Psychosocial Well-being of Working Mothers in Sivaganga District of Tamil Nadu

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Abstract--- Women's roles are emerging differently with new commitment and career-oriented as well as a commitment to families. So, this, in turn, leads to a number of stress and strain among working mothers. While working parallel to men at the workplace, working mothers also play multiple roles such as child rears, parents, teachers, caretakers of their elderly parents, and many more, which become very much strenuous for them. It is the added responsibility and burden of chores that add to daily hassles or stress for them, especially in working mothers with young children and usage of social network account which definitely affect their psychological well-being.

Keywords--- Social Network Account, Parenting, Cybercrime, and Safety.

I. INTRODUCTION

The safety of women has always been an issue, especially in a country like India where the crime rate against women is still on its peak. Earlier, it was limited to roads or places away from Home. The home was considered the safest place for women to protect themselves from being victimized. Now, home is also becoming an equally dangerous place, where women are prone to crime. Due to technical advancements, people limit their circle to their computer screens and mobiles. This is a major concern. The increasing rate of cybercrime against women has led to the development of insecurity within women. They don't feel safe anymore, anywhere. Its effects are worse on women and on society as a whole. The increasing reach of the internet, the rapid spread of mobile information, and the widespread use of social media coupled with the existing pandemic of violence against women and girls have led to the emergence of cyber violence against women and girls a growing global problem with potentially significant economic and societal consequences. One in three women has experienced at least one form of violence in her lifetime. The present social science research is based on various types of information we collect, it is not possible to do research without different kinds of information. In order to carry out social research successfully, the information should be gathered from proper sources. The sources of information are generally classified as primary and secondary. Different social scientists have classified sources of information differently. This study attempts to understand the forms of cybercrime and its impact on working mothers to evolve appropriate strategies for combating cybercrime.

II. REVIEW OF LITERATURE

In India, 'cybercrime against women and children' was an issue which few talked about and few worked on and huge numbers of victims suffered helplessly. The term 'cybercrime against women and children ' in India is mostly used to cover sexual crimes and sexual abuses on the internet, such as morphing the picture and using it for purposes

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of pornography, harassing women with sexually blackmailing/harassing emails or messages or cyberstalking (Balakrishnan, 2009; Mohan, 2004). This is also evident from the fact that the majority of the cases reported to the police are of the nature of sexual crimes and most of them are booked under the erstwhile section 67 of the Information Technology Act, 2000.

Gonsalves (2009) in the article 'social networkers risk more than privacy' quotes a U.K. study and suggests that facebook and twitter users post personal information that could be used by professional home burglars looking for targets. He says that people who use social networks are posting personal information that could be used by professional home burglars looking for potential targets. The Hindu (2016) reported the findings of the National Mental Health Survey by NIMHANS that in Tamil Nadu the prevalence of the mental disorder is 11.8 percent and all over India 10 percent has common mental disorders and about 1.9 percent has severe mental disorders. The trend is more prevalent in urban areas.

Statement of the Problem

Internet has also become a social and communication tool with e-mails being an efficient communication tool. The Internet offers new possibilities for networking and participative democracy but feminists are failing to challenge the use of the Internet for furthering more dangerous and discriminatory agendas, including Internet crime committed against women and the proliferation of pornography. Cybercrime is the latest and perhaps the most complicated problem in the cyber world that requires active mitigations strategies by the society, government and families and individuals. However, it is really in the last decade that researchers have begun to study the problem. The purpose of this study deals with various forms of cybercrimes against working mothers, how women can be protected from these kinds of crime and what steps to be taken to prevent cybercrime against working mothers.

Significance of the Study

The increased reliance on individuals/organizations on cyberspace has resulted in a corresponding increase in cybercrimes. The low level of awareness of the Indian society about cybercrime has resulted in a spurt of cybercrimes. India may succeed in combating the problem of cybercrimes by adopting a synergetic approach wherein technological measures and proper legislative framework to combat cybercrimes in society. Hence, there is a need to enhance awareness about cybercrime among working mothers.

Objectives of the Study

- To assess the awareness about cybercrime among working mothers
- To analyze the impact of media on cybercrime against working mothers

III. RESEARCH METHODOLOGY

Quantitative and qualitative research designs are adopted in the study. The descriptive research design used according to the need of the study. A simple random sampling method has been adopted to investigate the cybercrime against working mothers. The sample size of 50 working mothers, Karaikudi, Sivagangai District. Besides secondary data, primary data were collected using a structured questionnaire. The secondary data were collected from Magazines, Journals, Government reports and Documents etc.

IV. RESULT AND DISCUSSION

Careful planning is essential for the collection of data and analysis. Further questions can be answered and the data obtained will also be more reliable and valid. This study aims to analyze the awareness about cybercrime, the nature of cybercrime, different forms of cybercrime, and to analyze the impact of media on cybercrime, appropriate legislative measures to combat cybercrime and identify ideal strategies to prevent cybercrime against working mothers.

Table 1: Age of the Respondents

Age	No of respondents	Percentage
20-25	14	28
26-30	20	40
30 above	16	32
Total	**50**	**100**

Age is a predominant factor in any research. Age determines the physical as well as mental capacities of working mothers. The above table reveals the distribution of respondents on the basis of age. It is found that 32 percent of the working mother respondents belonged to the age group of above 30 and 40 percent of the working mother respondents belonged to the age group of 26-30 and the remaining 28 percent of the respondents (working mother) belonged to the age group of 20-25.

From the above table, it is inferred that the majority of the respondents who have completed their post-graduation join immediately as staff in colleges. It is evident through their numbers. Young staff do not have much responsibility at home but have money in hand. Hence, both the category can be easily coerced by others.

Table 2: Educational Qualification of the Respondents

Educational Qualification	No of Respondents	Percentage
12th	12	24
UG	17	34
PG	21	42
Total	**50**	**100**

Society always looks at education as a gateway for enabling an individual to equip for the world of work. Education is a predominant factor that shapes one's attitude, vision, character and outlook. The education of the respondents could be related to the occurrence of cybercrime.

The above table shows the distribution of respondents on the basis of educational qualifications in the study area. 24 percent of the working mother respondents are 12th and 42 percent of the respondents have only Post Graduation and the remaining 34 percent of the working mother respondents have completed UG.

Education makes us capable of acquiring new skills and being able to communicate with others in a civilized manner. Education is not a privilege but a fundamental right. When the researcher enquired about the respondents about the usage of the internet, they revealed that all the respondents have utilized the internet for their education purpose. In the current situation, the usage of internet is unavoidable and it has become a part of our personal and professional life today.

Table 3: Internet Access by the Respondents

Internet access	No of Respondents	Percentage
Yes	50	100
No	0	0
Total	**50**	**100**

The above table shows that 100 percent of respondents have internet access on their own. Today, everyone is compelled to make use of the internet. In today's trend without using the internet, we cannot get further changes in life style, every individual needs an internet facility. Due to the nuclear family system, and heavy work pressure, nobody is visiting their friends and relatives home, instead, they chat through the net regularly.

Table 4: Frequency of Internet Usage by the Respondents

Frequency	No of Respondents	Percentage
Everyday	27	54
Several times per week	23	46
Total	**50**	**100**

The above table explains the internet usage of the respondents in the study area. The data collected revealed that more than half of the respondents 54 percent have used the internet every day and the remaining 46 percent of the respondents have utilized the internet several times per week. Hence, it is found that age has no impact on the average daily use of the internet in the study area. But the significant daily usage of the internet has increased the rate of crimes in the cyber world.

Table 5: Purpose of Using the Internet of the Respondents

Purpose	No of Respondents	Percentage
Internet Banking	3	6
Shopping	14	28
Education	6	12
General Information	4	8
E-mail	11	22
Social Networking	12	24
Total	**50**	**100**

The above table shows the distribution of the respondents on the various purposes of internet usage in the study area. It is found that the majority (22%) of the respondents have used the internet for the purpose exchanging of information through Email. 8 percent of the respondents have used the internet to access general information and education purposes respectively. Further, 6 percent and 28 percent of the respondents have used the internet for net banking and shopping respectively and 24 percent of the respondents have used the internet for social networking. Hence, the majority of the respondents have utilized the internet for social networking and the exchange of information through email.

Table 6: The Respondents' use the Original Id Name in Social Network

Original Id	No of Respondents	Percentage
Yes	37	74
No	13	26
Total	**50**	**100**

Social networking is a specific term. Access to social network application through internet connection is a new trend today. This phenomenon also undergoes a debate about the impact of employee productivity by using social

networking sites during office hours. Usage of the original ID name in a social network sometimes causes problems to the users. Hence, an attempt was made to find out the percentage of respondents in using their ID with the original name in their social network. It is found that 26 percent of (working mother) respondents have not used their ID with the original names in their social network.74 percent of respondents reported that they have been using that ID with the original name in their social network.

From the above inference, it is obvious that the majority of the respondents in the study area are aware of the consequences of using their ID with the original name in their social network, which prevents them from the occurrence of cybercrime.

Table 7: Number of Respondents using Social Network

Social Network Account	No of Respondents	Percentage
Yes	50	100
No	0	0
Total	**50**	**100**

The above table shows that all the respondents are having a social network account. In today's digital world, social media plays an important meaningful role in every individual's life, it is an easier and convenient way to access and disseminate information awareness. Respondents are well connected through these platforms for their daily workings. If digital media is used in the right way, and the journey of working will not be stressful.

Table 8: Online Security Awareness of the Respondents

Online Security Awareness	No of Respondents	Percentage
Low	26	52
Medium	9	18
High	14	28
Total	**50**	**100**

Information security in the cyberspace is a growing problem even in the protected static environment. Cybercrime is now more profitable than any other trade. This is an important indicator of the changing environment in which we live and work, in both the real world and the cyber world.

In the study, it is inferred that half 18 percent of the respondents felt that they have a medium level of awareness about online security. Also, 28 percent and 52 percent of them have a high and low level of awareness about online security respectively. Hence, it is noted that respondents have more awareness level about cyber security in the study area. Cybercriminals are clever and determined. They develop new ways to target victims. Cybercriminals do not care about the age of the victims in order to make them vulnerable. Therefore, everyone should take an interest to understand the difference between right and wrong in the cyber world.

Table 9: The Respondents Aware of Cyber Crime

Aware	No of Respondents	Percentage
Yes	12	24
No	38	76
Total	**50**	**100**

The most 76 percent of the respondents are unaware of cybercrime cell and the remaining 24 percent of them are aware of cybercrime cell among the study area.

Table 10: Problems Faced by the Respondents

Problems	No of Respondents	Percentage
Yes	42	84
No	8	16
Total	**50**	**100**

The table shows the problems faced by the respondents through online chatting in the study area. From the table, it is inferred that 84 percent of the respondents have faced problems via online chatting. But, the problems faced by the respondents remain unreported. If they want to report it, it should be only through their family. If the family comes to know about the problem then they will not permit to work. Further, they will not permit her to make use of computers/phones. It is noted that the study reveals that cybercrime is widely unreported. Hence, the public may not be aware of the incidents of cybercrime in order to respond to cybercrime in society. Cybercrime is a global phenomenon. With the advent of technology, cybercrime and victimization of women are on the high and it poses a major threat to the security of humanity as a whole. Even though India is one of the very few countries to enact the IT Act 2000 to combat cybercrimes, many issues regarding women still remain untouched in this Act. The said Act has termed certain offenses such as hacking, the publication of obscene information in the net, tampering data, as punishable offenses. But the grave threat to the security of women, in general, is not covered fully by this Act.

V. CONCLUSION

Different studies comparing the psychological health of working mothers and nonworking mothers report that employed mothers are more satisfied in their life than nonworking mothers. Mental health disadvantages for working mothers arise mostly from the fact that employment is inconsistent with the preferences of both spouses. The present study proves that working mothers are not aware of online security and cybercrime. It reveals that many working mothers are facing problems. Mental health advocacy is the need of the hour and women handle multifarious roles the importance of psychological well-being is pivotal for working mothers as she is the fulcrum of the family.

ACKNOWLEDGMENT

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