CHAPTER 7

RECOMMENDATION & CONCLUSION

7.1 Introduction

The study was set out to access the Role of Working Women in Socialisation & Career Prospects of a Child in Bhopal District of Madhya Pradesh. The study has identified and measured the attributes of working women contributing to development of child socially, behaviourally, educationally, emotionally etc. The study also helped to identify that what a working women must do in different stages of Child development so that her child can excel in all spheres of life. It also helped to find out that what a working women must do for work and life balance to live a stress free life.

This Chapter presents a Model Frame for coming generation of Working Women to adopt in her life and in different stages of Child development which would contribute for excellence in life. In addition to this, suggestions for future research are highlighted and the limitations of research study has been mentioned.

7.2 Module for Working Women

7.2.1 Role Model of Working Women

A model Working Woman is an Asset to the Family and a boon to the society. She brings up a well disciplined child who would be leader tomorrow with all attribute ie social, physical, behavioural, emotional, educational, positive attitude to accept life with hardships etc. For the purpose a working women during her period of service has to pass through different stages which requires that she must equip herself with certain attributes & behaviour. The below are the required attributes & behaviour recommended of working women for development in different stages of children:

7.2.2 Required General Attributes And Behaviour of Model Working Women

- Working women must be role model for her children where they can quote about and say my mother does right thing and I respect and love her whole heartedly.
• Working women must be **well disciplined in all activities** and must have a scheduled time table for herself since she manages the home & work. Any indiscipline will hinder her time for her children.

• Working women must **encourage Joint family** system where the presence of parents at home can relieve her stress at office and home also

• Working women must have **maximum 2 children with gap of minimum 5 yrs** so that she can do justice to both the children equally and also recoup her health.

• Working women must **engage Bai for basic household chore** like sweeping, washing utensils, washing clothes if required for cooking purpose also. This would help to concentrate more at office and gives time to spend with their children.

• Working women must have **good coordination with her husband** so that both can help each other in household work and children studies & other extra curricular activities. Even she can take the help of children in small household work.

• Working women must be **conscious of her health** . She must take her breakfast, lunch & dinner in time. **Take nutritious food** to maintain her energy & strength to take up her double duty.

• A **regular exercise** is very essential for working women. She must take long walk or yoga or join a gym. If this is not possible with work buy a treedmill or eleptical cycle with twister & stepper where she can do exercise at home for 15 to 30 minutes.

• Working women must **positive attitude and a pleasing tone of speaking** with the surrounding people so that she can have a stress free life. She must have an **attitude to appreciate** her parents, children, husband etc. She must specially appreciate her children which gives the child a feeling to do better and is always in a happy mood. But if some thing is going wrong she must be able to tell to the person concerned-children/husband/parents the fault in a very good tone. This will help to avoid unnecessary discussion and unpleasantness.

• Working women must be **career conscious** and must try to upgrade her qualification/give internal dept exams. She must spend available time with
children in reading newspaper and seeing quality program in TV like news, discovery channels, group discussions, quiz programmes etc.

- Working women must spend minimum 4 hours to 6 hours a day with children-eating, teaching, TV time, praying, talking, playing etc.
- Working women must spend time in praying to God daily and visit religious places with children in order to transmit the tradition of the family.
- The salary of working women and her husband must be used in coordination and both must save for upliftment of the family and for giving better education to the children.
- Working women must have work and home balance thus must not overstay more than office hours. She must complete her office work in time and must not get involved in talks and gossips of office which results in waste of time. She must be honest sincere and loyal to her work.

7.2.3 Required Attributes and Behaviour of Model Working Women During Child Development.

CONCEPTION STAGE OF CHILD (PERIOD IN MOTHERS WOMB)

- Working women must accept the pregnancy and must be very happy during the whole 9 months, to receive a happy child.
- She must eat nutritious food in the schedule time and take rest in midst of her tight schedule of office and home.
- Must take the help of parents and Bai’s for household work.
- Must take time to hear music, see good qualitative programmes in TV and do basic exercise to keep oneself healthy.
- Do not be irritated or sad during this period this will affect the child development in future also.
- See the doctor in time and enjoy conception of new life.

STAGE I-CHILDREN 3 MONTHS TO 2 YRS(PERIOD OF OBSERVATION & COPYING)

- Working women must spend minimum active 6 hours to 8 hours a day with children-eating, teaching, TV time, praying, talking, playing etc.
- Working women must take the support of parents or inlaws during this period of 1 month to 2 yrs
- Working women must teach behavioural habits like eating, toilet training, respecting elders etc.

- Since the period is of observation & copying family members must be conscious not to do any activity which is negative in presence of child which will affect the child later.

**STAGE-II**

**CHILDREN ABOVE 2 YRS TO 7 YRS (PERIOD OF CHARACTER BUILDING)**

- Working women must spend minimum active 4 hours to 6 hours a day with children- eating, teaching, TV time, praying, talking, playing etc.

- Working women must take the support of parents or inlaws during this period of 2yrs to 7 yrs since it is period of character building. Putting children in crèche is not advisable. If they are put to crèche see that crèche authorities feed and have disciplined schedule of spending time in crèche.

- Working women must engage a Bai for household chores to have time to spend with children.

- Working women must teach behavioural habits during the period.

- Working women must appreciate the children frequently this helps to boost their to do something creative. But also punish/discipline them when they do wrong.

- Working women/parent/inlaws must spent time in reading and telling stories to their children, this encourages the children to have interest in books & develop reading habits.

- She must teach children to pray to God & to read their religious books which help them to develop moral values and to ask from super natural power to guide them in day to day activities.

- Working women must watch only quality programs in TV like discovery channel, craft& painting programs, quiz, cartoon etc in schedule time only.

- **Working women must read & explain Newspaper** to the children. This will inculcate the habit of reading newspaper which would enhance the General knowledge of the children.
• Working women must concentrated to discipline their children in studies by helping them to frame Time table which will also helps the child to develop the habit of planning before doing any work. They must help children in School home work and studies.

• Working Women must involve children in household work when they are above 2yrs to 7 yrs this inculcates in children to undertake small personal work independently like polishing shoes, arranging books of school time table, keeping uniform for school ,cleaning his study table, keeping toys in place etc.

• Working mothers must encourage children to play with other children which helps the child to be social, adjusting & healthy

• Working Women must enjoy outing with family ie Visiting friends or relatives or Mall /market or Picnic often. This helps the child to become social and adjust himself to new surroundings. It gives joy & happiness and also breaks monotonous life.

• Working women must take children to Temple/Church/Mosque frequently when children are above 2 yrs to 7 yrs . Religion plays a very important part in molding the character of a person .The moral and values given in religious books rules to control our behavior. Worshiping God in religious places helps to feel the presence of God and helps to transmit traditional believes of the family.

STAGE -III

CHILDREN ABOVE 7 YRS TO 14 YRS (PERIOD OF MENTAL & PHYSICAL GROWTH)

• Working women must continues the activities done in Stage II ie Children above 2yrs to 7 yrs. In addition she must look into below detailed activities.

• Working women must spend minimum active 4 hours to 6 hours a day with children- eating, teaching, TV time, praying, talking, playing etc.

• Working women must appreciate the children frequently this helps to boost their to do something creative .But also punish/discipline them when they do wrong.

• Since the standard of studies of today have gone high especially in Maths & science hence all mothers may not be equipped to teach/ clear the doubts of
their children so mothers can send children for coaching. But mothers need to see what the child is taking up in school & coaching classes.

- If working women are in nuclear family, it is essential that an elderly bai or some one responsible must be there at home who can monitor the activities of the child mainly studies and discipline children to see TV in restricted time when the mother is in office. In case of Creche working mothers must observe that whether the crèche authorities are putting TV and engaging the children. This will inculcate the habit to run after TV programmes and will not concentrate in studies.

- Working women must buy story books, Educational books, CD, Magazines, games for children when the children are above 7-14yrs. This will help the children to refer for additional knowledge and develop their mental ability and habit of reading.

- Observe and encourage the children to read Newspaper. This helps child to know the ware about in the society and enhances General Knowledge.

- Working women must encourage children to take up extra curricular activities like dancing, singing, drawing & painting, craft work, photography, writing up articles etc. This will help the overall development of child.

- Working women must encourage children to do exercise and play sports like cricket, lawn Tennis, foot Ball, Basket ball. Cycling every evening must be encourages. She can put children to sport club during their summer holidays. This will help children to be social with other children and be active, healthy and hearty.

- Working women must help children to buy things for project, and to put their brain to develop new idea for formulating the project.

STAGE-IV

CHILDREN ABOVE 14 YRS TO 23 YRS (PERIOD OF TEENAGE AGE)

- Working women must continues the activities done in Stage II & Stage III. In addition she must look into below detailed activities.

- Working women must spend minimum 4 hours with children in midst of office and household work and children busy with their coaching & studies. This helps in family binding and also to share their problems & happiness.
together. It is said that family that pray & eat together lives together. Dinning table can be the main place for spending time together.

- Working women must appreciate the children frequently this helps to boost their to do something creative. But also punish/discipline them when they do wrong.

- Working women must help children to identify good coaching centres because they are in contact with many people in office or through Internet surfing who can give information of the various coaching centres in the area and their performance, their approach for development of children, exams conducted, transportation etc..

- Working mothers because of her exposure must identify various career options and discuss with the children the pros & cons of each course and help them in selection their career.

- Working mothers must develop good rapport with their children because of extended outlook of things. They must not be narrow minded and must not take things in an orthodox manner. They must understand the trend in the surroundings due to their exposure in different areas so they must try to take up things accordingly thus children must feel free to discuss their problems with their working mother.

- Working women must get involved their children in financial & economic decision like purchasing house, car, other household items etc which gives the ability for children to think and identify the different brand available in the market, surf the features, make comparison and identify the best make and model with fund available. Children knowing the financial position will understand how the parents are managing the finance like different type of saving methods, investment, loan management and will be economical in their expenditure. This would help the children in making their financial planning & decision in their future life.

7.3 Limitation of The Study

The study has offered tangible answers on the important factors of working women in development of children. The study incorporated data of working women in different sectors of offices and institutions in district of Bhopal Madhya Pradesh. Similar to
other studies present study do have some limitations, which need to be covered in future researches.

- The research papers referred are mainly from journals where authors might not be able to include all the information that is potentially vital to our study.
- The working women in sample might have hidden the drawbacks which they could not do during the different phases of child development.
- The children's response to having a working mother could not be collected and analysed.
- Finally, this study was able to cover very small sample (158 working women in Bhopal district). Further studies can include other districts of Madhya Pradesh and also other Metropolitan cities of India.

7.4 Future Scope of Study

While researching about the Role of working women in development of child there are many questions which can be addressed further. Hence more research can be done in following aspects:

- Future researches should expand sample size to better represent the population.
- Similar research can be conducted sector wise i.e. working women in banks, working women in hospitals, working women in colleges, working of corporate etc.
- Research of children of working mothers.
- Research can include other districts of Madhya Pradesh and also other Metropolitan cities of India.
- Detail research of different stages of child development with special reference to children of working women.

7.5 Conclusion

The present study provided to identify the basic attributes & behaviour required for working mothers and what she must do during different stages of Child Development. The study helped to come up with a module if a working women adopts can do wonders for her family especially her children. A parent is happy when she feels that
her children are successful in studies, character, & behaviour which leads to good human being benefitting the society and country as a whole

Thus we can conclude that Working women is an asset to the family and boon to the society with little support, respect & love from near ones.