

The Relationship between Mother's Daily Occupations and Her Adolescent Son's Quality of Life

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Abstract

A mother's occupation has a substantial impact on society in general, and even more so on their adolescent offspring. Adolescence is a crucial phase in which the individual's sense of autonomy is being developed within his family and other surroundings. The family centered approach emphasizes the importance of considering the person as a part of the family system to which he or she belongs, in order to provide the best possible treatment. **Objective:** To examine the relationship between a mother's occupational features and her adolescent child's

quality of life. **Method:** 40 mother-adolescent child pairs were given both the Youth Quality of Life questionnaire, which was translated to Hebrew for the first time in the present research, as well as the Occupational Questionnaire. **Results:** Significant correlation was found between a child's quality of life and the mother's feeling of empowerment together with the satisfaction she experiences in her occupation. The adolescent's self esteem and their quality of life were found significantly correlated with the importance a mother attributes to her work. **Conclusions:** Considering the potential connections between a mother's occupation and her adolescent child's quality of life, it may be incumbent upon therapists to contemplate a mother's occupation and the possible consequences on their children when applying a family centered approach.

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