

Relationship between Intensive Mothering, Social Comparison Orientation, and Psychological Well-Being among Working Mothers

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Abstract: The review sought to explore the relationship between Intensive Mothering, Social Comparison Orientation, and psychological well-being among working mothers. For directing the review, a purposive examining method was utilized. Sample of 238 working moms (n = 115 old moms; n = 123 new moms), going from 23 to 50 years, partaken in this research from different areas of Islamabad and Rawalpindi. Parenting Sense of Competence Scale (PSCS; Gibaud-Wallston & Wandersman, 1978), Iowa-Netherlands Comparison Orientation Measure (INCOM; Gibbons & Buunk, 1999), and Psychological Well-being Scale (PWS; Ryff & Keyes, 1995) were utilized for the evaluation of intensive mothering, social comparison orientation, and psychological well-being separately. The result of the present study indicated a significant negative relation between intensive mothering and psychological well-being, and between social comparison orientation and psychological well-being. Intensive mothering and social comparison orientation significantly and positively predicted psychological well-being. The current study reveals that social comparison is a strong mediator in relation between intensive mothering and psychological well-being. Concerning demographic factors, new moms were found to score higher on social comparison orientation, intensive mothering and psychological well-being than old moms. Age of mothers was also found to be significantly associated with intensive mothering, social comparison, and psychological well-being. The findings of the present study suggest that the effects of engaging in social comparisons is significant in mother's populations, most mothers may be unaware that this behavior may be associated with negative outcomes so parents might benefit from being aware of the potential negative consequences this behavior can have on their perceived parental competence and mental health.

Keywords: Working Mothers, Intensive Mothering, Social Comparison, Well-being, Mother's role.

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Research Paper

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INTRODUCTION

Mothers are to be the essential parental figures for their children and to be completely committed to this responsibility, and she put the requirements of her children before her own. This is particularly valid for ladies as parenthood is recommended by Western social orders as a focal labor of love through which one accomplishes womanhood. Escalated nurturing has spread generally to where it is presently perceived as the overwhelming philosophy and optimal technique for nurturing in many created countries (Ennis, 2014; Wall, 2013). Intensive mothering is the current predominant maternal philosophy. This philosophy urges moms to concentrate most of their time, resources and efforts on

their kids (Roughages, 1996). Concentrated parenthood is a new, arising belief system of parenthood in which the most ideal ways to bring up kids are outlined as being child-loped, master directed, genuinely engrossing, work concentrated, and monetarily costly. Escalated mothering is important for the ongoing neoliberal discernment, which puts areas of strength for an on individual responsibility, risk the executives, mindfulness, and control. Moms are normal to pick the nurturing systems that will bring about the best formative results for their kids considering social strategy that unequivocally directs how moms "should" parent (Christopher, 2012). Three fundamental standards underlie concentrated mothering: (i) It initially asks that moms keep on assuming a key part in giving

consideration to a child. As indicated by Roughages (1996)". There is a fundamental assumption that the mother is the best parental figure for the children and that the newborn child certainly needs consistent consideration from a solitary essential parental figure.

At the point when the mother is not accessible, different ladies ought to step in for some time" (ii) Second, moms who practice intensive mothering should contribute a great deal of time and exertion into their children. Without a doubt, serious mothering is seeing as youngster focused, master directed, genuinely consuming, work serious, also, monetarily expensive as per Feeds. (iii) Third, serious mothering takes a rationale that isolates mothering from proficient paid work, which upholds the idea that youngsters also, crafted by mothering are totally outside the extent of market valuation on the grounds that youngsters are presently viewed as guiltless, unadulterated, and "priceless" meriting unique treatment due to their extraordinary worth inside the confidential circle of the family. Social examination shows how individuals utilize others to comprehend themselves and their social climate (Buunk & Gibbons, 2006). The method involved with learning around oneself includes gathering information from a few sources, and contrasting oneself with others is a critical one. As per Diener and Fujita (1997), whether an individual takes part in social correlation or not, or whether they do as such in a positive or negative manner, uncovers something about their character. Self-upgrade (Gruder & Wills, 1971), keeping a good self-discernment (Tesser & Campbell, 1982), components of attributions and approval, what's more, keeping away from conclusion are among the inspirations that are critical to social examination (Goethals & Darley, 1977).

Psychological well-being is described by six fundamental perspectives: autonomy, which underscores a person's capacity to go with choices for them and be free, even while doing so conflicts with the standard way of thinking; environmental mastery, which alludes to the capacity to oversee everyday exercises and establish a climate that fits with one's needs and values; personal growth, which alludes to the ability to foster oneself and capacities; which involves acknowledging one's expected through the most common way of seeing oneself develop over the long run; positive relationships with others; relational prosperity; an ability to know east from west in life; the capacity to see as significance in both the present and the past; and self-acceptance, which involves a positive perspective on oneself that considers both one's individual qualities and constraints. Work and family lives are entwined, choices made in one part of their lives may affect the other (Bakker & Demerit,

2013). Thusly, advancing more work to satisfy one's obligations as a mother will likely cost one in their work. Since of this, moms might find it hard to deal with their work and family lives, and as they make choices to have the option to do as such, they might choose to downsize on their work goals all together to satisfy the exclusive requirements of mothering. Mothers might contrast themselves with other moms in different regions. Their homegrown ability, homegrown jobs, womanliness, and so forth. At the point when a lady brings forth a youngster, being a parent adds another subject for social correlation with these proceeding with social assessments. Mothers share anecdotes about the different physical and mental changes they go through during pregnancy with others, so the advancement of parenthood job variation might be a subject of social correlation for the people who will soon become moms (Phillips & Broderick, 2014). Following childbirth, moms can assess their maternal abilities.

Objectives

- To investigate the relationship between intensive mothering, social comparison orientation and psychological well-being among working mothers.
- To examine the mediation role of social comparison orientation between intensive mothering and psychological well-being among working mothers.

Hypothesis

Hypothesis 1: Intensive mothering is negatively related to psychological well-being among working mothers.

Hypothesis 2: Social comparison orientation is negatively related to psychological well-being among working mothers.

Hypothesis 3: Intensive mothering is positively related to social comparison among working mothers.

Hypothesis 4: New mothers are more likely to compare than older mothers.

Hypothesis 5: Social comparison orientation plays a mediating role between intensive mothering and psychological well-being among working mothers.

METHOD

Research Design

The research consists of two phases:

Phase I

In the first phase, each questionnaire was tested through a pilot study to check its understanding. It helps us determine the feasibility of our study to manage resources and time.

Phase II

Following the successful conclusion of Phase I, Phase II of the study began, involving a fundamental investigation of the correlation between research variables in the local context.

Sample

50 working mothers in Islamabad constituted the pilot study sample that formed phase I of this study. Both new mothers (infants, toddlers, and preschoolers) ($M = 25.6$; $SD = 2.6$) and old mothers (with children under 5; $M = 37.5$; $SD = 3.3$). On the other hand, the sample for the primary survey in Phase II of this study constitutes both new and old working mothers from Islamabad and Rawalpindi ($N = 238$; $n = 123$ new mothers; $n = 115$ old mothers).

Operational Definitions

Intensive Mothering

The ideology of "intensive mothering", defined as the ideal of a mother who is "child-centered, expert-based, emotional, labor-intensive, and financially expensive," has been proposed as an explanation for increasing time with children, especially among highly educated mothers (Hayes, 1996, p.54; Sullivan, 1997). High scores on the Parenting Scale of Competence (PSOC; Gibaud & Wandersman, 1978) indicated a strong parenting style in the current study.

Social Comparison Orientation

In 1999, Gibbons and Buunk coined "social comparison orientation" to refer to certain modifications of social comparison. This two-dimensional construct comprises comparison of skill and comparison of opinion, both of which are evaluated by the Iowa-Netherlands Comparison Orientation Measure (INCOM). A higher score on the INCOM indicates a greater social comparison orientation in the current study. Social adaptation, on the other hand, is a measure of social competence and the capacity to adjust to immediate social environment, as discussed by Crick and Dodge (1994).

Psychological Well-being

According to Burris, Brechting, Salsman, and Carlson (2009), psychological well-being is a straightforward consideration of an individual's well-being, happiness, benefits, interests, utility, and quality of life. Higher scores on the Psychological Well-Being Scale (PWB; Ryff & Keyes, 1995) indicated greater psychological well-being in the current study.

Instruments

Parenting Sense of Competence Scale (PSOC)

The PSOC (Gibaud-Wallston & Wandersman, 1978) was designed to evaluate parents' self-efficacy and satisfaction with parenting. It is presented as a survey that contains 17 items, classified in two subscales: the efficacy and satisfaction scales. Each item is rated on a 6-point Likert scale (1 for 'Strongly disagree' and 6 for 'Strongly agree'), making it tailored and easy to understand for the parent filling it out, for example, 'My mother/father was better prepared to be a good mother/father than I am'. Additionally, a positive result in nine (9) of the PSOC items—numbers 2, 3, 4, 5, 8, 9, 12, 14, and 16—points to a favorable parenting experience. Research has shown internal consistency levels to be satisfactory, with a range of 0.75 to 0.88.

Iowa-Netherlands Comparison Orientation Measure (INCOM)

The 11-item INCOM developed by Gibbons and Buunk (in press) assesses social comparison orientation. Examples include "I frequently compare myself with others with regard to what I have accomplished in life," "I am not the type of person who compares himself or herself with others often," "If I want to know how well I have done something, I compare what I have done with how others have done," and "I never consider my situation in life relative to that of other people." This scale comprises two subscales, including a comparison of opinions (items 7–11) and an ability comparison (items 1-6). Five-point scales were used to evaluate the items.

Psychological Well-Being Scales (PWB)

This study utilizes Ryff's Psychological Well-being measure, which consists of 18 items. The response format of the items is comprised of seven ordered categories, from "strongly agree" to "strongly disagree". Of the 18 items, 8 had a positive connotation while the other 10 had a negative tone; these were Q1, Q2, Q3, Q8, Q9, Q11, Q12, Q13, Q17, and Q18 which were reverse-scored when being used to measure wellbeing. This scale is further divided into 6 subscales: Autonomy, Environmental Mastery, Personal Growth, Positive Relationships with others, Purpose in Life, and Self-Acceptance.

Procedure

Mothers who are employed, both new and old, in Islamabad and Rawalpindi were part of this study. Before participants took part in the questionnaire survey, they were required to sign a consent form. Additionally, the participants received information on the current study's goal and guidelines for using the questionnaire.

The time it took to complete a questionnaire, which was delivered in the form of a paper and pencil study, was just approximately 7 to 10 minutes. The completed surveys were then gathered for scoring, statistical analysis, and the necessary analyses.

RESULTS

The current study set out to investigate the connection between working moms' psychological well-being, social comparison orientation, and intense

mothering. The current study demonstrates how social comparison orientation mediates the relationship between working moms' psychological well-being and intense mothering. The Parenting Sense of Competence Scale (Gibaud-Wallston & Wandersman, 1978) is used to assess intensive mothering, the Iowa-Netherlands Comparison Orientation Measure (Gibbons & Buunk, 1999) is used to measure social comparison orientation, and the Psychological Wellbeing Scale (Ryff & Keyes, 1995) is used to assess psychological well-being.

Table 1: Descriptive Statistics and Alpha Reliability Coefficients Scale (N= 238)

Sr.	Scale	No. of Items	α	M	SD	Range		S	K
						Actual	Potential		
1	IM	17	.87	63.39	7.92	44-84	17-102	.45	.29
2	SCO	11	.75	34.94	5.42	20-48	11-55	-.58	.85
3	PWB	18	.83	65.12	12.12	35-90	18-126	-.49	.10

Note: IM= Intensive Mothering, SCO= Social Comparison Orientation, PWB= Psychological Well-being, α = Alpha reliability, M= Mean, SD= Standard deviation, S = Skewness, K = Kurtosis

Table 1 shows the descriptive statistics for each research variable. All of the skewness and kurtosis values range from -3 to +3, proving that the distribution

of our data is normal. All scales and subscales have reliability scores above .5, which indicates that the instruments have suitable internal consistency.

Table 2: Pearson Correlation among Intensive Mothering, Social Comparison Orientation, and Psychological Well-Being (N=238)

Sr. No	Variables	1	2	3
1	Intensive Mothering	-	.57**	-.23*
2	Social Comparison Orientation	-	-	-.35**
3	Psychological Well-Being	-	-	-

** $p < .01$, * $p < .05$

Table 2 demonstrates a substantial inverse relationship between intensive mothering and psychological well-being. Orientation towards social comparison and psychological health are also

considerably inversely associated. Results show that social comparison orientation and intensive mothering are considerably positively correlated.

Table 3: Hierarchical Regression Showing the Effects of Demographic Variables (Age, Occupation, No. of children, Age of children, Marital status, Monthly income, and Education), Intensive Mothering, and Social Comparison Orientation on Psychological Well-being among working mothers (N=238)

	Variables	B	T	Sig	R ²	ΔR^2	F	P
Model 1								
	Age	.10**	1.35	.00	.13	.13	1.72	.001
	Occupation	.23**	-.30	.00				
	Monthly income	.44**	1.06	.00				
	Education	.36*	-10.07	.04				
Model 2					.21	.18	4.45	.001
	IM	-.75**	7.96	.00				
Model 3					.39	.17	6.22	
	COO	-.28**	3.481	.00				

Note: IM= Intensive Mothering, S/K= Skill/Knowledge, V/C= Valuing/Comfort, SCO= Social Comparison Orientation, COA= Comparison of Abilities, COO= Comparison of Opinion, β = Standardized regression coefficient, ** $p < .01$, *** $p < .001$, * $p < .05$

Table 3 shows hierarchical multiple regression analysis showing the effects of demographic variables (age, occupation, monthly income, and education), intensive mothering, and social comparison orientation on psychological well-being. The first model depicted 13% fluctuation in foreseeing mental prosperity among working moms. In Model 1, demographic factors (age, occupation, monthly income, and education) were placed, and these segment factors ($F= 1.72, p<.001$) represented 13% variety in psychological well-being among working moms. The β value for segment factors (age, occupation, monthly income, and education) is significant. This proposes that the all-segment factors

anticipate psychological well-being among working moms. In Model 2, intensive mothering is added as indicators of psychological well-being. This model makes sense of an extra difference of 21% ($F=4.45, p<.001$). The β value for intensive mothering is adversely and fundamentally predicts psychological well-being. In Model 3, social comparison orientation is added as indicators of psychological well-being. This model makes sense of an extra difference of 39% ($F=6.22, p<.001$). The β value for social comparison orientation is negatively significant predicting psychological well-being.

Table 4: New Mothers and Old Mothers Differences in Intensive Mothering, Social Comparison Orientation and Psychological Well-being (N=238)

Sr.	Var	New Mothers		Old Mothers		t	p	95% CI		Cohen's d
		M	SD	M	SD			LL	UL	
		n=123		n=115						
1	IM	62.16	12.14	61.00	13.59	-.69	.00	-2.12	4.44	0.09
2	SCO	34.10	6.99	33.17	8.15	-.84	.00	-1.06	2.86	0.12
3	PWB	47.23	3.03	41.97	2.21	.94	.00	2.23	4.54	1.98

Note: IM= Intensive Mothering, SCO= Social Comparison Orientation, PWB= Psychological Well-being, CI= Confidence Interval, LL= Lower Limit, UL= Upper Limit

Table 4 compares new moms to older mothers among intense mothering, social comparison, and psychological well-being. Intensive mothering ($M=62.16, SD=12.14, t=.69, p=.00$), social comparison

orientation ($M=34.10, SD=6.99, t=.01, p=.00$), and psychological well-being ($M=47.23, SD= 3.03, t=.94, p=.00$) are all greater among new moms than among older mothers.

Table 5: Mediation analysis for Social Comparison Orientation between Intensive Mothering and Psychological Well-being (N=238)

Variables	Psychological Well-being			
	Model 1 B	β	Model 2	
			LL	UL
Constant	12.63	36.18	26.32	46.04
Intensive Mothering	.28***	.55***	.12	.23
Social Comparison Orientation		.67***	.37	.97
R^2	.43	.55		
ΔR^2		.12		
F	13.84	17.20		
ΔF		3.36		

Note. β = Standardized regression coefficient, B= Unstandardized coefficient, *** $p < .001$

Table 5 suggests that social comparison orientation completely moderates the link between intensive mothering and psychological contentment. Model 1 of the mediation analysis uncovered that intensive mothering accounted for 43% of the change in gauging psychological well-being. When social comparison orientation is included, this variation rises to

55% model 2, showing that it added an extra 12% variance to the connection between intense mothering and psychological well-being. The perceived social support of an individual mediates the effect of intensive mothering on their psychological well-being, which is illustrated in this figure.

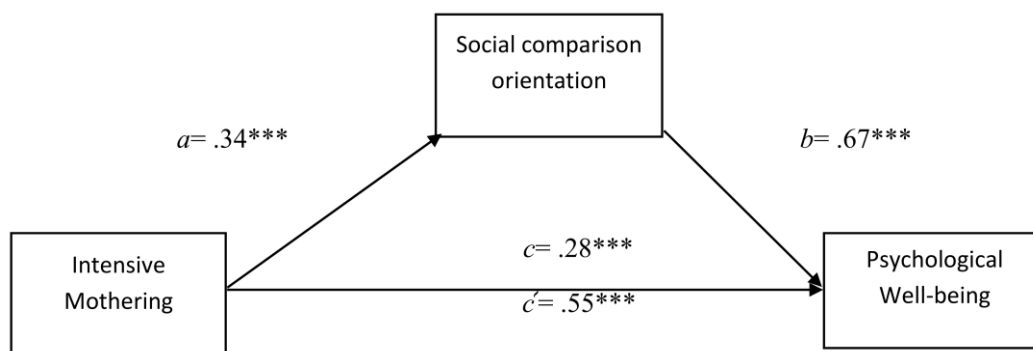


Figure 1: Mediation analysis reveals that a= intensive mothering has an effect on social comparison orientation, b= social comparison orientation has an effect on psychological well-being, and c= the total effect of intensive mothering on psychological well-being is mediated by social comparison orientation, with no direct rather mediating effect of intensive mothering on psychological well-being

DISCUSSION

The objective of this study was to determine the connection between psychological wellbeing, social comparison orientation, and intensive parenting. In order to conduct the study, the Parenting Sense of Competence Scale (PSCS; Gibaud-Wallston & Wandersman, 1978), Iowa-Netherlands Comparative Orientation Measure (INCOM; Gibbons & Buunk, 1999), and Psychological Well-Being Scale (PWB; Ryff & Keyes, 1995) were utilized as instruments. The hypotheses of the research were then verified via correlation analysis, independent sample t-test, multiple hierarchical regression, and mediation analysis. As per the exploration's discoveries, intensive mothering has a negative connection with psychological well-being (shows in table 2), and regression analysis also reveals that intensive mothering is the best predictor of psychological well-being (table 3). Nomaguchi and Milkie (2003) revealed a correlation between parenting and a greater prevalence of negative mental health outcomes such as an increase in perceived stress. Guendozi (2005) and Kahneman et al. (2004) corroborated these findings through qualitative and quantitative research, regarding parenthood as more stressful than working. Evenson and Simon (2005) as well as Nomaguchi and Milkie (2003) both identified a relationship between parenting and an increase in depression. Furthermore, Baumeister (1991) and Nomaguchi and Milki (2003) have stated that parenting is associated with diminished affectivity and reduced implicit contentment. Mothers that include in intensive mothering influence their emotional well-being and increment their degree of stress. Intensive mothering establishes to be the more grounded indicator of psychological well-being. In this way, intensive mothering fundamentally and adversely correlated to psychological well-being.

Results of correlation analysis and regression analysis show that social comparison orientation is significantly and negatively relates to psychological well-being (Table 2 and 3). Social comparison orientation has been found to be a strong predictor of psychological well-being. Studies by Butzer and Kuiper (2006), Feinstein *et al.* (2013), and Haferkamp and Kramer (2011) have linked participation in social comparison orientation to various detrimental psychological impacts such as depression, anxiety, assurance, self-awareness, and self-image. According to the little literature, first-time moms who regularly participate in social comparisons may seek out more advice on parenting and child rearing to assess their own abilities as mothers than those who indulge in the behaviour more rarely (Chae, 2015). Coyne *et al.* (2016) revealed that mothers who partake in comparing themselves with others may experience elevated levels of responsibility, depression, incompetent parenting skills and a lesser sense of help, and a weakened parent-child association as compared to those who abstain from such activity. Moreover, Gibbons & Buunk, (1999) posit that social comparison is more common during periods of distress, unfamiliarity, or flux. There is an agreement by both Blanchard *et al.* (1999) and Coyne *et al.* (2016) that social comparison also leads to increased levels of stress and sadness. Studies indicate a negative correlation between social comparison behavior and psychological well-being, providing further evidence of the detrimental effects of this phenomenon (Gibbons & Buunk, 1999; Blanchard *et al.*, 1999).

The results of correlation analysis suggest that mothering is positively associated with preference for social comparison (Table 2). Blanchard *et al.* (1999), Chae (2015) and Coyne *et al.* (2016) all conducted

studies revealing the prevalence of social comparison among mothers. Coyne *et al.* (2016) delved further into the phenomenon by examining the influence of this behavior on mothers utilizing social media. The ability of these platforms to permit users to rapidly compare with a broad array of targets likely contributes to the vulnerability of mothers to 'mommy-shaming' (Coyne *et al.*, 2016). Mothers in particular may feel pressure to be the "perfect parent" because of other people's social media posts. On social media, people often only represent best of themselves, so people may compare themselves to idealized goals instead of realistic goals. Chae (2015) differentiated modern motherhood into two forms: intensive and ideal motherhood. In the former, mothers are perceived as the primary caregivers, dedicating their entire effort and energy to the upbringing of their offspring. A survey of Korean mothers was conducted to assess the influence of observing famous mothers on the web regarding the subject in question, as they may contribute to advocating an exemplary and involved parenting style. Researchers looked at whether consuming information about celebrity moms and parenting advice was linked to SCO, the intense mothering idea, and motherly competitiveness. According to research, celebrity moms' information consumption, formal online childrearing advice, and mother-to-mother interaction are all linked to SCO. The notion of rigorous mothering and competition with other moms is also supported when they are exposed to information from celebrity mothers. In light of these data, it may be concluded that social comparison orientation and intense mothering are positively and substantially correlated.

The disparities in parenting across social comparison orientation are seen in Table 4. As highlighted by Festinger (1954), self-evaluation is the main motivator for social comparison. Wills (1981) suggests that people tend to assess themselves in comparison with a less successful image of themselves, a process known as downward comparison, in order to reinforce their own self-worth. Additionally, Taylor and Lobel (1989) posit that people may also compare themselves to others to amplify their own capabilities. Despite this tendency occurring naturally in humans according to Gilbert, Giesler and Morris (1995), Aspinwall (1997), Buunk (1994) and Gibbons and Buunk (1999) describe how stress or other external factors can temporarily amplify this inclination. Focusing on young infants born to new mothers, the present study aimed to help women evaluate and improve themselves to become better mothers. However, more seasoned women could already have developed their own perspectives about being a mother, whilst young mothers are still developing their identities. Because new moms are unsure about the ideal parenthood, they avidly seek out information. According to studies, moms are more likely than dads and younger parents to seek out parenting advice (Dworkin, Walker, Connell, & Doty, 2012). The findings from the research indicate that

expecting mothers have a higher propensity to engage in social comparison. The analysis of mediation is shown in Table 5. Social comparison orientation act as a mediation between intensive mothering and psychological well-being. When a woman compares herself to other moms and strives to be a better mother while giving their all at work and at home, caring for their children and family as well, it has a detrimental impact on her psychological health. To gain an understanding of their competency as caregivers, new mothers are more likely to seek resources regarding parenting and childcare (Chae, 2015). Doing so has been proven to have a more beneficial effect on their psychological wellbeing than older mothers. Engaging in activities such as viewing famous moms' content, perusing official parenting advice on the web, and connecting with other mothers were linked with women being more inclined to compare themselves to each other.

Limitations of the Study

The drawbacks of this investigation included the following:

- Data size was constrained since there wasn't enough time or resources available. Multiple research projects may produce more significant findings.
- Because most of the participants came from similar demographic backgrounds and most of the recruiting was done locally, there may be a risk that the generalizability of these findings to the general population would be impacted.
- In addition, only working mothers were chosen so that we could compare them to non-working mothers the following time, which would help us better grasp the idea of intense parenting and how they stack up against other mothers.
- Future studies can further investigate the factors that impact parental competence by studying the effects of mothers making social comparisons that have not been adequately explored.

Implications and Suggestions

- Parents could benefit from being aware of the possible detrimental effects this practise might have on their perceived parenting competence and mental health because the idea of social comparison argues that most people evaluate parts of themselves by comparing them with others
- Since there isn't much study on how social comparisons affect mother populations, most moms might not be aware that this conduct could have unfavourable repercussions.
- Through the educational system and extracurricular activities of their children, mothers may encounter comparable comparison targets in their everyday life. They could also be more prone to make societal

comparisons since parenting is a stressful and transformative period.

- As a result of this higher probability, parents may be more susceptible to the adverse effects that are social comparisons, as they are already dealing with the stressors of parenting.
- Mental health professionals may find this knowledge particularly beneficial, as it gives them the opportunity to support parents having difficulties regarding their competency and mental health. Moreover, these professionals can suggest solutions and help parents in recognizing their behavior.
- Social comparisons may be useful occasionally, such as when parents use them honestly to have a better grasp of where their kids are at in terms of development.
- Since children may differ throughout a normal range of development, practitioners would be wiser to provide patients with educational materials on development as opposed to only making social comparisons or relying on popular opinion.
- Therefore, the findings of this study may aid in directing more focused treatments for this population to reduce the adverse effects related to social comparison behavior.

CONCLUSION

The purpose of this study was to explore the association between psychological well-being, social comparison orientation, and intensive parenting among working mothers. The results of the research suggested that there is a clear correlation between social comparison orientation and intensive parenting, and a significant negative correlation between them and psychological well-being. It can be concluded that these two characteristics can have either a substantial negative or beneficial effect on psychological wellbeing. Additionally, current research reveals variations between new and experienced moms in terms of intense parenting, social comparison orientation, and psychological health, suggesting that new mothers are more inclined to compare than experienced mothers. In this research, it has been demonstrated that the degree to which an individual engages in social comparison mediates the connection between psychological well-being and intense mothering.

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