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Mothers Working Nonstandard Schedules and the Influence on Their Children's Behavior

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Mothers Working Nonstandard Schedules and the Influence on Their Children's Behavior

An Integrative Literature Review

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Purpose

To determine if there is a relationship between mothers working nonstandard schedules and an impact on their children's behavior.

Background

- Nonstandard work schedules are in high demand due to growing 24/7 economy.
- The number of women in the workforce has quadrupled in the past 70 years, leading to mothers working nonstandard schedules.
- Approximately 1/3 of families with children are working nonstandard work schedules.
- Mothers may be fatigued or miss family bonding times from working nonstandard schedules leading to negative consequences on their children.

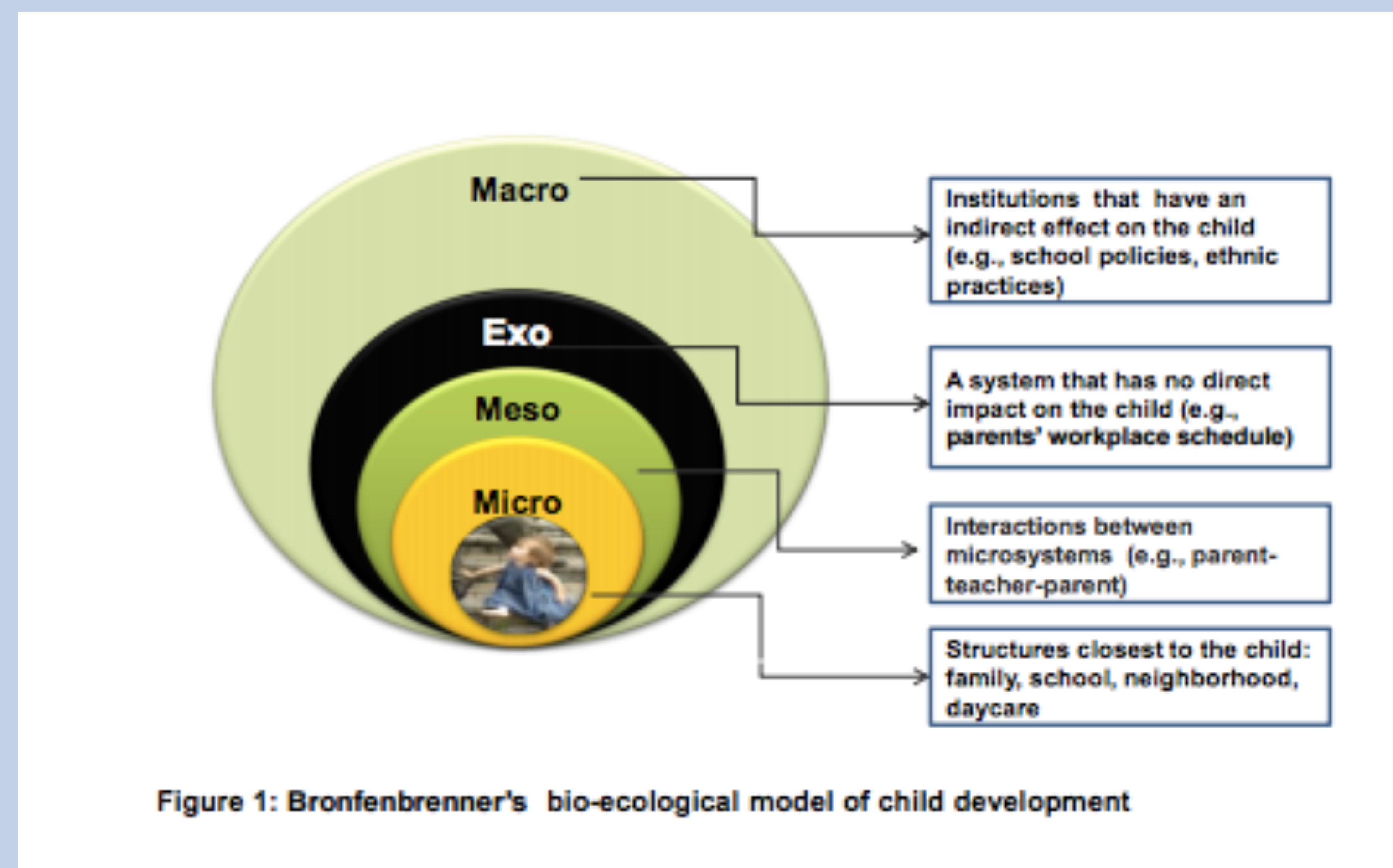
Research Question

Does mother's working nonstandard schedules have an impact on their children's behavior? If so, how does it impact children's behavior?



Framework

Bronfenbrenner's ecological systems theory illustrates how a children's environment and varied systems shape a child's development.



Methods

- Strategy included searching CINAHL Complete, PubMed, & ProQuest Nursing & Allied Health Source databases.
- Review process included inclusion/exclusion criteria, data synthesis and analysis.
- Seven articles were chosen to be included.

	PubMed	ProQuest	CINAHL
Number of studies found using keywords	2	9	17
Number of studies meeting inclusion criteria	2	7	17
Number of studies after using exclusion criteria	0	1	6

Number of studies selected based on total content: 7

Results

Negative Impact on Children's Behavior

- Negative effect on children included behaviors such as aggression, anxiousness, hyperactivity-attention, property offence, and physical aggression-conduct disorder.

Dose-Response

- The more night shift hours that mothers worked, the fewer positive behaviors children showed.
- Negative mother-child interactions increased with the number of nighttime hours worked.

Long-Term Effects

- Mothers working nonstandard schedules at different stages in the child's life predicted risky adolescent behaviors.
- Risky adolescent behaviors included smoking, drinking, delinquency, and sexual activity.

Father's Contributing Work Schedule

- Infants whose parents do not share standard schedules had more difficulty adapting their behavior. More studies are warranted for this topic.

Discussion & Conclusion

- Results show a negative impact on children's behavior, dose-response, and long-term effects when mothers work nonstandard schedules.
- It is important to explore how mothers and families may prevent or cope with these effects and what other factors may be influencing these outcomes.
- Further research is warranted to find solutions to mitigate these negative effects.