

# Change in Self-Concept of Mothers in Child-Rearing

— From both positive experiences and negative  
experiences —

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The purpose of this study is: 1) to examine the various facets of change in self-concept of the mother in child-rearing and 2) to clarify the connection between change in self-concept of the mother in child-rearing, and child care anxiety and stress. The researcher conducted semi-structured interviews with four mothers in child-rearing. The results show: 1) common points of change in self-concept about positive experiences are, the self who does not worry about the details, and the self who becomes more interested, and about negative experiences are the self who has a temper, the self who is strict on cleanliness, the self who is sensitive, and the self who has unmotivated to go out. These show that change in self-concept of the mother in child-rearing has many different types, 2) there are possibilities that realizing change in self-concept of the mother in child-rearing has connections with child care anxiety and stress.