friends, teachers etc. They connect with their children on an emotional and spiritual level and their willingness and active participation is necessary for a proper child care .The different skills that children receive from physical and interactive child care activities have been found to be critical for future life chances and mutually interconnected, especially in infancy period.*<sup>3</sup>

**Key words: Father's involvement, child rearing practice. Well-being of Mothers**

### REVIEW OF LITERATURE

**The review of literature will be discussed on the following headings**

1. Studies related to child rearing practice.
2. Studies related to father involvement in child rearing practice
3. Studies related to father attitude toward child rearing practice
4. Studies related to well being of mothers due to father involvements in child rearing practice

#### **1. Studies related to child rearing practice**

**Demaris Alferd, Mohoney Annette, Pargament Kenneth (2014)**<sup>4</sup> conducted a study on Fathers' contributions to housework, childcare and parents aggravation among married couples. Data was obtained from 178 using questionnaires method. The study results revealed that married couples parental aggravation was generally low among first time parent (mean 15.9). With respect to spouses' relative contributions to various types of labor, husbands' contributions exceeded wives' in paid labor, but the reverse was true of both childcare and housework.

## 2. Studies related to father's involvement in child rearing practice

**Olga G. Faceto, Carmen L. Fernandes , Cludia Baratojo, Ginglian R.J. (2008)<sup>5</sup>** conducted a cross sectional study on factors associated with father involvement in infant care among population in families of 153 infant at 4 month of age in Porto Alegre. The study results revealed that among 78% of the families whose parents lived together, 33% of the fathers reported not actively participating in their children's care. Problematic couple relationship and mother as a housewife were associated with lack of father involvement in infant care.

**Preeti Suppal et.al.(2009)<sup>6</sup>** conducted a study to Paternal involvement in childcare as a function of family structure and maternal employment status was assessed in 92 dual-wage and 103 single wage Indian families with preschool-aged children residing in different areas of **New Delhi, India**. Mothers and fathers completed Radin's Paternal Involvement in Child Care Index (PICCI). Data showed that parents in single-wage families spent more time in primary care giving compared with parents in dual-wage families. Fathers' involvement scores on the different components of the PICCI did not vary as a function of mother's employment status or family structure. Data are discussed with respect to the rigidity of men's roles in a historically patriarchal society.

**Bridget M. Gaertner, Tracy L. Spinrad , Eisenberg Nancy, Karissa A. Greving Karissa(2007)<sup>7</sup>** conducted a correlational study on parental child rearing attitude and father involvement during infancy in Southwestern Metropolitan. The data was obtained using daily diary that document involvement with infants at 6 – 8 months of age (n = 142) and 6 months later (n = 95). The study finding showed fathers' authoritarian views was related negatively to their relative involvement on weekdays. Mothers' protective attitudes had concurrent negative associations with fathers' relative weekend involvement. The findings also suggested that fathers' authoritarian and mothers' protective attitudes was related to how parenting responsibilities are shared within families and might be detrimental to how much fathers become, or choose to become, directly involved in the care of their infants in comparison to mothers.

**Baharudin et al (2010)<sup>8</sup>** examined linkages between educational goals, parenting practices of single-mothers and single-fathers, and the academic achievement of their school-going adolescents. The differences in educational goals and parenting practices between the single fathers and mothers, as well the parents' differential treatments toward their male and female adolescents was also studied as a part of the investigation. The sample constituted 60 single mothers and 30 single fathers. The results indicated positive correlations between child rearing practices and academic achievement of adolescents from both families, fathers' educational goals and their monitoring behaviors; and mothers' educational goals and their school involvement, and monitoring behaviors. It was also found that the parents differ only in terms of educational goals in which single fathers had significantly lower goals compared to single mothers.

## 3. Studies related to father's attitude toward child rearing practice

**M.S. Roshin, R. Sujatha(2013)<sup>1</sup>** conducted a study on father's knowledge and attitude towards their role in child care in **Mangalore**. Data was obtained from 200 families using self structured questionnaires and attitude scale. The study findings showed that 47% father had average knowledge regarding child care, 34.45% fathers had poor knowledge and 18.5% fathers had good knowledge regarding child care. Majority of fathers, 63.5% had favorable attitude, 35% fathers had highly favorable attitude and 1.5% had unfavorable attitude towards child care. The findings of study indicated the need for educating child care practice.

**Vickie Boechler, Margaret J. Harison, Joyce Magill (2003)**<sup>9</sup> conducted a study to assess the behavior of a father and child during a structural teaching interaction at University of Alberta, Canada. The sample was 110 children including infants and toddlers and their fathers. The sample were recruited from the community through posters and appointment made to visit their homes. Data was obtained using Nursing Child Assessment Teaching Scale. The study findings showed that fathers who were more involved in care giving had higher scores in cognitive growth fostering, indicating the importance of father role in child care.

#### 4. Studies related to well being of mothers due to father involvements in child rearing practice

**Byrd-Craven J, Massey AR (2013)**<sup>10</sup> conducted a study on Pregnant African American women who reported father involvement during pregnancy were more likely to report lower levels of depressive symptoms and higher levels of psychological well-being compared with pregnant African American women who reported no father involvement during pregnancy. Our results suggest that father involvement during pregnancy has a positive impact on pregnant African American women's psychological well-being.

**Kei M. Nomaguchi et al. (2012)**<sup>11</sup> conducted a study on Fragile Families and Child Wellbeing Study (FFCWS), which captures the full range of mother-father relationship statuses, this study examines the association between father involvement and mothers' parenting stress with a specific focus on how this association varies by mother-father relationship status. In line with Thoits' (2011) contention that the buffering effects of social support on wellbeing depend in part on whether the support comes from a primary or secondary group member, we consider how mother-father relationship status moderates the link between father involvement and mothers' parenting stress. Moreover, it contributes to the study of social support and stress by elaborating on the effectiveness of social support in enhancing well-being and the extent to which it depends on relationship context. Finally, the results have implications for research on family structure and individual well-being because they elucidate the relationship contexts in which mothers are most likely to benefit from father involvement.

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