

Perspective of Mothers on Creches of Navi Mumbai

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Abstract

Introduction: Working mothers need support from family to rear their kids in better way. If they belongs to nuclear family the only option for them is send their children in day care setting after schools hours. Mothers will be having plenty of questions and concern about the creche facility. They will be always inquisitive about the infrastructure, facilities, safety, hygiene, teachers and care providers. Even they will be concerned about the growth, behaviour, communication, language and development of the child. **Materials and methods:** Qualitative phenomenology research approach was adopted for the study. The variable under study was perspective of mothers on creches. Creches of Navi Mumbai are the setting. Mothers of selected creches of Navi Mumbai were the population for the study. Estimated sample size was 25. The data saturation attained at 12th sample. Non probability convenient sampling. The tool consists of socio-demographic profile and open ended questions. The data collected by in depth face to face interview technique and the response of the participants was audio recorded with consent. **Results:** The data was analysed using differential and inferential analysis. In the demographic profile of mothers, the majority that is 58.33 % belongs to the age group of 30 to 40 years, 58.33 % mothers are post graduate, the majority are self-employed mothers (41.67 %). 75 % belongs to nuclear family and 50 % children spend less than 04 hours & 50 % children spend 04 – 06 hours in creche. Qualitative aspects of data was analysed using colaizzi phenomenological method. After collecting the data the transcription of data performed by listening to recording and validated by experts. The subthemes and codes were emerged based on the predetermined themes. The major themes was feeling about child in creche, positive aspects of child in creche, suggestions to improve quality, opinion of care givers and improvement happened to child at day care. The views and perception mothers are highly positive. **Conclusion:** The working mothers feeling, perception and suggestion is major concern and it contribute very well in further to develop any qualitative initiative for the betterment of child at day care. The initiative will help in the overall development of society and children who is our future generations. The ultimate effect is going to reflect among working mothers for their empowerment. The women empowerment contributes very well for better family structure there by a better society and that leads developed nation.

1. Introduction

The need of creches arises through change in the family system that is from joint family to nuclear family, women employment, urbanization, modernization, single child in family and so on. The prime reason is women employment status is increased in country. Working mothers are in demand of sending their kids to child care to manage work life balance. Self employed mothers even need to have quality time to improve their

professional life so that they prefer to place children at day care. Few mothers belongs to nuclear family and having single child keep some extra time in creche after the school time to improve the behaviour, communication, language and social interaction among children. In Nigeria study conducted to examine the challenges in implementation of early childhood education, revealed that infrastructure is concern, less number of teachers, salaries of staff, channelizing the fund, implementation of curriculum, appointment of less

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competent teachers were the hurdles they faced¹. The study conducted among mothers of low resource setting of South Africa to explore the mothers about rearing child revealed that most the mothers experienced happiness, few are worried about the developmental milestones, they were learning the child rearing practices and try to cope and learn to overcome the difficulties in taking care of the child².

A study was conducted in Lucknow, India on flexible work arrangement and its impact on work life balance. The results shows that it improves the physiological and mental health of the employees. The flexibility in working environment improves the personal, professional qualities of employees as well as productivity of organization³. In Aligarh Pawan et al conducted a study on among female employees for life satisfaction, the results recommend family needs to under employees, responsibilities should be equally shared among working partners, need to provide creche facilities to small children and provision of breast feeding room for female workers⁴.

According to revised Rajiv Gandhi National Creche Scheme for Children of working mothers, provide guidelines of operationalizing creche which include objectives, services which the creches need to provide, beneficiaries, functions, infrastructure & facility guidelines, records to be maintained, schemes to be involved and monitoring⁵. The Maternity Benefit Amendment Act 2017 emphasis the establishment of creche facilities in prescribed radius if the organization have fifty more employees. In 2018 under National Minimum Guidelines established for establishing and setting of creches⁶. With all these efforts Government is promoting women employment and ultimately promoting women empowerment. Even though with all these efforts it very important understand the perception of mothers about the creche those who are sending their kids.

2. Materials And Methods

Qualitative phenomenology research approach was adopted for the study. The variable under study was perspective of mothers on creches. Creches of Navi Mumbai are the setting. Mothers of selected creches of Navi Mumbai were the population for

the study. Estimated sample size was 25 selected through non probability convenient sampling technique. The data saturation attained at 12th sample. The tool consists of socio-demographic profile and open ended questions. The data was collected by in depth face to face interview technique and the response of the participants was audio recorded with consent. The following questions were asked to the participants to elicit the response, it includes views of mothers on feeling about your child when he/she is in creche, positive aspects of creches, suggestions to improve quality of care in creches, opinion about care givers at creches and the improvements happened to your child because of creche. Qualitative aspects of data were analysed using Colaizzi phenomenological method. After collecting the data the transcription of data performed by listening to recording and validated by. The subthemes and codes were emerged based on the predetermined themes. External Member check of the data was done by experts. Descriptive statistics was used analysing the sociodemographic variables and the quantification of responses.

3. Results

The majority of mothers. that is 58.33 % belongs to the age group of 30 to 40 years, 58.33 % mothers are post graduate, the majority are self-employed mothers(41.67 %). 75 % belongs to nuclear family and 50 % children spend less than 04 hours & 50 % children spend 04 – 06 hours in creche.

The analysis based on the themes is as follows:

Theme – I-Feeling about child when he is at creche

“I used to feel happy and relaxed.....”.

“Happy but bother that sometimes he misses me or may how he react having food”. “Whether she is safe/being fed on time. Care giving is prompt or not anxious and worried but at the same time a bit relieved.....”.

“I feel very comfortable because she is just mingling with her friends and teachers.....”.

“In the beginning I used to be very insecure and tensed whether my child will be comfortable with

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new place and people, but later on when she got familiarized I feel very relaxed and happy”.....

“I always missed him during working hours”. “Emotional worried whether she had food or not she cried or not.....”.

“I feel relaxed I remember him during working times”. “I felt very emotional on the first day but now I am okay with it and sometimes I am missing him.....”.

“I feel tensed and anxious because he was continuously crying when I leave him.....”.

“Relieved to be honest. He is a live wire. So the two hours he is at day care the other 02 hours when the house is actually little quiet and we can get some work done”.....

“When he is in day care he plays very well, he will more happy in day care because so many children with same age so he enjoys a lot so that I don’t feel any tension.....”.

Theme – II- Positive aspects of creche

“Our child gets disciplined as well as independent.....”.

“Start mingling with others more. Improves communication skills in multiple languages. Lessen home sickness & dependent behaviour.....”.

“Helps working mothers to go to work without worry. Gives mothers the freedom /choice to work. Gives mothers me time.....”.

“Creches are helping kids to develop their communication skills. Through creches kids can improve their sharing abilities”.

“Children get to interact with a lot of people and kids of their age. They develop communication skills and social skills easily.....”.

“My child started few easy things by himself. He used to eat himself and kept all his belongings properly.....”.

“Safety for my kid they were taking care of my kid very well”. “They take care very well”. “He is enjoying and he is improving in his activity. His

vocal is also improving wit interaction in day care.....”.

“He started mingling with other kids and become more talkative.....”.

“So the positive aspects are one in terms of social networking for the child itself. Now a days most of us are in nuclear family unlike where we have grown up with cousins so children really don’t have kids at their age, they understand many elements like sharing, or having friends or you know basically talking to children of their age or basic interaction. This is a huge positive I would say.....”.

“In day care he learns so many activities, drawings, rhymes, sharing with other children, making friends when he is in day care at that time I will also concentrate on my work.....”.

Theme – III- Suggestions to improve quality of care in creches

“Over all I was completely satisfied with the care takers”. “Can add more games activities and interactive sessions.....”.

“Improves the quality of helps ayahs available.....”.

“All creches should more child friendly so better to improve child friendly atmosphere in creches.....”.

“After covid they must take extra care to ensure that kids won’t get infections. For that they need to implement methods to isolate kids who are not well. Also proper sanitation and maintaining cleanliness is also essential.....”.

“Communication with care taker in two to three times a day is important. Any type of audio or video communication facility is recommended.....”.

“They should have qualified staff not only maids.....”.

“Food pattern of my child is regularized. Need to attend the child properly.....”.

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“They should improve more physical activity in day care and improve kids in outdoor games.....”.

“Need to improve and include more activities to increase more activity to improve brain development....”.

“So the day care that he goes through I would say they only I would have is to increase the cleanliness, so there are times when we have seen him come home with soiled diapers which they have not changed. So that is one aspect I really like to point out. No rest everything is fine.....”.

“They should provide one to one care like motherly care.....”.

Theme – IV- Opinion about care givers at creches

“They should maintain hygiene.....”.

“Very caring and attentive. Better if they help kid to do the home-work.....”.

“It’s been a good experience so far. Care givers teach/groom the child to cope with the outside world and groom them for school.....”.

“They always take care our kids properly. They are always loveable too.....”.

“Just like primary teachers the care givers also need to be well educated. They must have good communication skills. I feel right now the school is considering these points and have good care takers.....”.

“Age of care giver should be in between 25 to 50 years they must be trained for basic health care of child.....”.

“They should be educated and good in communication.....”.

“They should maintain hygiene and also they should feed the child properly.....”.

“The care givers should not share my kid’s lunch box with other kids because I want to know that how much my kid ate during day care.....”.

“They should care like their own baby. They should understand the needs of the child and be

friendlier to convey what they want without any fear.....”.

“It is a tough job for them we get tired managing one live wire at home. They got around 20 live wires sitting there. It takes a lot of energy, lot of patience so it is a very tough job have a lot of respect hats off to them and their patience.....”.

“Care givers should provide good care to the child. They should have good attachment with the child, so that child also wants to go day care. He don’t feel lonely at day care.....”.

Theme – V-Improvements happened to your child because of creche

“She became independent in terms of eating food by herself.....”.

“Improved communication skills. Improved interpersonal interaction. Gaining interest in extracurricular activities.....”.

“She was a clingy baby and would not go to anyone which changed post sending to creche”. “Because of the creche my kid’s communication skill improved a lot. She improved a lot in her co-curricular activities.....”.

“My child started communicating in other language also. She is showing better social skills and ready to mingle with new friends.....”.

“He became more independent”. “Self-confidence. Express her in better way.....”.

“My child improved in terms of discipline and started eating self.....”.

“Now after sending him to day care he started talking, interest in studies and listening rhymes.....”.

“He became more interactive; he started learning new words. He became more independent when it comes to small things. His speech is improved, he learned manners such as how to wish elders, how to have food, how to keep him and his room clean.....”.

“So my child for some reason he does not speak much. He has a thumb sucking habit, because of

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thumb sucking habit, he tends not to talk he tends to suck his thumb when he is nervous or when he is in situation which is new to him. So ever since he is gone to day care I find that habit have reduced little and find him interacting and talking lot more. So that is huge positive that I have seen.....”.

“Because of day care my child will learn about sharing especially who are a single child. They do lots of activities in day care and also they can speak talk very easily because of day care. We can see improvement in our child because of day care only.....”

Table: 1 Distribution of perception of mothers under themes and subthemes

Themes	Subthemes	Codes	<i>f</i>
Theme I Feeling about child in creche	Sadness	Tensed	2
		Misses	3
		Anxious	2
		Remember	1
	Happiness	Happy	3
		No tension	1
		Very comfortable	1
		Relaxed	3
		Relieved	2
	Fear	Emotional	2
		Worried	2
Insecure		2	
Theme II Positive aspects of child in creche	Socialization	Social interaction	3
		Mingling	2
		Communication skills	6
		Making friends	1
		Lessens home sickness	1
	Personality	Disciplined	1
		Independent	3
		Sharing	2
		Enjoying	1
	Mothers'	“Me time” for mothers	1

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	independency	Choice to work	1	
		Learning activities	2	
	Child care	Care	1	
		Safety	1	
Theme III Strategies for quality improvement	Care in creche	Extra care	1	
		Improve physical activity	2	
		Motherly care	1	
		Feeding pattern	1	
		Diaper changing	1	
	Infrastructure	Maintain cleanliness	2	
		Outdoor games	2	
	Care taker	Communication	1	
		Quality of staff	2	
		Child friendly	1	
		Interactive sessions	1	
		Completely satisfied	1	
	Theme IV Opinion about care givers	Child care	Trained for basic health care	1
			Hygiene	2
			Feeding	1
“Not share my kids lunch box”,			1	
Good care			3	
Understand needs of child			1	
Attentive			1	
Age & Qualification		Well educated	2	
		25 to 50 years	1	
Personality		Communication skills	2	
		Patience	1	
		More friendly	1	

		Loveable	1
		Care like own baby	1
		Good attachment	1
Theme V Improvements to child	Socialization	Independent	5
		Interaction	6
		Sharing	1
		Disciplined	1
		Self confidence	1
	Communication	Communication	6
		Vocabulary	2
	Habits	Extracurricular activities	4
		Thumb sucking habit reduced	1
		Interest in studies	1

4. Discussion

The study for analysing the self-efficacy among mothers towards parenting in relation to peer relation in preschool children. The results shows not positive relationship parenting and self-efficacy and social behaviour of children⁷. In this study mothers have good expectations about creche and the facilities provided by creche. The study describes perception of child about mothers and day care teachers found that the role and responsibilities are same for both. Also suggest that mother have more influence on growth and development of child⁸. In current study the mother expects motherly care, proper communication, well-educated and friendly towards child attending day care.

In current study when they are sending their children to day care few mothers have separation anxiety have fear, anxiety, misses and remembers them. Some express they feel relaxed and happy, rest few are anxious about children when they are at day care. A similar study conducted among preschoolers to identify the effect of infant attachment to mother and father on quality of

adaptation. The researchers implemented cartoon to child and assessed them. Children with anxious history shows difference in attachment. The attachment also differ with gender⁹.

The study was conducted identify the teachers influence on weight perceptions in preschool children. In this study teachers have influence on weight misperceptions of preschool children. For healthy body image and weight perception accuracy among children intervention program need to be provide to teachers¹⁰. In current study mothers emphasis the training for care givers those who are providing basic care to children. They suggests the training will help the care givers to provide effective care.

5. Conclusion

The study concludes that perception of mothers on care givers at day care setting in Navi Mumbai. About the feeling of mothers who are sending their children to day care, they have variety of views, like sadness, happiness and anxiety. Few mothers are comfortable when kids are at day care and few mothers are tensed. The positive aspects the

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mothers felt about the creche is socialization, communication, interaction, personality, discipline and manners developed in children and mothers get some time for themselves. The mothers have some suggestions to improve the quality at day care is include physical activity, motherly extra care feeding pattern, diaper changing, communication of staff, quality of care and cleanliness need to be improved. The opinion on care givers are also expressed by the mothers. They suggest training need to be provided on basic health care, hygiene, feeding, understanding needs of child. And the care givers should be educated and have positive personal qualities. Mothers was extremely happy to express the improvement happened to their children because day care. Major qualities the children developed is socialization includes independence discipline, self- confidence, communication and developed good habits.

Limitation

1. The study is limited to selected creches of Navi Mumbai
2. The study included limited perception of mothers

Ethical consideration

The Institutional Ethics Committee of MGM Institute of Health Sciences, Navi Mumbai, Maharashtra, India had reviewed the research project and approved undertaking the study, their letter no. MGMIHS/RES./02/2017-18/236 dated on 23rd March 2018.

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Nil

Conflicts of interest

There are no conflicts of interest in this study.

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