

Effect of Mother's Anxiety and Behavioral Disorders in Children (Case study: Female employees in Ilam province's banks)

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Abstract:

The aim of this study was to identify mother's anxiety disorder and its effect on children. The research method was descriptive correlation in terms of target population studied and applied research among female employees in Ilam province's banks; 59 people by Morgan table were selected randomly. To collect data Spielberg Anxiety Inventory and Child Behavior Checklist Aachen Bach were used and for analyzing data single sample t-test and Pearson's correlation coefficient were used. Findings revealed that mother's anxiety and disorders in children are at very low level and relatively mild. Results also showed that there is a significant positive relationship between mother's anxiety and disorders in children.

Key words: anxiety, disorder, female employees, Ilam province's banks

Introduction

Family is the basic social institution that persons put into existence; people grow and prepare themselves to participate in the community and social life by means of family. Women as

one of the pillars of traditional family have two main roles: as wives and mothers. These two roles are according to their physical and psychological characteristics. Household management, maintenance and education of children within an emotional and warm family environment are a woman's duty and she provides other conditions and possibilities for the healthy and successful upbringing of children, thus guaranteeing population's health (Fadai, 2009).

One of problems of working mothers is that this interferes with responsibilities at home, this causing angst in them. This has an impact on the psychological health of mothers and affects parenting and children's behavior. Anxiety and confusion represent a state of mind that a person feels that it is harmless. Source and type of risk is unknown, so in this case lack of relaxation and anxiety or tension, anxiety and worry for him are the results, because it is usually unconscious and thus creates internal conflict (Husseini Dolat'abadi, 2012).

Anxiety is a psychological and physiological state of worrying about a future event; components of physical, emotional, cognitive and behavioral factors are identified (Seligman, Walker and Rozenhan, 2000). Anxiety is an unpleasant emotion caused by the perception of stress and physical changes occur as well (Pine et al, 2009). The most common disorder is anxiety and this is the most common response to stressful stimuli. To anxious, uncomfortable emotions that we all have some degree of it in form of words such as anxiety, worry, tension and fear we experience (Rahmati and Saeidi, 2011). The most frequent response of nervous anxiety of nervous reactions.

Anxiety is usually physical- mentally change and much of public can undermine people infected (Navabi Nejad, 2004). Some people change their behavior in face of anxiety opens appeal. Warning behavioral symptoms of anxiety include

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withdrawing from others, starting many things without finishing them, nail biting, hair grab, knock to chin and cheeks, without being intrusive thoughts about being obsessive, desire to smoking, desire to drink alcohol, bulimia, anorexia, loss of appetite, hair reaching his aggressive driving(Dvision,2008).

Psychiatric disorders in parents increase chances of child developing abnormal behaviors Heads. Long-term studies have been conducted in children, suggesting that there is abnormality in family conflict, parental separation or other, especially in first three years of a child's life, closely with maladaptive behaviors in children and symptoms is associated with attention deficit hyperactivity disorder (Vafa'i et al, 2002). Louis Hoffman (1984) reviewed research related to working mothers pay fifty years. Most of these studies were based on hypothesis that mother's employment has negative effects on child development. Hoffman evaluation showed that girls whose mothers were employed compared with unemployed mothers and daughters, more confidence, better grades and job prospects are better ways (Ahmadi and Taghavi, 2003).

Importance that object relations theorists believed about key role of mother to have partially in development of child's parents is that some of them, like Winnie Cut believes that life started there is no baby without mother. Thus, disruption of basic equations Mother-child-specific reasons such as personality characteristics, mother's mental health, mother's education and lack of adequate and consistent relationship with child can be basis and foundation for children's future emotional disorders later in life (Dadsetan, 2004). Stress, including stress of job is that if excessive, can create physical symptoms, psychological and behavioral person put his health at risk. Despite such pressures, threats and organizational goals, he reduces quality of individual performance (Rahmani et al, 2010). Investigation of Khanjani et al (2003) also found that mothers of insecure and anxious care and development to create conditions that do not necessarily reflect mother's

morbid symptoms (such as restlessness, irritability, rejection, disappointment and sadness).

Issue of mental health, mother-child relationship, is important because it is so closely related and intertwined that any change in one will affect other, thus mother's psychological disorder affects his relationship with his son affect and change behavior of child, mother can affect both properties and characteristics of parenting a child with mutual interaction (Abdolkarimi et al, 2012). Behavioral disorders of childhood and conflict often arises from lack of critical period in childhood due to lack of proper guidance in development process. This neglect can lead to a lack of compromise and adapt to environment and incidence of aberrations in different aspects of child (Genna et al., 2006; Dempster et al., 2006).

Bank staffs, every day in close communication with your customers a lot of money displaces, money is always a concern about deficit at end of day, and also due to workload lot of pressure to be imposed on people. Depending on type of work that employees seem to be at risk of stress and anxiety and perceived stress. Accordingly, this study examined anxiety of female employees ENIAC and its role in behavioral disorders of children examined.

Background

The early years of life is the most important period of growth and inclusion in education is one's personality. Children in the home and the family are in contact with several human factors. But the most important and most fundamental of these factors is the mother. Psychologists of children's relationships with those who are responsible for their care have stressed the interactions of the major resorts have emotional and cognitive development (Dasetan, 2004).

The core of all theories is interaction or mutual influence with the individual's environment. Psychologists believe that

psychic phenomena and changes in the interaction between the human organism and the environment. Surrounding physical environment plays an important role in the meaning of human life and the part he plays. Studies have shown that many behavioral disorders in urban communities such as violence, aggression, violate rights of others and failure to comply with law, having historical roots, cultural and economic quality residential spaces, educational and lay people working (Zarghami et al, 2013). Similarly, physical or mental illness in children of parents can be involved in abnormal behavior (Jung et al., 2006).

One of most common mental health issues for women anxiety. Anxiety is vague feeling with apprehension that was created in response to internal and external stimuli and can be symptoms of cognitive, emotional, physical and behavioral results (Boyd, 2002). Anxiety is defined as a prolonged and focused on future that focuses on a threat to disperse and then, cautiously approaching a potential threat is increasing (Pouran, 2011). Psychologists believe that many aspects of environment can affect relationship between parents and children. By identifying these aspects, we can design more appropriate interventions to improve children's education and how they are taken up further problems (Babai et al, 2008). Lions Roth and colleagues (1990) examined impact of serious mental problems - mothers with children have behavior problems and attachment. The results indicate that strongest predictor of child aggression and hostile behavior toward peers, mothers' mental health problems including anxiety (Babai et al., 2008).

Emotional and behavioral disorders refers to a condition in which emotional responses and behavior at school excitedly cultural, traditional, and ethnic differences, so that individual's academic performance, self-care, social relationships, personal adjustment, behavior in the classroom, and harmony in workplace can have negative effect. Most children with behavioral disorders have negative emotions and misbehavior

with others. In most cases, teachers and classmates will reject them, resulting in their reduced educational opportunities (Brown & Percy, 2007).

Childhood disorders are divided into two major groups: first group of disorders that can be internalized by individual, such as depression, anxiety and bodily complaint; second group are externalized disorders. Internalizing disorders are common in children who are great group of parents are affected by mental disorders. On other hand, studies have shown that a period of 4 to 7 percent of U.S. adults will experience diagnosable mental disorder in every year, so, it is common mental health problems in adulthood, chances are there is a problem that children with parents (Oyserman et al. 2005).

Problem behavior refers to individual behavior without low IQ, mental balance and behavior of general size of community and frequency, severity and persistence at multiple locations. So that academic performance, and reduce effectiveness of behavioral distress is severe, these children frequently are ostracized by family directly or indirectly (Malekshahi & Naraghi, 2008).

Behavioral disorders, emotional disturbance is thus obvious. Four factors must be considered in definition of behavioral disorders including causes confusion, describe and report inappropriate behavior, and location of observer (Seif Naraghi and Naderi, 1992). Cartwright - Hutton (2006) describes odds of a child anxiety disorder types of anxiety, mood disorders and drug abuse in adulthood increases and social life, it disrupts educational and career goals. Interaction of biological factors (genetic predisposition sympathetic response units) and psychological factors (experience disturbing events and parenting practices) have a role in shaping children's anxiety (Bolton et al., 2006).

Research has shown that behavioral problems in children of parents with mental health problems are linked. Parental mental illness is much more serious appearance of

behavioral disorders in children will be faster (Blanz et al, 1991). Studies of Lee et al (1987) have shown that impaired mother's emotional trauma - emotional and academic problems to have children. If mother suffers from severe depression and anxiety or panic disorder, children with behavioral problems will probably (Mohammad Ismaeel and Mousavi, 2003). Various studies show that about 30 percent of children in her lifetime will experience a diagnosable psychiatric disorder but 70 to 80 percent do not receive appropriate intervention to solve problem. This disorder is a dysfunction in various fields such as education and family background led this ultimately leads to academic failure or delinquent behavior (Evans et al., 2005). Hosseini Dolatabadi et al (2012) showed in a study of working mothers are more anxious than modern unemployed either concealed or openly experience.

The impact of mother's behavior on child anxiety reactions, so root of anxiety in his relations with mother of child should be sought (Albano et al, 1996). Research that examines impact of family interaction patterns in children with emotional and behavioral disorders have been created, on one hand, this kind of reaction to disturbances in children than have family disruption (Timuri and Ataei far,2010).

And other unfavorable environmental stimuli, such as rejection of child, not enough love and support from parents, indulge in love, ramble in Family, family coldness, lack of care and caring mother, insecure attachment during childhood and parents have stress related (Pandina et al, 2007, quoted by Timuri and Ataei far,2010). Khanjani et al (2010) concluded that research on mother's depression, anxiety and internalizing disorders in adolescent girls is strong.

Garrett Stein and colleagues (2009) showed that mother's depression can lead to internalizing disorders in girls. Bayer and colleagues (2006) reported anxiety is one of predictors of mother's depression Internalizing disorders in children. The results also show that factor anxiety and

depression in mothers compared with mothers contributed more to prediction of internalizing disorders in adolescent girls. Golizadeh et al in study of East Azerbaijan banking officers concluded that six dimensions of job burnout is a significant relationship between family functioning scales (Hannani et al, 2011). Gisenberg and Shclosberg (2002) showed that high levels of mother's stress can lead to anxiety in children. Because children in this period (before age 7) are too active to sit imposed based activities, such as chewing on their pencils cause nervous habits, finger sucking, hair twist and nervous restlessness will spend (Zarghami et al, 2013).

Moinei and Moghaddamnia (2001) reported prevalence of nail biting in Tehran is 6.8% in their study of prevalence of these behaviors did not differ by age and gender.

Research on enuresis and non-enuresis children's behavioral adjustment in Hamadan primary schools revealed that business between two groups in terms of individual adaptation, social, physical, adaptability in home; school and general personality adjustment, there are significant differences. In this study, a high percentage of children with enuresis had behavioral problems, and average scores of two groups showed significant differences (Sajedi,2000).Mousavi and Ahmadi's study (2012) showed that children with behavioral disorders and depression than mothers of healthy children. Accordingly, aim of this study was to identify role of mother's anxiety and behavioral disorders in children.

Research Questions

- **First question:** How is employed mother's anxiety in Ilam province's banks?
- **Second question:** How is children's disorder of employed mothers in Ilam province's banks?

Research Hypotheses

- **First Hypothesis:** There is significant relationship between visible anxiety of employed women in Ilam province's banks and their children's disorders.
- **Second Hypothesis:** There is significant relationship between hidden anxiety of employed women in Ilam province's banks and their children's disorders

Method

Research was descriptive correlation comparison in order to assess mother's anxiety Spielberg Anxiety Questionnaire is a 40-item questionnaire to measure children's ADHD Child Behavior Checklist Aachen Bach (item 100) is used. Reliability of questionnaire by calculating Cranach's alpha coefficient for Spielberg Anxiety Inventory estimated 0.857 and Checklist Aachen Bach estimated 0.841. Population studied in this study included all female employees in Ilam province's banks that were 70 people and of these 59 patients using a simple random sampling were selected by Morgan table. To analyze data from single sample t-test and Pearson's correlation coefficient was used.

Findings

Pearson's correlation coefficient was used to evaluate research hypotheses. The results are discussed in following;

First question: How is employed mother's anxiety in Ilam province's banks?

Table 1: Analysis of single-sample t-test to evaluate mother's anxiety in Ilam province's banks

Variable Index	Frequency	Mean	SD	Test Value=2.5		
				T	df	Sig.
Visible Anxiety	59	2.089	0.267	-11.759	58	0.000
Hidden Anxiety	58	1.972	0.301	-13.329	57	0.000
Total Anxiety	58	2.032	0.268	-12.251	57	0.000

The result of analysis showed that single-sample t significance level was calculated as (0.000) is smaller than error (0.05), with respect to value of T is negative. It can be inferred that mother's anxiety in all three phases (manifest, latent and total) is lower than mean. Based on application category rupture test anxiety, it can be said that the mother's anxiety, which is between 1.5-2.49 is relatively mild.

Second question: How is children's disorder of employed mothers in Ilam province's banks?

Table 2. Analysis of single-sample t test for assessing disorder in children of employed mothers in Ilam province's banks

Variable Index	Frequency	Mean	SD	Test Value=2.5		
				T	df	Sig.
Children's disorder	53	0.399	0.195	-22.432	52	0.000

53 of the 59 questionnaires were analyzed that Table 2 shows mean experimental is less theoretical mean and T value is negative(-22.432) in 0.05 is significant, therefore, it was concluded that disorder in children of employed mothers in Ilam province's banks is very low.

First Hypothesis: There is significant relationship between visible anxiety of employed women in Ilam province's banks and their children's disorders.

Table 3. Correlation matrix of variables

Variable	Anxiety	total Anxiety	Children's Disorder
Visible Anxiety	1 -----	**0.935 0.000	** 0.409 0.002
total Anxiety	** 0.935 000.0	1 -----	**0.488 0.000
Children's Disorder	**0.409 0.002	**0.488 0.000	1 -----

**Correlation in 0.01 (two-tailed) is significant

According to output SPSS, Pearson correlation between anxiety disorders in children of mothers with 0.001 is significant and also between there is significant relationship between visible anxiety and total.

To evaluate presence or absence of a relationship between mother's anxiety (obvious, total) of children with ADHD and realize significance or lack of significance of correlation between Pearson correlation coefficient was used and results can be seen in Table 4.

Second Hypothesis: There is significant relationship between hidden anxiety of employed women in Ilam province's banks and their children's disorders.

Table 4. Correlation matrix of variables

Variable	hidden Anxiety	total Anxiety	Children's Disorder
Hidden Anxiety	1 -----	**0.948 0.000	** 0.488 0.000
total Anxiety	** 0.948 0.000	1 -----	**0.488 0.000
Children's Disorder	**0.488 0.000	**0.488 0.000	1 -----

**Correlation in 0.01 (two-tailed) is significant

The results in Table 4 show that relationship between hidden anxiety and disorders in children 0.001 is significant; in terms of mother's anxiety have an impact on their children disorder. It is also a significant relation between hidden anxiety and total.

Discussion and conclusions

Far more women work today than in past. Just yesterday a woman who worked in house and was in charge of housekeeping and married her only concern was focused on how children are educated. Today, in addition to previous responsibilities must work in an office environment as well as have a strong presence and in keeping with its role as an individual in community to encourage. Increase women's presence lead to strengthening families and educating healthy children can help, as we have heard that behind every successful man there is woman more successful. Despite all positive results that presence of women in society is result of it but there are negative consequences for women only to realize it is their compromised mental health. One of the most important activities in social consequences is anxiety and psychological pressures that occur in women before men.

The present study examined anxiety levels in mothers and their children with the disorder. The rate of mother's anxiety through test and measurement Spielberg anxiety disorders in children Child Behavior Checklist questionnaire Aachen Bach and analysis of data for this conclusion was mother's anxiety disorders in children from a very low level and are relatively mild. Pearson findings showed that anxiety disorders in mothers and children, there is significant positive relationship. This means that much more anxious mothers are also more children with ADHD and vice versa.

Research has shown that behavioral problems in children of parents with mental health problems are linked.

Parental mental illness is much more serious appearance of behavioral disorders in children will be faster (Blanz et al, 1991).

Husseini Dolatabadi et al (2012) showed working mothers are more anxious than unemployed mothers to either hide or reveal experience. Between employed mothers and their anxiety is meaningful relationship. Mother's behavior has a direct impact on infant's reactions to anxiety, so anxiety rooted in his relationship with mother of child should be sought (Albano et al, 1996). Khanjani et al (2010) concluded that research on mother's depression, anxiety and internalizing disorders in adolescent girls is strong. Results also indicate that mother's distress factors compared with mother's depression, internalized disorders share more in forecast of teenage girls had. Garrett Stein and colleagues (2009) showed that mother's depression can lead to internalizing disorders in girls. McCarthy and McMahan (2003) found mother's anxiety can lead to damage in offspring of mother's behavior agitated over controllers.

Bayer and colleagues (2006) reported mother's anxiety is one of predictors of depression disorders in children. Mousavi and Ahmadi (2011) showed that children with behavioral disorders and depression than mothers of healthy children. Cartwright Hatton (2006) describes odds of anxiety in children, anxiety disorder, mood disorders and drug abuse in adulthood increases and social life; it disrupts educational and career goals. Interaction of biological factors (genetic predisposition sympathetic response units) and psychological factors (experience disturbing events and parenting practices) are involved in formation of children's anxiety (Bolton ET AL., 2006).

It can be seen that results of several studies suggest that there is positive correlation between anxiety disorders in children and mothers. Mothers who have psychological problems In case of ability to create a healthy environment for

their children's children can develop into problems that prevent internalization. The following suggestions are offered;

- Training on behavior management practices employed mothers banks run correctly.
- The banks as quiet as possible and away from fear, tension and pressure would become redundant and unnecessary.
- More attention should be paid to quality of working life of women employees.
- As far as possible woman employees furlough monthly increase.
- Advice given to female staff training and quality of relationship between mother - child is crucial, more attention to quality of relationship. Why how interaction with them, accountability and sense of responsibility for their needs, is crucial.
- Spouses of female employees contribute more to household duties and childrearing.

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