



THE FAMILY LIFE OF THE PROFESSIONAL WORKING MOTHERS: AN ASSESSMENT

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Abstract: *The industrial revolution created many changes in society, in the family and the family life. The advent of industrialization coupled with the economic and social development created a rapid change in the cultural setting. Many activities traditionally performed by the family and the woman in the home have been inevitably superseded by the introduction of labor-saving machines thus providing the woman with of time to engage in full part-time jobs outside the home. The focus of this study was on the professional working mothers in a rural setting seeking to identify their personal and work profile and describe their family life as well the effects of their employment and/or practice of their profession on the different aspects of their family life. A sample of 90 professional working mothers who have one or two children and have resided in the place for at least three years participated in this study in one of the barangays of Tuguegarao City. A descriptive normative method of research was used. Utilizing the data gathered from respondents, results show that the respondents' career beneficially affect their family life in all aspects in the sense that the career serves as a deciding factor for them to plan their families. Considering the needs of time, having working mothers leaving their homes every day to spend the day at their workplace is but a common and natural. This study proves that there are advantages and benefits being derived in having professional wives in terms of the different dimensions mentioned in this study. However, it is important for the professional working mothers to grow professionally and personally by ensuring graduate courses and must possess the skill of proper time and resource management to promote smooth family relations.*

Key words: *professional working mothers, family life, dual career family, career women, descriptive-normative method, parent-teacher association(PTA)*

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INTRODUCTION

The Philippine social order in today's contemporary system has apparently reached a milestone in transition. The volatile and fluid environment brought about by the influx of ideas of the Western World and the neighboring Asian countries has sparked tremendous social changes in the Philippine family setting. Foremost among these are the advancement of science and technology, increase in population, industrialization, the idea of universal education and most interestingly, the changed status and role of the Filipino women.

Focused on the impact of the so called modernization of family setting in the professional perspective, it is noteworthy that the Filipino family has to catch up with the process of development as it responds to the demands of society particularly the needs of its members. It has to struggle harder in order to keep pace with the forces and modernization. Undeniably, the need of the family and the individual has increased to a certain extent thereby leaving the main provider in disarray and in a string of financial setbacks. Equally important is the fact that many things considered luxuries a few decades ago have become necessities today. The rise of standard of living, together with the educational standards and career opportunities are vital factors that cannot be discounted which certainly create certain changes in the family's patterns of living.

Not to be left out is the woman in the family. Modernization and the recognition of the changing role of women have pushed the Filipino woman like her counterparts in the world over into the frontiers of the socio-economic sphere. She has to work outside of the home to help her family catch up with an inflationary economy and survive in an increasingly competitive society.

The modern Filipino woman is no longer merely the proverbial personality behind man's success story. She has risen to her rightful place alongside men who displayed an amazing ability to manage a household, raise a family and carry on either a full time professional or occupation outside the home at the same time. She has created herself in the performance of her role as wife and mother and still assumes the provider role for the family together with the husband. These changes in the roles assumed by the working woman particularly the working mother in the home and in the world of work, undoubtedly affect her family life.

In America, the number of working mothers has jumped tenfold since the beginning of World War II which was considered by the United State Department of Labor as the most



significant change in the labor force of United States history. It is predicted that the rate will keep on rising (Norris et al, 1979).

The same thing seems to hold true in the country. Since 1960, the female employees have tended to outnumber the males in the professional, technical and related occupations.(MEC-UNICEF.1967).

The aforementioned statistics clearly show that a new era for the Filipino women has begun.

STATEMENT OF THE PROBLEM

This study focuses on the professional working mothers in a rural setting. It sought to identify their personal and work profile and describe their family life as well as the effects of their employment and/or practice of their professions on the different aspects of their family life. Specifically, it aimed to answer the following questions:

1. What is the profile of the working mothers relative to the following:
 - 1.1 age
 - 1.2 educational attainment
 - 1.3 occupation of husband
 - 1.4 present occupation
 - 1.5 gross family income
2. How do the professional working mothers describe their family life considering the following aspects:
 - 2.1 family structure/type/composition
 - 2.2 economic life
 - 2.3 children and child rearing
 - 2.4 education of children
 - 2.5 family relations
 - 2.6 social life
3. How do the working mother's employment and /or practice of their professions affect their family life in terms of the above mentioned dimensions?

METHODOLOGY

The study used the descriptive-normative method of research. The descriptive statistics was used to summarize the profile of the respondents like percentages, frequency counts and



mean. A questionnaire was utilized to gather information from the respondents which consisted of two parts: Part 1 on the profile of the respondents and Part II consisted of the questions pertinent to the study being covered such as how do the professional working mothers describe their family life with regard to different aspects and how do the working mother's employment and /or practice of their professions affect their family life in terms of the different dimensions?

RESULTS AND DISCUSSIONS

Table 1.1: Distribution of respondents' profile in terms of age

Age	:	Frequency	:	Percentage
25-30	:	8	:	8.89
31-35	:	10	:	11.11
36-40	:	12	:	13.33
41-45	:	32	:	35.56
46-50	:	16	:	17.77
51-55	:	6	:	6.67
61-above	:	6	:	6.67
Total	:	90	:	100.00

Table 1.1 presents the frequency and percentage distribution of respondents profile in terms of age. The table shows that the highest frequency of thirty two (32) or 35.56 percent belong to the age bracket of 41-45old while the lowest frequency of six (6) or 6.67 percent belong to both of the retireable bracket of 51-55 and 61 and above years old. The mean age of 41.27 years implies that majority of the respondents are in their middle age, hence, they are responsible and matured enough in decision-making on matters concerning their family and their work.

Table 1.2: Distribution of respondents' profile in terms of educational attainment

Educational Attainment	:	Frequency	:	Percentage
College Graduate	:	72	:	80.00
With master's degree units	:	10	:	11.12
With master's degree	:	8	:	08.88
Total	:	90	:	100.00



This table reveals the respondents' profile in terms of educational attainment. As revealed, the highest frequency of seven two (72) or 80 percent are merely college graduates who finished courses that are greatly in demand today such as business administration and education. The data imply that most of the respondents have not pursued post-graduate courses hindering them to grow professionally.

Table 1.3: Distribution of respondents' profile in terms of occupation of husbands

Occupation of husbands	:	Frequency	:	Percentage
Government employee	:	62	:	68.89
Private employee	:	08	:	08.89
Self-employed/business	:	18	:	20.00
OFW	:	01	:	02.22
Total	:	90	:	100.00

In terms of husband's occupation, the frequency and percentage distribution of the respondents' profile is shown in table 1.3 where the highest frequency of sixty two (62) or 68.89 percent are government employees while the lowest frequency belong to OFW with one (1) or 2.22 percent. The data imply that the respondents' husbands are likewise employed; hence, both contribute or help in the gross family income.

Table 1.4: Frequency and Percentage Distribution of respondents' profile in terms of present occupation

Present Occupation	:	Frequency	:	Percentage
Government employee	:	80	:	88.89
Private employee	:	10	:	11.11
Total	:	90	:	100.00

The table describes the present occupation of the respondents. The respondents are comprised of eighty (80) or 88.89 percent government employees while ten (10) or 11.11 percent are employees in the private firms which imply that most of the respondents have stable jobs with the government service.



Table 1.5: Frequency and Percentage Distribution of respondents' profile in terms of Gross Family Income

Gross Family Income	Frequency	Percentage
10,000 -20,000	46	51.11
21,000 -30,000	38	42.22
31,000 -40,000	06	06.67
Total	90	100.00

The families' gross income per month was shown in the table which the lowest bracket of 10,000-20,000 per month has the highest frequency of forty-six (46) or 51.11 percent while the highest bracket of 31,000-40,000 has the lowest frequency of six (6) or 6.67 percent. This implies that the family can at least meet all its basic needs.

Table 2.1: Frequency and Percentage Distribution of Family Composition/Structure of the Respondents

ITEMS	Frequency	Percentage
Aside from you, your husband and your children, who are the other members in household?		
None	42	46.67
Parents and siblings	16	17.78
Distant relatives	14	15.56
Helpers	08	08.89
In-laws	06	06.66
Grandchildren	04	04.44
Do you have already married children?		
Yes	12	13.33
No	78	86.67
Where do they live?		
With parents	4	33.33
On their own	8	66.67
Right after marriage, did you live independently or with your parents?		
On our own	48	53.33
With in-laws	42	46.67

Table 2.1 describes the respondents' family structure in terms of composition/structure. As revealed in the table forty-two (42) or 46.67 percent do not have extended family members



to support while the remaining forty-eight (48) have other members in the household which imply that the Filipino value of close-family ties and extended families are still prevailing among the respondents.

Table 2.2: Frequency and Percentage Distribution of Matters Concerning Family Economy

ITEMS	Yes	Percentage	No	Percentage
Do you have any other source of income?	40	44.44	50	55.56
Part time job of husband	10			
Part time job of wife	08			
Income from property	18			
Business	04			
Do you have inherited property?	54	60.00	36	40.00
Residential house	08			
Residential Lot	24			
Agricultural land	22			
Do you have unmarried children who are already working?	12	13.33	78	86.67
Do you have savings?	66	73.33	24	26.67
Have you acquired additional property?	40	44.44	50	55.56

Table 2.2 gives information concerning the economy of the respondents' families in terms of income, inherited property and ownership of additional property. It can be gleaned from the table that forty (40) or 44.44 percent have other sources of income, fifty-four (54) or 60.00 percent have inherited property, twelve (12) or 13.33 percent have unmarried children who are already working and forty (40) or 44.44 percent have acquired additional property. These data imply that most of the respondents, economically speaking, are sufficient enough having their basic and material needs being satisfied because of their income.

Table 2.3: Frequency and Percentage Distribution on Matters Concerning Child Care and Rearing Practices

Practices	Yes	Percentage	No	Percentage
Were your children born at home?	48	53.33	42	46.67
While at work, does the husband take care of the children?	-	-	90	100.00
Do the babies sleep with the mothers at night?	90	100.00	-	-
Did you allow your babies to crawl on the floor?	82	91.11	08	08.89



Do you allow your children to play with other children?	: 84	: 93.33	: 06	: 06.67
Do you allow your children to bring play-mates/friends to the house?	: 84	: 93.33	: 06	: 06.67
Are your children expected to do some household chores?	: 84	: 93.33	: 06	: 06.67
Do you allow your teen-age daughter to go out with male friends without chaperon?	: 32	: 35.56	: 58	: 64.44
Do you have certain beliefs in bathing your children such as bathing at night or Friday?	: 22	: 24.44	: 68	: 75.56

The respondents' child care and rearing practices are revealed in table 2.3 in which forty-eight (48) or 53.33 percent of the babies were born at home; all of the babies sleep with their respective mothers at night. In the process of growing up, most mothers allow their children to crawl on the floor; that they are allowed to play with other children and that they are allowed to bring their playmates to the house as well. Their children are also expected to do some household chores as reflected in table 2.3.

With regard to their children's teen-age life, fifty-eight (58) or 64.44 percent do not allow their daughters to go out with male friends without chaperon. Twenty-two (22) or 24.44 percent have some beliefs about bathing of babies. These data imply that the child care and rearing practices of working mothers do not differ from the usual practices of full time housewives/mothers.

Table 2.4: Frequency and Percentage Distribution on Matters Concerning the Education of Children

Practices	: Yes	: Percentage	: No	: Percentage
Do you supervise your child's study hour?	: 68	: 91.89	: 06	: 08.11
Do you know the TV program your children watch?	: 68	: 91.89	: 06	: 08.11
Do you or your husband attend Parent-Teachers Association meetings?	: 68	: 91.89	: 06	: 08.11

This table shows the parents' support to the education of their children. As shown in the table seven-four (74) respondents have children who are going to school and looking at the data, it is implied that those children are very well supported in their studies having their parents being active in attending PTA meetings, supervising them in their study hours and monitoring them in watching TV programs.



Table 2.5: Frequency and Percentage Distribution on Matters Concerning Family Relations

Items	Yes	Percentage	No	Percentage
Do you share or put your income for the maintenance of the family?	84	93.33	06	06.67
Does the wife keep and budget the money for the family?	88	97.78	02	02.22
Does the wife do the marketing?	60	66.67	30	33.33
Does the wife cook the meals?	50	55.56	40	44.44
Does the wife plan the menu for the family?	80	88.89	10	11.11
Do you consider children as essential ingredients for a full and happy marriage?	82	91.11	08	08.89
Does your husband help in the household chores?	84	93.33	06	06.67
Do you jointly solve family problems?	86	95.56	04	04.44
Did you ever disagree as husband and wife?	68	75.56	22	24.44
In the disagreements, does the husband have the final say?	82	91.11	08	08.89
As parents, do you openly show your warmth and affection?	60	66.67	30	33.33
Do your children usually talk to you when something happened nice to them?	70	77.78	20	22.22
Do your children enjoy spending most of their time with you?	72	80.00	18	20.00
Do you discuss your family problems with your children?	16	17.78	74	82.22
Do you have domestic helpers?	50	55.56	40	44.44
Do you agree in hiring a helper who is related to you?	64	71.11	26	28.89

In terms of family relations, this table 2.5 reveals that a smooth relationship exists between husband and wife and among the family members as exemplified by the data in the table. It is also revealed in the table that wife performs her roles as budget officer, menu planner; cook a wife and a mother to her children. The data imply that the respondents find no problem in maintaining a smooth relationship with the family despite their being working mothers.

Table 2.6-1: Frequency and Rank Distribution of Social Life in terms of Occasions Celebrated by the Respondents

Occasions	Frequency	Rank
Birthdays	76	1



Baptism	:	38	:	2
Fiestas	:	32	:	3
Wedding Anniversary	:	30	:	4
With whom:				
With family, close relatives and friends	:	66	:	1
With family only	:	8	:	2
With family and close relatives	:	6	:	3

Of the occasions celebrated by the families of the respondents, birthdays rank to be the first while wedding anniversaries as the least. The occasions are celebrated most often with family, close relatives and friends which implies that such occasions are being celebrated to serve as a reunion among family members, close relatives and friends.

Table 2.6-2: Frequency and Rank Distribution on the Forms of Recreation Indulged in by the Members of the Family

Recreation	:	Wife	:	Husband	:	Children	:	Rank
Viewing TV/Playing with gadgets	:	64	:	74	:	58	:	1
Reading books, magazines etc	:	50	:	50	:	46	:	2
Going to picnics/outing	:	28	:	28	:	26	:	3
Playing musical instruments	:	14	:	06	:	28	:	4
Attending concerts/watching movies	:	12	:	06	:	08	:	5
Playing indoor/outdoor games	:	04	:	14	:	10	:	6

The forms of recreation indulged in by the members of the families are listed in table 2.6-2 above. It reveals that viewing TV/playing with gadgets rank first which implies that such happens because of the presence of these media in almost every home while the last is playing indoor/outdoor games because of the expenses involved in it. This implies that the recreations indulged in by the families are being considered based on financial capacity of the families.

Table 3.1: Frequency and Rank Distribution for the Reasons Why the Respondents' Career Service as a Decisive Factor in Determining the Size of the Family

Items	:	Frequency	:	Rank
Time devoted to my work limits my time for my family so we have to limit the size of the family.	:	56	:	1
My career provides extra income enabling us to afford a bigger family.	:	24	:	2



My career has nothing to do with the size
of our family. : 10 : 3

Table 3.1 gives the reasons why the respondents' career serve as a decisive factor in determining the size of the family. The table ranks "time devoted to my work limits my time for my family so we have to limit the size of the family" implies that the respondents realize the multi roles that they have to perform, thus, there is a need for them to plan very well the size of their families.

Table 3.1: Frequency and Rank Distribution on the Effects of the Respondents' Career on Family Life in terms of Economic Life

Items	Frequency	Rank
What are the advantages of having your own income?		
Can help provide for the future	68	1
Can send children to good school	46	2
Improved housing	30	3
Can buy appliances	26	4
Can buy good clothes, pieces of jewelry, etc	20	5
Can help parents	14	6
Can give parties, go on picnics	12	7
Which of the following are made possible because of your being a two-income family?		
Can help provide for the future	50	1
Can buy appliances	38	2
Can buy good clothes, pieces of jewelry, etc	32	3
Can send children to good school	26	4
Improved housing	24	5
Can go on picnics	20	6
Can afford to give parties on birthdays	16	7

Table

3.2 shows the effects of the respondents' career to the economic life of the families by ranking the advantages of having their own income and being a two-income family. It came out that "can help provide for the future" ranked first as the most beneficial effect which implies that the respondents' careers contribute so much to the economic well-being of the family.



**Table 3.2: Frequency and Rank Distribution on the Effects of the Respondents' Career to
Childcare Practices**

Effects of Childcare Practices	Frequency	Rank
Limiting time with my children	32	1
Prevented me from breastfeeding my babies	28	2
Made me delegate to relative/yaya the care of my baby	22	3
Lessened my time in supervising their study hour	20	4
Prevented me from attending some of their school affairs	18	5
Helped me minimize scolding	16	6
Made me understand children better	14	7
Made me aware of children's rights	12	8

Table 3.2 shows the frequency and rank distribution on the effects of the respondents' career to childcare practices which appears that the most prevalent effect among the respondents in that their careers limited their time with their children which is so because they have to spend the whole day in their respective workplaces thereby preventing them from breastfeeding which imply that some of the childcare practices which are supposed to be undertaken by the full-time mothers are being delegated to the helpers due to time constraints.

**Table 3.3: Frequency and Rank Distribution on the Effects of the Respondents' Career
towards Education of Children**

Effects	Frequency	Rank
Has your career affected the career choice of your children?		
My children are not of career age	32	1
They have pursued careers according to their aptitudes and interest	30	2
They have chosen careers allied to mine as they have been exposed to it	10	3
They have chosen another career as their exposure to my work has developed a dislike for it	04	4

This table contains the effects of the respondents' careers towards their children's choice of career. The table reveals that the mothers' careers have no significant effect on their children's choice of careers as they have pursued careers according to their aptitudes and



interests which imply that the respondents' career have no adverse effect towards the education of their children.

Table 3.4: Frequency and Rank Distribution on the Effects of the Respondents' Career towards Family Relations

Effects	Frequency	Rank
Does your work give you problems in fulfilling your responsibilities as a wife?		
Not at all	40	1
Little	36	2
Average	10	3
Very much	04	4
How does your husband feel about your work? Your being away from home?		
He understands my need for fulfillment through my work	60	1
He disapproves it but finds it necessary	30	2
How do you make up for your absence at home?		
Stays at home during vacation	70	1
Takes the children out during vacation	14	2
Do the household chores left by the helpers before retiring	06	3
Does your career bear directly on decisions made in the family?		
We respect each other's opinion	56	1
My husband understands	34	2
How do your children feel about having a working mother?		
They feel proud about it	42	1
They like it very much	12	2
They do not care	08	3

Table 3.4 defines the effects of the respondents' career towards family relations particularly with the husband and children. The table tells us that the respondents' being working mothers do not give them problems to fulfill their responsibilities as a wife and a mother, instead they find ways to make up for their absence at home by staying home during vacation and doing the household chores left by the helpers before retiring. The table further reveals that the respondents' careers contribute to the fulfillment of the needs of the wife and the family as a whole, that it is necessary and the children feel proud about it which implies that the respondents' careers have beneficial effects towards the smooth relationship among the family members.



Table 3.5: Frequency and Rank Distribution on the Effects of the Respondents' Career to Social Life

Effects	Frequency	Rank
Does your work prevent you from socializing with friends aside from your establishment?		
Not at all	60	1
Little	16	2
Average	08	3
Very much	06	4
Does your career bear directly on your economic and social improvement value?		
Yes	88	1
No	02	2
What benefits do you derive from your work/practice of your profession?		
Self-fulfillment	44	1
Added family income	38	2
Higher level of living	32	3
Wider social circle	10	4
Status and recognition	06	5
More power and authority in the family	04	6
Escape from boredom	02	7

The effects of the respondents' career to social life are presented in table 3.5. the table presents that the respondents' work do not at all prevent them from socializing with friends outside their establishments, instead, it contributed directly to their income and social improvement and other benefits which implies that the respondents' careers have more beneficial effects to their social life.

CONCLUSIONS AND RECOMMENDATIONS

Considering the needs of time, the scenario of having working mothers leave their homes every morning to spend the day in their workplaces is but already common and natural. The time so demands the wives must be partners in working/earning a living for the family and the performance of these multi roles of the working mothers can either adversely or beneficially affect the family life.

However, this study proves that there are more benefits and advantages derived in having professional wives in terms of the different dimensions mentioned in the earlier part of the



study, thus to be working mothers therefore, entails sacrifice on the part of the mothers but surely it is for the good of the family and the society.

In the light of the findings arrived at, it is strongly recommended that the working mothers must desire to grow professionally and personally by pursuing graduate courses, must possess the skill of proper time and resource management to avoid conflicts in the performance of the different roles thereby promoting a smooth family relations. Further, the working mothers should be willing to undergo a little sacrifice and all the members of the family should exercise patience, respect and understanding especially between the husband and the wife to keep everything in order. Lastly, being working mothers must not be taken advantaged by wives to become authoritative and dominant in the homes so that the patriarchal form of family will still prevail.

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