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PARENTING GUILT AMONG PARENTS OF TODDLERS: A PHENOMENOLOGICAL STUDY

PRACHI MOTA

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OF TODDLERS: A PHENOMENOLOGICAL
STUDY**



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(Deemed to be University under Section 3 of the UGC Act, 1956)

APRIL 2022

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**MANIPAL COLLEGE OF HEALTH PROFESSIONS
MAHE, MANIPAL
CERTIFICATE**

This is to certify that the dissertation on '**Parenting Guilt Among Parents of Toddlers: A Phenomenological Study.**' has been completed by **PRACHI MOTA** (201199005) under my supervision. I am satisfied with the work presented by the candidate towards the partial fulfillment of Master of Science in Clinical Psychology.

Ms. Priyanka Krishnan

Assistant Professor

Department of Clinical Psychology

MCHP, MAHE, Manipal

Date: 29/04/2022



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MANIPAL COLLEGE OF HEALTH PROFESSIONS MAHE, MANIPAL CERTIFICATE

This is to certify that the dissertation on 'Parenting Guilt Among Parents of Toddlers: A Phenomenological Study.' has been completed by PRACHI MOTA (201199005) under supervision of Ms. PRIYANKA KRISHNAN. We are satisfied with the work presented by the candidate towards the partial fulfilment of Master of Science in Clinical Psychology.

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Prachi Mota

CONTENTS

Chapter	Contents	Page No.
	<i>List of Tables</i>	<i>i</i>
	<i>List of Figures</i>	<i>i</i>
	<i>List Appendices</i>	<i>ii</i>
	Abstract	iii
1.	Introduction	1
2.	Review of Literature	5
	2.01. Dynamic Model of Guilt	5
	2.02. A Multidimensional Model of Guilt	5
	2.03. The Work-Home Resources Model	6
	2.04. Work- Family Conflict and Work- Family Guilt	7
	2.05. Sources of Guilt Among Parents	9
	2.06. Overcoming Work-Family Guilt	12
	2.07. Research Gap	13
	2.08. Need for the Study	13
	Aim & Objectives	15
3.	Methodology	16
	3.01. Research Methodology and Design	16
	3.02. Study Setting	16
	3.03. Participants	16
	3.04. Inclusion Criteria	16
	3.05. Sample Size	16
	3.06. Sampling Method	16

3.07. Tester	16
3.08. Procedure	16
3.09. Outcome Measures	17
3.10. Data Analysis	17
4. Results	18
5. Discussion	25
6. Conclusion	85
6.01 Major Findings of the Study	85
6.02 Strengths of the Study	86
6.03 Limitations of the Study	87
6.04 Implications of the Study	87
6.05 Future Directions for the Study	88
<i>References</i>	89
<i>Appendices</i>	102

LIST OF TABLES

Table No.	Description	Page No.
Table 4.1	Experts and their Qualifications relevant to the study	18-19
Table 4.2	CVR for Extent of Relevance to the Study	19-20
Table 4.3	CVR for Extent of Clarity	20
Table 4.4	Themes emerged	21-22
Table 4.5	Super-ordinate and Underlying Themes	22-24

LIST OF FIGURES

Figure No.	Description	Page No.
Figure 2.1	Dynamic Model of Guilt	5
Figure 2.2	The Work-Home Resources Model	7

LIST OF APPENDICES

Appendix No.	Appendix Title
A.	Institutional Research Committee Certificate, MCHP, Manipal
B.	Institutional Ethics Committee Certificate, KMC, Manipal
C.	Participant Information Sheet
D.	Informed Consent
E.	Sociodemographic Data Sheet
F.	Screening Tool
G.	Sample of Validation of Screening Tool Document sent to experts
H.	In-depth Semi-structured Interview Guide
I.	Sample of E-mail Communication
J.	Sample of Date & Time Preference Excel Sheet
K.	Flyer/Poster for the Study
L.	Plagiarism Report

Abstract

The experience of guilt among parents is a common phenomenon, and it has been widely discussed in the context of family-interfering-with-work or work-interfering-with-family conflict. The present study aimed to understand the phenomenon of parenting guilt and the factors leading to that in parents of toddlers living in nuclear families in India. Participants were selected using a screening tool which was constructed for recruitment purpose for the study and was subjected to content validation by experts. In-depth interviews were conducted with 12 participants with the help of a semi-structured interview guide to elicit descriptions of their experiences. Audio recordings of the interviews were transcribed and subject to further analysis which generated 255 codes. Data analysis using IPA illuminated 7 superordinate and 43 subordinate themes across participants: (1) Role expectancies, (2) Challenges to Parenting, (3) Stress due to Parenting, (4) Factors Leading to Guilt, (5) Ways of Coping with Guilt, (6) Protective Factors form Guilt, (7) Guilt as Helpful. Major findings suggested that parenting guilt stemmed due to the inability of the parents to fulfil their role expectancies as parents, due to various internal and external factors. As a part of the phenomenon, several ancillary findings regarding how Indian parents coped with parenting guilt and the factors protected them from parents from experiencing this guilt also emerged.

Keywords: Parenting guilt, role expectancies, work-family conflict, work-family guilt