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Parenting Daily Hassles and General Well-Being: Moderating Role of Social Support Among MothersFariha Abdul Rehman¹¹Psychotherapist, BUIC Islamabad, Pakistan.Email: fariha.ipp@gmail.com

Abstract

This study aims to find the relationship between parenting daily hassles, social support, and general well-being of mothers. Moreover, the study intends to investigate the moderating role of various types of Social Support. It was hypothesized that parenting daily hassles would be related with social support and general well-being. It was also hypothesized that social support will moderate the relationship between parenting daily hassles and general well-being among mothers. A sample of 150 mothers was validated through convenient sampling technique. Parenting daily hassles scale, 2-way social support scale and general wellbeing schedule measures were used. The results showed that there is a significant negative correlation between intensity of parenting daily hassles and general wellbeing. The findings supported that intensity of parenting daily hassles predicts general wellbeing among mothers. The research also indicates that receiving instrumental social support moderates the relationship between intensity of parenting daily hassles and general well-being. The findings of the research shed light upon the fact that instrumental support is required from the environment of mothers for their general wellbeing. It also provides a guideline mental health practitioner to develop therapeutic plans that increase instrumental support for mothers with higher intensities of parenting daily hassles.

Keywords: social support, general wellbeing, parenting daily, hassle mothers, mental health

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1 Introduction

Parenting occupies a key role in the daily lives of an individual and may have positive and negative effects on them. It is widely believed across the world that watching your children grow is a privilege and that having children has a positive role in the success of a marriage (Hansen, 2012). Studies show that people consider giving birth and raising children a mark of adulthood (Gerson et al., 1991) because it gives parents worthwhile goals to seek, e.g., giving their children food, housing, affection, guidance, and education (Dellefave & Massimini, 2004), it helps parents realize the motive of their own lives. Indeed, because of becoming a parent, theory stresses a stronger sense of purpose and meaning among parents (Baumeister, 1991).

However, parenting a child is an extremely complicated task that comes with routine challenges of child-raising and caregiving responsibilities. It comes with hardship and pressures due to the co-existence of mental and physical burden combined with regular challenges that are tied to raising children. Parenthood is a lifelong endeavor that contains a multitude of mental consequences and occurrences. Therefore, the presence of children is going to have an impact on the parents' General Well-Being through impacting a variety of areas of their lives, ranging from fundamental human needs and social roles to economic status and sleep (Nelson, et. al, 2014). General Well-Being is conceptualized by different theorists in several ways (Busseri & Sadava, 2011; Diener et al., 1999; Ryff, 1989) along with associated constructs like self-esteem, depression, and psychological distress, as well as subjective happiness, emotional experience, and satisfaction in life. The question is whether parenthood and its hassles bring

out more positive emotions or negative emotions. Many researchers have used the strategy of investigating the changes in an individual's happiness prior to and subsequent to childbirth. They studied well-being and mental health of people as they become parents. According to a study, life satisfaction rose during pregnancy and right after childbirth, but after two years, it dropped back to pre-pregnancy levels (Dyrda & Lucas, 2013). Other researchers, on the other hand, have found that during this transition, while new parents first perceive an improvement in their well-being after the birth of their kid, this improvement quickly fades in the first year as both individual and marital stress rises (Clark, et al., 2008; Miller & Sollie, 1980). While some research suggests that parents experience a spike in life satisfaction shortly after giving birth, followed by a drop, overall positive feelings increase (Luhmann, et al., 2012).

The term "daily hassles" refers to "life experience and circumstances of everyday living which are judged as prominent and damaging or hazardous to the individual's General Well-Being." (Lazarus, 1984). To put it another way; daily hassles are regular, everyday occurrences in a person's environment that they perceive or feel as being unpleasant, bothersome, irritating, or infuriating, yet not pathologically stressful (Crnic & Low, 2002; Smith, 2011). Parental stressors have been categorized by researchers as routine, widespread, or substantial life events (Crnic et al., 2005). Researchers in the past, have been recommended to explore daily stressors (Parenting Hassles) as significant causes of stress inside the household (Crnic & Low, 2002; Crnic et al., 2005). The hurdles might be meeting a toddler's dietary needs, making sure a youngster has clean things to wear to school daily, or controlling a child's screaming fit at the supermarket, to mention a few. Parents are inclined to view their particular problems as unimportant or part and parcel of raising a child, however, as the "intensity, frequency, and consistency" rises, they are more likely to consider their hassles as burdensome and stressful, especially as they overwhelm whatever coping strategies that the parents think they possess (Crnic & Low, 2002). There is a growing risk of lessened parenting quality, worse child results, and worsening relationships among members that make up the family unit as the Parenting Daily Hassles become more and more stressful, (Crnic et al., 2005; Crnic & Low, 2002). Many daily interactions with children are undoubtedly enjoyable, and they provide individuals a feeling of competence as particular obstacles and issues are confronted and resolved. However, children's actions and daily tasks of parenthood may sometimes mystify, frustrate, or annoy parents, resulting in scenarios that are often viewed as stressful by parents.

General Well-Being is a vast term that has been described by many components. General well-being can be characterized as a beneficial and enduring condition that enables people to prosper. More than just the lack of mental health issues, it also includes experience and functionality. (Huppert et al., 2004). According to CDC - Centers of Disease Control and Prevention, in comparison to parents who report having strong general wellbeing, those who experience difficulties with their own general well-being (e.g., dealing with depression or anxiety), may find it difficult to care for their child (CDC children's mental health, 2021). Parenting can be difficult, especially if there are no resources or support systems available to them. This can be harmful to a parent's mental health. Mother has been an important variable in studies of parenting of children, because the burden is most likely to fall most heavily on them (Wang, 2012).

The buildup of stress poses a major threat to the mental health of mother by raising the prevalence of depression (Tachibana et al., 2012) and anxiety among the mothers (Finewood et al., 2017). A study also shows that a crucial mediating role has been played by depression between parenting stress of mothers and satisfaction in marriage (Dong et al., 2022) which can further lead to negative mental outcomes. One study suggests that, when the stress of raising a child reaches a certain level, the family chooses out-of-home placement (Playgroup) or hires Nannies rather than continuing to provide complete care by themselves (Nankervis et al, 2011). In Pakistan, most of the children, with or without difficulties, are under care of parents due to absence of trustable community resources for the attention of these children. Stigma plays a significant role in parents' experiences, which are also linked to depressive symptoms in parents (Perlick et al. 2001).

2 Literature Review

A major motive of research has been an interest in recognizing variables that intervene the connection between a mother's daily hassles and General Well Being. Social Support may group into two major groups: (a) Emotional support, which means to the expression of compassion, empathy, and respect; (b) Instrumental support, which is concerned with problem-solving assistance provided in the form of physical assistance or knowledge. (Cohen & Wills, 1985). This research focused on exploring different forms of Social Support. The Social Support is further divided into four categories. Giving emotional support, giving instrumental support, receiving emotional support, and receiving instrumental support make up the further division of social support. The bidirectional support hypothesis (Maton, 1987), which asserts that a person who, over time, both give and receive support, will gain psychologically more than those who only provide or receive support, reflects the reciprocal nature of social support. Tragically, a small number of studies demonstrated the advantages of providing social support. However, receiving social support is essential on both an individual and societal level since it acts as a beneficial moderating effect for both physical and psychological health domains (Brown et al., 2003; Liang et al., 2001).

According to research, significant rates of social support recipients, are healthier and happier (Fratiglioni et al., 2000), recover from illnesses more quickly (Lang, 2001), and use better coping mechanisms when faced with difficulties (Cohen et al., 2000). While providing social support has been linked to lower mortality rates (Brown et al., 2003). The assistance from others in the social environment, particularly important people like family and friends, has an impact on how the parents react to the birth of a child. The family is the most crucial participant in any intervention program since it has been demonstrated that the family's support of a child has a significant impact on the child's development (Efter, 1999). In many joint family systems and Asian countries, grandparents and other un-employed family members satisfy the requirement for childcare by taking on the responsibility and help with daily hassles when the mother is at work (Poduval & Poduval, 2009). Employment may have both favorable and unfavorable effects on mothers' psychological health, according to research (Gutek, 2001; Lambert, 1990). It has been observed that the home serves as a shrine and a "favorable environment" where one can recover from difficulties at work. The perspective is very male-biased and assumes that positions such as wife, mother, and housewives are sometimes "natural" and freed from added pressure for women (Rout et al., 1997).

In contrast, women have traditionally considered the role of a paid worker as an additional responsibility for married women (Long & Porter, 1984). There is substantial debate regarding how stress and psychological health are related to playing several roles. Long and Porter note that because the psychological impacts of role accumulation depend not only on the total number of inhabited roles but also on the types of particular roles since roles differ in social significance and in the distribution of benefits and obligations associated with them. Lack of childcare services and family assistance increases the risk that mothers will avoid the workforce (Poduval & Poduval, 2009). Many educated mothers may choose to quit employment after having children for this reason. According to research, parents who reported having a poor general well-being received less social support from their family (Joiling et al., 2018). Additionally, social support is likely to lower stress levels and have other beneficial effects on parents' physical and mental health (Gulseth, 1991). Another study discovered that mothers are shielded from the damaging effects of parenting daily hassles by their friends are more rather than their spouses or partners (Crnic & Greenberg, 1990).

This study focused on finding the relationship between Parenting Daily Hassles, Social Support, and mothers General Well Being. Most studies have linked Giving Social Support (by the parents) and its effect on children's wellbeing. Whereas This research centered on the effects of Giving Social Support on one's own General Well-Being. Noteworthy is the fact that most of the research reviewed used predominantly Western samples. It was important to evaluate the generalizability of this research in a setting with where social dynamics and levels of family participation is different. Such information

can be used to develop interventions that are sensitive to cultural differences and increase the well-being of mothers in Pakistan.

The individual value and meaning of the particular stressor are discussed in the primary appraisal. The secondary appraisal examines one's own resources and capabilities to handle that situation. Individual may engage to determine the best course of action in the circumstance. They evaluate internal/external resources (internal choices: will, power, inner strength; external choices: support from surroundings). If the resources are not present, the individual will develop stress specially if demands exceed the resources. Thus, the interpretation that is assigned to the stressful event takes priority over the event itself. As per Carver, this interpretation can concentrate on regulating emotions or problem-solving (Carver, 1997). People can go towards problem based- coping (manages stressor by problem solving) or emotional based coping (feeling of little control, inability to manage the problem and emotional distress). Studies discovered that a high Parenting Daily Hassles commonly co-exist with emotional distress, which, rather than resolving the issue, make it worse, such as increased parental dissatisfaction, strained family connections, and general distress (Belsky et al., 1995). Negative General Well-Being will also influence problem solving coping. According to a study, people with low General Well-Being are less likely to select effective coping strategies like problem- solving and emotional expression (Quynh et al., 2020).

3. Theoretical Framework

The Transactional Model serves as the conceptual framework for evaluating the Daily Hassles (Lazarus & Folkman, 1984). In 1984, Lazarus and Folkman proposed that stress may be understood as the outcome of an "imbalance between demands and resources". The Transactional Model propose that people respond to stressful circumstances by primary and secondary appraisal of the stressor. primary appraisal for a mother is to deal with the Daily Hassles. The mother will understand and interpret what the Daily Hassle is. Secondary appraisal for the mother will be to explore her resources. Her internal resource will be her potential to give Social Support to others whereas her external resource will be to the receipt of Social Support. To further elaborate, in this case, Social Support (Emotional/Instrumental - Giving and Receiving) can be the factor in using your internal resources (Giving Emotional/Instrumental Social Support) or external resources (Receiving Emotional/Instrumental Social Support resources from closed ones) which is said to be a secondary appraisal. If the intensity and frequency of Parenting Daily Hassle is less than the Social Support that is available, the mother will feel that she has sufficient resources. Whereas if the intensity and frequency of Parenting Daily Hassle is more than the Social Support that is available, the mother will feel that she has insufficient resources. The connections shows that Parenting Daily Hassles, Social Support and General Well-Being are well linked with each other.

Social Support

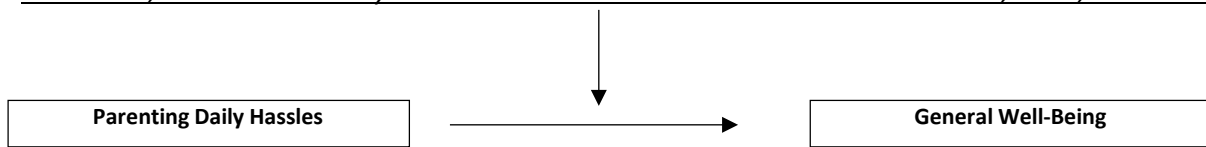


Figure 1 : Proposed Conceptual Framework. Moderating role of Social Support in relationship between Parenting Daily Hassles and General Well-Being.

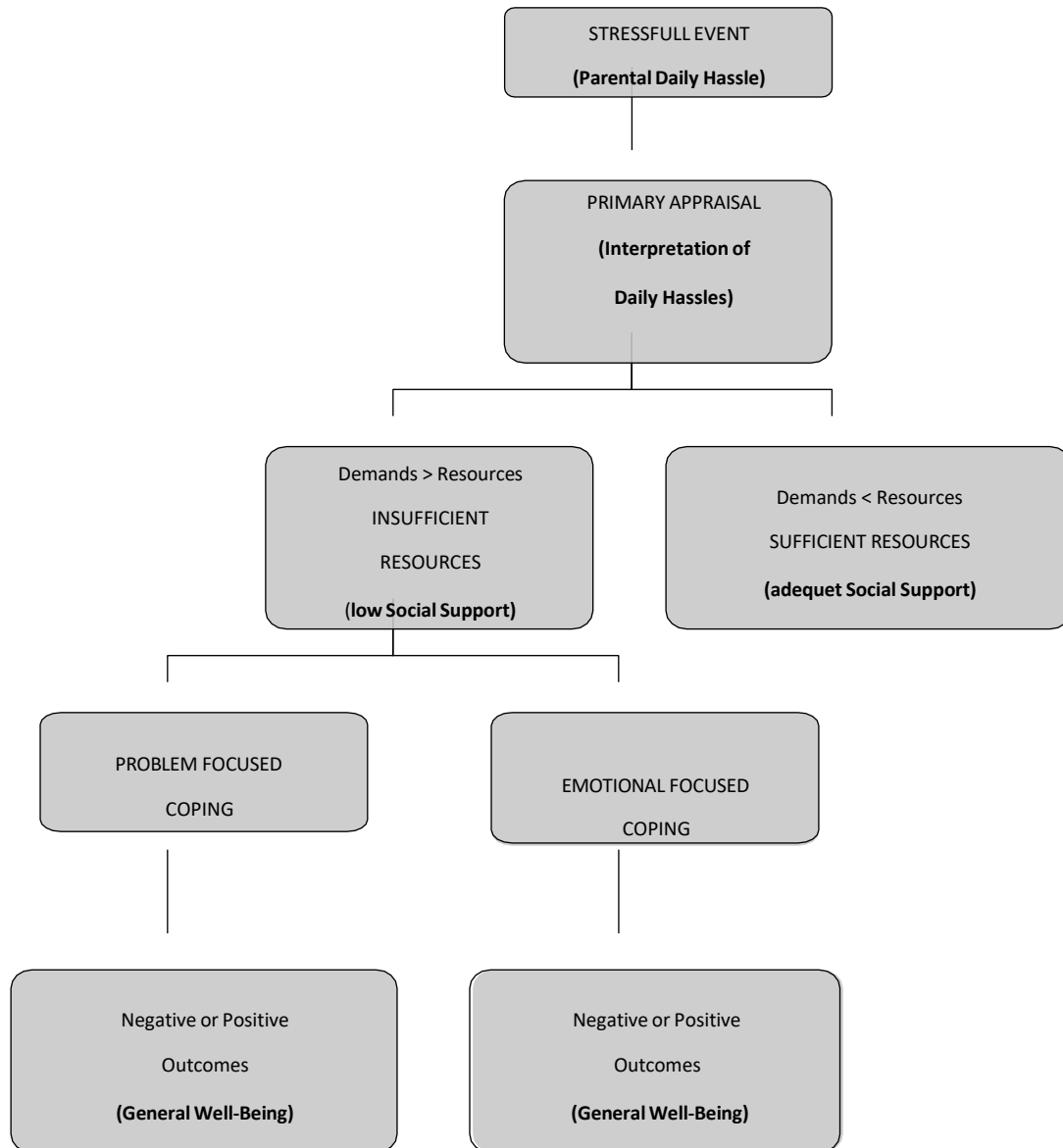


Figure 2: Transactional Model of Stress (Lazarus & Folkman, 1981)

3 Methodology

a. Research Design

The design of the present study was quantitative. A correlational research approach was taken, and the research method was survey. Survey forms were used to collect data of Parenting Daily Hassles, Social Support (Emotional/Instrumental – Giving and Receiving) and General Well-Being of mothers and relationship between them.

b. Participants

Data was collected from a sample of 150 mothers from Pakistan who were reached by using convenient sampling technique. Linear multiple regression was used to calculate sample size to ensure that the sample size is sufficient for analysis. The calculated sample was determined to be 145 using effect size of 0.15, power 0.95, and an alpha error of 0.05. Participants who met the Inclusion and exclusion criteria were selected for the study. The following criteria for inclusion and exclusion was considered while approaching the participants.

i. Inclusion criteria

- a) Mothers of at least 2 Children (aged 2-17 years)
- b) Mothers who are living with their spouses.
- c) The participants with at least graduation degree for a better understanding of the questionnaires. A question in demographic form was added to inquire the education level.

ii. Exclusion criteria

- a) Single mothers (divorced or widowed)
- b) Mothers whose spouse are living in different city/country were excluded from the study as they will have different levels of Daily Hassles.
- c) Participants with major psychiatric illness are also excluded from the study. A question in demographic form was added to inquire the education level.

iii. Measures

Following instruments have been used in the present research to collect data.

iv. Demographic Form

By giving them a demographic form, the participants' basic information was gathered. According to the research analysis previously mentioned, the following demographic was examined: age, education, and birth sequence (1st Born; Middle Child; Last Born; Only Child), Number of children, Family system (Nuclear; Joint), Child's age, Child's gender, Child's grade, Hours spent with the child, occupation, designation, working hours, working experience, available help (relatives, maid or governess), Monthly Income, Major physical illness and whether there is history of any psychiatrist/psychologist visit.

v. Parenting Daily Hassles scale (PDH)

The Parenting Daily Hassles scale (Crnic & Greenberg, 1990) was used to measure the daily stress experienced by parents. It consists of 20 items. It monitors how much parents/caregivers are affected by daily occurrences they may typically experience (e.g., "Kids want to be entertained or played with all the time."). Mothers completed the scale based on their experiences with two or more children. Using a 5- point Likert scale, each item is rated according to how burdensome it has been for the mother. The parent rated each item with the frequency of occurrence and how much hassle it makes them feel on a 4-point scale (sometimes, rarely, a lot, constantly). On a scale of 1 to 5, no hassle to big hassle, the degree or severity of hassle was evaluated. A frequency scale score and an intensity scale score were initially calculated from the PDH.

The frequency scale score reflected the sum of the frequency ratings on all 20 items (rarely = 1, constantly = 4; Cronbach's alpha = .81); the intensity scale score reflected the sum of the hassle ratings on all 20 items (alpha = .90). There was a strong correlation between the two measurements ($r = .78$).

vi. The 2-way Social Support scale (2-way SSS)

The two-point social support scale measures the giving and receiving of social support. The 2-way SSS was originally developed by Shakespeare-Finch, Obst & Rogers in 2019 with 20 items and a short version of 12 items. In 2020, the 12 items of the scale proved their reliability of the scale. The SSS assesses social support provided and received based on instrumental and emotional support. It is supported by Cronbach's alpha coefficients of 0.92 and 0.94 for receiving and providing social support, respectively.

vii. General Well-Being Schedule (GWBS)

A self-administered questionnaire called the General Well-being Schedule focuses on individuals' subjective perceptions of stress and psychological well-being. It evaluates a person's perception of their "inner personal status." The scale consists of 18 items that address the six dimensions of anxiety, depressive symptoms, general health, well-being, and positivity as well as self-control and vitality. It includes both positive and negative questions, and the time range for each item is "last month". Six-point response scales are used for the first 14 items to indicate intensity or frequency. The final four questions use rating scales with adjectives at either end, ranging from 0 to 10. The GWBS plan was developed with alpha coefficients of 0.90 to 0.94 and test-retest of 0.68 and 0.85 (Dupuy, 1984). Latest research has given Cronbach's alpha as 0.89 (Leonardson et al., 2003) and 0.92 (Taylor et al., 2003).

viii. Procedure

First Permission was taken from authors to utilize their scales in the research. Next, permission from our institute- Bahria University Islamabad Campus was taken to conduct this research. After that data of participants was collected from mothers. Firstly, they were given a consent form which outlined the ethical considerations of the research. They received a brief explanation of the introduction and purpose of the study. Next, they were asked to fill Parenting Daily Hassle Scale (PDH). Later, they were given 2-way Social Support scale (2-way SSS) followed by General Well-Being Schedule (GWBS) to collect data regarding the variables.

4 Findings

The results are based on the adequacy of the scales for the current sample. To illustrate average scores of participants on major demographic characteristics, descriptive statistics (Mean, Frequencies, and percentages) were calculated. Mean, standard deviation (SD), alpha reliabilities, skewness and kurtosis were estimated to assess the perfection of the research instruments. To investigate the correlation between Parenting Daily Hassles, Social Support (Emotional/Instrumental – Giving and Receiving) and General Well Being Correlation analysis was performed. Multiple Linear. Table 1 shows psychometric properties for the scales used in the present study. It shows that the scale has sound psychometric properties. The Cronbach's α value for Parenting Daily Hassles scale was .94 (> .80) which indicates high internal consistency. The Cronbach's α value for Subscale: Frequency of Parenting Daily Hassles was .88 (> .80) which shows high internal consistency. The Cronbach's α value for Subscale: Intensity of Parenting Daily Hassles was .92 (> .80) which shows high internal consistency. The Cronbach's α value for Social Support was .84 (> .80) which also indicates high internal consistency. The Cronbach's α value for Subscale: Receiving Emotional Support was .84 (> .80) which shows high internal consistency. The Cronbach's α value for Subscale: Giving Emotional Support was .73 (> .70) which shows satisfactory internal consistency. The Cronbach's α value for Subscale: Receiving Instrumental Support was .74 (> .70) which also indicates satisfactory internal consistency. The Cronbach's α value for Subscale: Giving Instrumental Support was .74 (> .70) which shows satisfactory internal consistency. The Cronbach's α value for General Well Being scale was .70 (> .70) which shows satisfactory internal consistency.

Table 1 Psychometric Properties of Study Variables (N=150)

Giving Emotional Support	3	10.91	2.85	2.00 – 15.00	.73
Receiving Instrumental Support	3	8.6	3.80	1.00 – 15.00	.67
Giving Instrumental Support	3	10.65	2.92	3.00 – 15.00	.74
General Well Being	18	56.28	11.62	24.00 – 87.00	.70
es	K	M	SD	Range	Cronbach's α
Parenting Daily Hassles	40	93.41	24.18	40.00 – 175.00	.94
Frequency of Parenting Daily Hassles	20	43.01	9.65	20.00 – 78.00	.88
Intensity of Daily Hassles	20	50.40	15.38	20.00 – 97.00	.92
Social Support	12	40.56	10.42	15.00 – 60.00	.84
Receiving Emotional Support	3	10.39	4.31	0.00 – 15.00	.84

Note. K= No. of items in a scale, M= mean, SD= standard deviation and α = Alpha Reliability Coefficient.

Table 2 Descriptive Statistics and Correlation for Study Variables (N=150)

Variables	N	M	SD	1	2	3	4	5	6	7	8	9
Frequency of PDH	150	93.41	24.18	1								
Intensity of PDH	150	93.41	24.18	.86**	1							
Receiving Emotional Support	150	93.41	24.18	-.33**	-	1						
Giving Emotional Support	150	93.41	24.18	-.39**	-	.36**	1					
Receiving Instrumental Support	150	93.41	24.18	-.21**	-.20*	.53**	.24**	1				
Giving Instrumental Support	150	93.41	24.18	-.30**	-	.30**	.78**	.32**	1			
General Well Being	150	93.41	24.18	-.09**	-.17*	.21**	.09	.24**	.12	1		
Parenting Daily Hassles	150	93.41	24.18	.95**	.98**	-.32**	-	-	-	-.14	1	
Social Support	150	93.41	24.18	-.41**	-	.79**	.73**	.74**	.74**	.23**	-	1

Note: PDH= Parenting Daily Hassles, * $p < .01$, ** $p < .001$, *** $p < .001$, N= Number of Participants, M=Mean, SD= Standard Deviation.

Table 2 shows that Intensity of Parenting Daily Hassles has significant positive correlation with Frequency of Parenting Daily Hassle ($r = .86$, $p < .01$) and Parenting Daily Hassles ($r = .95$, $p < .01$). Frequency of Parenting Daily Hassles has significant negative correlation with Receiving Emotional Support ($r = -.33$, $p < .01$), Giving Emotional Support ($r = -.39$, $p < .01$), Receiving Instrumental Support ($r = -.21$, $p < .01$), Giving Instrumental Support ($r = -.30$, $p < .001$) and Social Support ($r = -.41$, $p < .01$). Intensity of Parenting Daily Hassle has significant positive correlation with Frequency of Parenting Daily Hassle ($r = .86$, $p < .01$) and Parenting Daily Hassles ($r = .98$, $p < .01$). Intensity of Parenting Daily Hassle had significant negative correlation with Receiving Emotional Support ($r = -.30$, $p < .01$), Giving Emotional Support ($r = -.33$, $p < .01$), Receiving Instrumental Support ($r = -.20$, $p < .05$), Giving Instrumental Support ($r = -.28$, $p < .01$), General Well Being ($r = -.17$, $p < .05$) and Social Support ($r = -.36$, $p < .01$). Receiving Emotional Support has positive correlation with Giving Emotional Support ($r = .36$, $p < .01$), Receiving Instrumental Support ($r = .52$, $p < .05$), Giving Instrumental Support ($r = .30$, $p < .01$), General Well Being ($r = .21$, $p < .01$) and Social Support ($r = .79$, $p < .01$). Receiving Emotional Support has negative correlation with Frequency of Parenting Daily Hassles ($r = -.33$, $p < .01$), Intensity of Parenting Daily Hassles ($r = -.30$, $p < .01$) and Parenting Daily Hassles ($r = -.32$). Giving Emotional Support has significant positive correlation with Receiving Emotional Support ($r = .36$, $p < .01$), Receiving Instrumental Support ($r = .24$, $p < .01$), Giving Instrumental Support ($r = .78$, $p < .01$) and Social Support ($r = .73$, $p < .01$). Giving Emotional Support has significant negative correlation with Frequency of Parenting Daily Hassles ($r = -.39$, $p < .01$), Intensity of Parenting Daily Hassles ($r = -.33$, $p < .01$) and Parenting Daily Hassles ($r = -.36$, $p < .01$). Receiving Instrumental Support has significant positive correlation with Receiving Emotional Support ($r = .53$, $p < .01$), Giving Emotional Support ($r = .24$, $p < .01$), Giving Instrumental Support ($r = .32$, $p < .01$), General Well Being ($r = .24$, $p < .01$) and Social Support ($r = .74$, $p < .01$). Receiving Instrumental Support has significant negative correlation with Frequency of Parenting Daily Hassles ($r = -.21$, $p < .01$), Intensity of Parenting Daily Hassles ($r = -.20$, $p < .05$) and Parenting Daily Hassles ($r = -.21$, $p < .01$). Giving Instrumental Support has significant positive correlation with Receiving Emotional Support ($r = .30$, $p < .01$), Giving Emotional Support ($r = .78$, $p < .01$), Receiving Instrumental Support ($r = .32$, $p < .01$) and Social Support ($r = .74$, $p < .01$). Giving Instrumental Support has significant negative correlation with Frequency of Parenting Daily Hassles ($r = -.30$, $p < .01$), Intensity of Parenting Daily Hassles ($r = -.28$, $p < .01$) and Parenting Daily Hassles ($r = -.30$, $p < .01$). General Well Being has significant positive correlation with Receiving Emotional Support ($r = .21$,

p<.01), Receiving Instrumental Support(r= .24, p<.01) and Social Support (r= .23, p<.01). General Well Being has significant negative correlation with Intensity of Parenting Daily Hassles (r= -.17, p<.05). Parenting Daily Hassle has significant positive correlation with Frequency of Parenting Daily Hassles (r= .95, p<.01) and Intensity of Parenting Daily Hassles (r=.98, p<.01). Parenting Daily Hassleis significant negative correlation withReceiving Emotional Support (r= -.32, p<.01), Giving Emotional Support (r= -.35, p<.01), Receiving Instrumental Support (r= -.21, p<.01), Giving Instrumental Support (r= -.30, p<01) and Social Support (r= -.39, p<.01). Social Support has significant positive correlation with Receiving Emotional Support (r= .79, p<.01), Giving Emotional Support (r= .73, p<.01), Receiving Instrumental Support (r= .74, p<.01), Giving Instrumental Support (r= .74, p<01) and Social Support (r= .23, p<.01). Social Support has significant negative correlation with Frequency of Parenting Daily Hassles (r= -.41, p<.01), Intensity of Parenting DailyHassles (r= -.36, p<.01) and Parenting Daily Hassles (r= -.39, p<.01).

Note: B= Unstandardized Beta, SE= Standard Error, β= Standardized Beta, P= Significance Level, CI= Confidence Interval; LB= Lower Bound, UB= Upper Bound, R²= Adjusted R square, ΔR²= R square Change.

Table 3 indicated the effect of Frequency of Parenting Daily Hassles and Intensity of Parenting Daily Hassles on General Well Being. The R² value of .04 revealed that the predictors explained 4% variance in the outcome variable with F= (2,147) = 2.88, P=.000). The finding shows that Intensity of Parenting Daily Hassles isnegatively predicting the General Well Being (β=-.35, p<.001) whereas Frequency of Parenting Daily Hassles has non-significant effect on General Well Being (β=.20, p>.001).

Table 3 Multiple Linear Regression analysis to show predicting effect of Frequency of Parenting DailyHassles and Intensity of Parenting Daily Hassles on General Well Being (N=150)

	B	SE	β	P	95%C		
					LL	I	UL
Constant	58.92	4.41		.000	50.19		67.64
Frequency of PDH	.24	.19	.20	.220	-.14		.61
Intensity of PDH	-.25	.12	-.34	.036	-.49		-.02

R= .19 R²= .04 ΔR²= .03 (F=25.88 P=.000)

Table 4 Moderating Analysis of Social Support in Relationship between Parenting Daily Hassles and General Well Being (N=150)

Predictors	General Well Being β	SE	T	P	CI 95%	
					LL	UL
Constant	46.78	15.81	2.96	.0036	15.52	78.0
Intensity of Parenting Daily Hassles	.00	0.15	.00	.9983	-.32	.32
Social Support	.30	0.36	.83	.4094	-.42	1.02
Parenting Daily Hassles x Social Support (Interaction effect)	.00	0.00	-.19	.8480	-.01	.01

Note: β = Standardized Beta, SE= Standard Error, t, P= Significance Level, CI= Confidence Interval, LLCI= Lower limit confidence interval, ULCI= Upper limit confidence interval

Table 5 indicates moderating role of Social Support in relationship between Parenting Daily Hassles and General Well Being. The results of the moderating analysis show that the interaction effect of Social Support and Parenting Daily Hassles on General Well Being ($\beta = 0.00$, $p > 0.05$) is not significant.

Table 4.5 Moderating Analysis of Receiving Instrumental Support in Relationship between Intensity of Parenting Daily Hassles and General Well Being (N=150)

Predictors	β	SE	t	P	CI: 95%	
					LLCI	ULCI
Constant	69.5	7.58	9.17	0	54.52	84.47
Intensity of Parenting Daily Hassles	0.39	0.15	2.69	0.0081	-0.68	-0.1
Receiving Instrumental Support	1.01	0.79	1.28	0.2011	-2.56	0.54
Intensity of Parenting Daily Hassles x Receiving Instrumental Support (Interaction effect)	0.04	0.02	2.25	0.0261	0.01	0.07

Note: β = Standardized Beta, SE= Standard Error, t, P= Significance Level, CI= Confidence Interval, LLCI= Lower limit confidence interval, ULCI= Upper limit confidence interval

Table 5 indicates moderating role of Receiving Instrumental Support in relationship between Intensity of Parenting Daily Hassles and General Well Being. The results of the moderating analysis show that the interaction effect of Receiving Instrumental Support and Intensity of Parenting Daily Hassles on General Well Being ($\beta = 0.04$, $p < 0.05$) is significant.

5 Discussion

The present study included Parenting Daily Hassles as predictors of General Well Being. Raising children can have both favorable and unfavorable consequences. Therefore, the aim of the research was to explore the association between the variables (Intensity of Parenting Daily Hassles, Frequency of Parenting Daily Hassles, General Well Being). Another objective of the study was to investigate the moderating role of four components of Social Support (Receiving Emotional Support, Giving Emotional Support, Receiving Instrumental Support, Giving Instrumental Support) between Parenting Daily Hassles (Intensity and Frequency) and General Well Being. First, the aim of the study was to examine the relationship between Parenting Daily Hassles (Intensity and Frequency), Social Support (Instrumental/Emotional - Giving and Receiving) and General Well Being of mothers. As in current study, it was hypothesized that there would be a significant relationship between them (H1) and Parenting

Daily Hassles will predict General Well Being (H2). The results displayed in Table 4.3 indicated that there was not a significant relationship between Parenting Daily Hassles (as a whole), Social Support (as a whole) and General Well Being. However, it is indicated that there was a significant negative relationship between Intensity of Parenting Daily Hassles and General Well Being. Thus, the hypothesized relation (H1) and prediction (H2) was partially supported. The results suggested that an increase in Intensity of Parenting Daily Hassles is correlated with decrease in General Well Being which means that mothers with higher Intensity of Parenting Daily Hassles may have greater chances of lower General Well Being. Frequency of Parenting Daily Hassles scale represent the cumulative recurrence of daily hassles experienced by mothers, while the Intensity of Parenting Daily Hassles scale represent the degree to which mothers consider that the day-to-day hassles of raising children weigh heavily on their lives (Crnic & Booth, 1991; Crnic & Greenberg, 1990). In a study, the frequency of hassles resulted as an inadequate predictor whereas the intensity measure resulted in moderate predictor of assessing an event for coping (Schuster, 2006). Intensity ratings are thought to better capture the severity of parenting problems than frequency scales since the cognitive appraisal of the stressful event and its impact is essential to the reaction. Some research solely examined the intensity scores of parenting hassles for mothers since the main factor of the impact of a stressor is cognitive assessment of the importance of events for one's well-being. (Costa et al., 2021). Due to a larger theoretical appraisal of intensity over frequency ratings when measuring stressors, the literature is inclined to favor the Intensity. This concludes that among Pakistani mothers, the appraisal of parenting stressors depends upon Intensity of the Parenting Daily Hassles rather than its Frequency which results in lower General Well Being. This supports the literature present in the research that individual's appraisal of everyday stresses that are minor (daily hassles) influences both physical and psychological well-being (DeLongis et al., 1982; Lazarus & Folkman, 1984). It is also possible that the Frequency of Parenting Daily Hassles is somewhat similar for all. However, people who already have lower General Well Being due to different reasons (coping strategies, resilience etc.) are perceived the Parenting Daily Hassles to be more intense.

Secondly, it was hypothesized that there will be a moderating role of Social Support (Emotional/Instrumental - Giving and Receiving) between Parenting Daily Hassles on General Well-being (H2). The results displayed in Table 4.5 indicated that there was not a significant moderating role of Social Support (as a whole) on Parenting Daily Hassles (as a whole) and General Well Being. However, it is indicated in Table 4.6 that there was a significant moderating role of Receiving Instrumental Support on Intensity of Parenting Daily Hassles and General Well Being. Thus, the hypothesized moderation (H3) was also partially supported. This concludes that Instrumental Support moderates the negative relationship between Intensity of Parenting Daily Hassles and General Well Being. It depicts that if the intensity of Parenting Daily Hassle is low, the social support received will further increase the General Well Being of Mothers. This finding may have difference links with the research. For people who are under acute stress, instrumental support offers advantages (Shrout et al., 2006). Effective instrumental support can potentially free up time for stressed-out, busy mothers, which decreases exhaustion the next day and, on the other hand, boosts General Well Being. Research also suggests that Instrumental support may be more beneficial because along with getting physical help, the recipient might also have feelings, such as love and empathy, and positive appraisals which may have a positive effect on well-being (Morelli et al., 2015). The non-significant effect of Receiving Emotional Support can be due to the nature of the problem. In situations that can be controlled, instrumental forms of support are more suitable, whereas emotionally consoling behavior seems more appropriate if nothing can be done about the problem (Cohen, 1992; Cutrona & Russell, 1990; Cutrona & Suhr, 1994). Day-to-day hassles requires more active work which needs to be done. The work that needs to be done is more physical, necessary to be completed and not in control of the mothers to get it delayed. This might be reason behind the moderating role of Receiving Instrumental Support on Intensity of Parenting Daily Hassles and General Well Being. Another perspective of the partially proven hypothesis can be the source of Receiving Instrumental Support. All the participants in this study are married mothers and are living with their spouses. Pakistan is a country where same-sex marriages are illegal. This concludes that all the mothers have male partners as their husband. Vast research

suggests that males are more inclined towards rational thinking due to which they prefer instrumental support more as it is linked to problem-solving (Wilson et al., 1990). In Pakistan, patriarchal culture is followed where masculinity is associated with control, including self-control of their emotions. Therefore, husbands in Pakistan may show less emotions leading women to rely on their husband's Instrumental Support rather than Emotional Support for their General Well Being. Mothers in Pakistani Culture, while raising children, receive more Instrumental Support with day-to-day hassles of Children because their husbands may prefer the kind to be more helpful.

5.2 Implications

This research sheds a light upon how Intensity of Parenting Daily Hassles are related to General Well-Being and Receiving Instrumental Social Support plays a role in it. These insights can help mental health practitioners be more aware of high-risk situations and more precisely determine the time to intervene. A more comprehensive understanding of General Well-Being in this population, and the identification of mothers at highest risk of mental distresses, will aid in the development of designing culturally sensitive interventions and targeted strategies (related to Instrumental Support and reduction of Intensity appraisal for Daily Hassles) among Pakistani mothers and ensure that timely and effective support is provided to support the well-being of mothers. This underlines the vulnerability of mothers and the need to find effective strategies to support mothers providing substantial amounts of duties and tasks. Another important implication of the study is to illuminate light upon the need of support programs for working mothers and their need of benefits for at workplace (e.g., flexible hours, playgroup).

6 Conclusion

The findings of the study indicated that Frequency of Parenting Daily Hassles, does not correlate with General Well Being whereas Intensity of Parenting Daily Hassles does. This concludes that the amount of how often Daily Hassling experiences occurs while parenting does not influence the General Well Being of mothers nor vice versa. However, the appraisal of how intense the hassling experiences are does relate with General Well Being. Additionally, Receiving Instrumental Support proved to strengthen the relationship between Intensity of Parenting Daily Hassles and General Well Being.

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