

The effect of happiness of mothers with children in their infancy on empathic abilities

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Abstract

The purpose of this study was to analyze the correlation of happiness of mothers with children in their infancy and their empathic abilities. For this study, mothers with children that attend a kindergarten within OO city of Gyeongsangnam-do were surveyed about children from May 11th to May 22nd 2015. The statistical analysis was conducted by using SPSS Win 18.0 program in terms of frequency, correlation, and multiple regressions, and then verified at the significance level of 5%. The study results indicated that first, although there was a significant difference in happiness according to the difference in a household's monthly income, job whereabouts, and the academic abilities of the mother; no significant difference was revealed for the number of children. Second, although there was a significant difference in empathy levels according to the difference in a mother's academic abilities and household income, no significant difference was revealed for the difference in age, number of children, and job whereabouts. Third, it was shown that higher happiness levels for interpersonal relations, the proper growth of their children, and altruism meant higher levels of empathic abilities. The implications of this study are expected to become basic data, which will contribute to program development on the happiness and empathy.

Keywords: General characteristics of children, Mother of euphoria, Empathy

1. Introduction

1.1 Necessity of Study

It is easy for people of the contemporary age to be exposed to various stresses within the complicated social structure. A mother's happiness and empathy has a very big effect on the overall stability of the household including marital relations as well as child relationships. Infancy of children especially could be said as the time where the emotions of mothers, the main parent, effects them the most. A mother's stable child-rearing – especially those with children in infancy – broadly affects a child's adulthood from their psychological health to their personal relationships[1]. Like this the happiness and empathic abilities of the mother can be a very important influencing factor for proper child growth. Mothers who have children in their infancy is exposed to various stress-inducing situations from spending lots of time with their children due to child-rearing.

When looking into the studies about the happiness, daily life and activities of mothers with children in their infancy, it shows that most of their time is spent on household duties and looking after their children; and also shows that they are not as happy compared to the time they spend doing quality things for themselves such as daily activities, pastime activities, and consumption activities[2]. It also showed that mothers with children in their infancy had higher parental stress levels than mothers with children not in their infancy; and it could be hard to retain mental stability especially for working mothers due to the double burden of having to perform her duties as a mother, and a worker[2][3].

Mothers with high empathic abilities help their child grow a more understanding empathic attitude towards other people by allowing them to experience their own feelings be understood and stood up for. By understanding the position of the other person, the child is able to develop considerate, prosocial behaviors[4]. The happiness and empathic abilities of mothers with children in their infancy becomes a very crucial factor which greatly affects the growth and personal relations development of infants. This is why many plan researches about the improvement of happiness and empathic abilities followed by parental stress of parents are actively being done at various children education institutes. Therefore, this study analyzed previous studies on the happiness and empathic abilities of mothers with children in their infancy.

In studies on how socio-demographic, relationship, and psychological factors affects the happiness of mothers with children in their infancy, it was confirmed that relationship and psychological factors were more crucial compared to the socio-demographic factors of mothers in order for them to live a happier life. It was also shown that in explaining the satisfactory rate for life, a cognitive element in happiness, social support which is a kind of relationship factor of the mother was the most important cognitive element; and in explaining the positive/negative emotionality of the mother, which is an affect factor for happiness, psychological factor depression was confirmed to be the most important cognitive element[5]. In studies for the happiness and maternal efficacy of the mother and the self elasticity of the child, a positive relationship was shown for each the happiness of the mother and maternal efficacy, and the self elasticity of the child; while another positive relationship was shown between the happiness and the maternal efficacy of the mother. Together, it showed that for the overall self elasticity and self-command parts of the self elasticity for children, the proper growth of children-a lower variable of a mother's happiness-was shown

to have the biggest effect. However for attachment-related self elasticity and initiative-related self elasticity, it was proven that communication skills-a lower variable of maternal efficiency in mothers-was shown to have the biggest effect[6]. In a study about the correlation of a mother's happiness and the positive social emotional activity, and extrinsic/intrinsic problematic behaviors of children, the results showed that a positive correlation was present between the lower variables of the positive social emotional activities and a mother's happiness; and the overall social emotional activities of children with the happiness of a mother with children in their infancy. So it could be said that the more amount of happiness realized by the mother means their children are doing more positive social emotional activities. Also, it was shown that a negative correlation was present between the happiness of mothers with children in their infancy and the extrinsic/intrinsic problematic behaviors of children. With this, we know that the happier the mothers with children in their infancy are, the lower the extrinsic/intrinsic problematic behaviors will appear in children[7].

In a study for the effect of a mother's empathic abilities and her fostering attitude on an infant child's playfulness showed that a meaningful, positive correlation was present between most lower variables of a mother's empathic abilities, fostering attitude, and playfulness. Meanwhile, point of view, empathic concern, personal pain of a mother's empathic abilities showed to have an effect on social fostering attitude, and imagining on teaching fostering attitude; thus showed to be a different aspect of an effect on how empathic abilities affect fostering attitudes. Also, imagining out of a mother's empathic abilities showed to have a positive effect on a child's playfulness; while personal pain had a negative effect. When a variable on the fostering attitude of the mother was additionally inserted as an independent variable, the explanation power rose; and it showed that a positive correlation was present between a child's playfulness and fostering attitude for social parenting type, teaching parenting type, and cognitive area imaginations for empathic abilities[8]. A mother's sympathy has shown to have high relations with the prosocial behavior and emotional expressions of children. It was also shown that the higher the mother tried to take an empathic stance, the higher the connection became between the prosocial behavior and emotional expressions of the children. Thus it could be said that higher empathic abilities of the mother meant that prosocial behaviors and the degree in which children were able to realize and express their emotions grew. However, the more the mother felt pain from being overwhelmed by stressful situations, the harder it became for children to control their emotions and realize other people's emotions. Together, we were able to confirm that the degree of a mother's empathic abilities had direct effect on the prosocial behaviors of children; and also affected prosocial behavior by heightening the emotional expressions of children. Also, a mother with high empathic abilities increased emotional awareness and expressions of children, and thus was heightening their prosocial behaviors[3].

Although it is obvious that studies on emotional expressivity and social emotional behaviors of infants/children are important, a study on how a mother's, who spend the most

amount of time with infants, happiness affects their empathic abilities is needed.

Therefore, this study analyzes previous studies on the happiness and empathy abilities of mothers with children in their infancy to further analyze the correlation between the happiness of the mothers of kindergarteners, and their empathy abilities.

1.2 Problem Statements

The specific problems of this study are as follows.

Study Problem 1. Find out the difference in happiness according to the general characteristics of mothers.

Study Problem 2. Find out the difference in empathy abilities according to the general characteristics of mothers.

Study Problem 3. Find out the correlation of the happiness and empathy abilities of mothers.

2. Study Methods

2.1 Study Subjects

For this study, a questionnaire was given to 300 mothers who had children attending kindergartens within OO city of Gyeongsangnam-do, from May 4th to May 15th of 2015; excluding 33 people, who did not either sincerely answer the questionnaire or fail to return the survey, 267 people were selected as subjects. According to the Cohen's sampling equation and using G*Power 3.1, the significance level, statistical power, and effect size were set at 5%, 90%, and and interim index of 0.15, respectively. As a result, the minimum sample size was calculated as 175; thus, 253 people were selected as subjects in this study.

2.2 Study Methods

Prior to conducting the survey, a detailed explanation was given to the subjects with regards to the purpose and response method of the questionnaire, after which they self-recorded to complete the survey.

2.3 Study Tools

Research tools consisted of a total of 83 questions; 5 questions for the general characteristic factors of mothers, 48 questions for happiness, and 30 questions for empathy abilities.

2.3.1 Demographic Characteristics

The study tools for the demographic characteristics of mothers studied 5 factors from the community health survey questions; age, number of children, academic abilities, job, and household income.

2.3.2 Happiness

The criterion for happiness used the questionnaire Do-ran Kim, Jung-won Kim (2008) had revised[9]. This criterion was consisted of a total of 48 questions; with 16 different sub factors. For the measurement, 1 to 5 points were given.

2.3.3 Empathy Abilities

The criterion for empathy abilities used what Sung-hee Park (1994) had revised and adapted[10]. This criterion was consisted of a total of 30 questions. For the measurement, 1 to

5 points were given, while questions 4, 8, 12, 18, 22, and 27 are considered as negatively worded items.

2.3.4 Data Processing and Method of Analysis

The data was verified at the significance level of 5%, and statistical analysis was conducted using SPSS Win 18.0 program. The credibility of happiness and empathy abilities were determined by Cronbach's alpha factor. A T-Test and an One-Way ANOVA was conducted in order to find out the difference in happiness and empathy abilities according to the general characteristics of mothers; and a significant difference was found in $p < .05$ through Scheffe's multiple range test. Correlation analysis and multiple regression analysis were conducted, in order to investigate the correlation of happiness and empathy abilities of mothers with children in kindergartens.

3. Study Results and Interpretation

3.1 General Features of Mothers

The results of looking into the general features of mothers are as showed in [Chart 1]. The age group of the mothers showed to be the highest in '30s' with 83.1%, followed by '40s' with 12.0%, and the '20s' with 4.9%; while percentages according to the number of children showed to be '1 child' with 20.2%, '2 children' with 64.4%, and 'over 3 children' with 15.4%. The jobs of the mothers showed to be the highest in 'housewife' with 65.5%, followed by 'professional' with 9.0%, 'self-employment' with 7.5%, and 'office job' with 7.1%. The monthly income of the family was studied to be the highest in the order of 'more than 4 million won' with 44.2%, 'below 3~4 million won' with 28.5%, and 'below 2~3 million won' with 18.4%.

[Chart 1] General Features of Mothers

Separation		Frequency (N)	Percentage (%)
Age	20s	13	4.9
	30s	222	83.1
	40s	32	12.0
Number of Children	1	54	20.2
	2	172	64.4
	Over 3	41	15.4
Academic Background	High School Graduate	73	27.3
	Community College	115	43.1
	University	74	27.7
	Over Grad. School	5	1.9
Job	Self-employment	20	7.5
	Sales	11	4.1
	Office	19	7.1
	Production	1	.4
	Professional	24	9.0
	Housewife	175	65.5
	Etc.	17	6.4
Monthly Income	Below 1 million won	5	1.9
	Below 1~2 million won	19	7.1
	Below 2~3 million won	49	18.4
	Below 3~4 million won	76	28.5
	Over 4 million won	118	44.2
Total		267	100.0

3.2 Happiness of the Mother

The results of looking into the happiness of the mothers are shown in [Chart 2].

The overall average of the mother's happiness was 3.29; the order of which the mother's happiness showed to be the greatest was 'the proper growth of children'(M=3.98), 'relationships with parents and other family members'(M=3.94), 'love with their partners'(M=3.82), 'health'(M=3.80), 'independence'(M=3.79), 'interpersonal relationships'(M=3.60), 'positive life outlook'(M=3.55), 'economic power'(M=3.40), 'achievements and self acceptance'(M=3.23), 'appearance'(M=3.13), 'self-improvement and pursuit of goal'(M=3.07), 'leisure'(M=2.90), 'social status and acceptance'(M=2.84), 'altruism'(M=2.79), 'religion'(M=2.43), and 'social/political/cultural environment'(M=2.34).

[Chart 2] Happiness of the Mother

Separation	Lower Variable	N	Minimum Value	Maximum Value	Average	Standard Deviation
Happiness	Economic Power	267	1.00	5.00	3.40	.72
	Achevment and self-acception	267	1.00	5.00	3.23	.79
	Leisure	267	1.00	5.00	2.90	.82
	Social status and acceptance	267	1.00	5.00	2.84	.72
	Self-improvement and pursuit of goal	267	1.00	5.00	3.07	.88
	Independence	267	1.33	5.00	3.79	.67
	Social/political/ Cultural environment	267	1.00	3.67	2.34	.60
	Religion	267	1.00	5.00	2.43	.93
	Altruism	267	1.00	5.00	2.79	.79
	Proper growth of children	267	2.33	5.00	3.98	.56
	Relationships with parents and other family members	267	1.00	5.00	3.94	.69
	Love with partner	267	1.33	5.00	3.82	.73
	Interpersonal Relationships	267	1.00	5.00	3.60	.73
	Appearance	267	1.67	5.00	3.13	.58
	Positive Life Outlook	267	2.00	5.00	3.55	.61
	Health	267	1.00	5.00	3.80	.68
	Happiness	267	1.69	4.40	3.29	.42

3.3 Empathic Abilities of Mother

The result of looking into the empathic abilities of the mothers are shown in [Chart 3].

The overall average of a mother's empathic abilities was 3.74; the order of which the mother's empathic abilities showed to be the greatest was 'emotional empathy'(M=3.94), and 'cognitive empathy'(M=3.53).

[Chart 3] Empathic Abilities of Mother

Separation	Lower Variable	N	Minimum Value	Maximum Value	Average	Standard Deviation
Empathic Abilities	Cognitive Empathy	267	2.73	4.60	3.53	.35
	Emotional Empathy	267	2.87	4.93	3.94	.38
Empathic Abilities		267	2.93	4.77	3.74	.32

3.4 Hypothesis Verification

3.4.1 Study Problem 1. Find out the difference in happiness according to the general characteristics of mothers.

The results of looking into the general features of a mother are shown in [Chart 4].

Although a meaningful difference in happiness according to the mother's academic abilities, job whereabouts, and the household's monthly income was present, no meaningful differences were found for the difference in age and number of children.

The happiness according to the mother's academic abilities were the highest in the following order with mothers with academic abilities of over university ranking first in happiness, and with high school graduate mothers last ($F=8.198$, $p<.001$); over university ($M=3.41$), community college ($M=3.29$), and high school graduate ($M=3.14$). Happiness according to the job whereabouts of the mother showed that mothers with jobs ($M=3.36$) were happier ($t=2.139$, $p<.05$) than mothers without jobs ($M=3.25$); and happiness according to the household's monthly income showed to be the highest in the following order, with mothers who's monthly household income was more than 3 million won lowest on the list ($F=12.265$, $p<.001$); more than 4 million won ($M=3.41$), lower than 3~4 million ($M=3.27$), and below 3 million won ($M=3.11$).

[Chart 4] Difference in happiness according to the general features of mothers

Separation	N	Average	Standard Deviation	t/F	p	Scheffe
Age	lower than 30s	235	3.28	.42	-.932	.352
	40s	32	3.35	.39		
Number of Children	1	54	3.21	.28	1.519	.221
	2	172	3.32	.43		
	More than 3	41	3.26	.51		
Academic Ability	high school graduate (a)	73	3.14	.38	8.198***	.000 c, b>b, a
	community college (b)	115	3.29	.36		
	over university (c)	79	3.41	.49		
Job Whereabouts	With job	92	3.36	.38	2.139*	.033
	Without job	175	3.25	.43		
Household's monthly income	lower than 3 million won (a)	73	3.11	.43	12.265***	.000 c, b>a
	lower than 3~4 million won (b)	76	3.27	.37		
	over 4 million won (c)	118	3.41	.40		

* $p<.05$, *** $p<.001$

3.4.2 Study Problem 2. Find out the difference in empathic abilities according to the general characteristics of mothers.

The results of looking into the difference in empathic abilities according to the mother's general features are shown in [Chart 5].

Although a significant difference in empathic abilities according to the mother's academic abilities and the household's monthly income was found, no significant difference according to her age, number of children, and job whereabouts was found.

Empathic abilities according to a mother's academic abilities showed to be the highest in the following order, with 'over university' the highest and 'high school graduate' the lowest ($F=3.809$, $p<.05$); 'over university' ($M=3.81$), 'community college' ($M=3.73$), and 'high school graduate' ($M=3.67$). Empathic abilities according to the household's monthly income showed to be the highest in the following order ($F=3.318$, $p<.05$); over 4 million won ($M=3.79$), below 3 million a month ($M=3.70$), and below 3~4 million won ($M=3.69$).

[Chart 5] Difference in a mother's empathic abilities according to her general features

Separation	N	Average	Standard Deviation	t/F	p	Scheffe
Age	lower than 30s	235	3.73	.31	-.237	.814
	Number of Children	32	3.75	.41		
Academic Ability	1	54	3.72	.32	.159	.853
	Job Whereabouts	172	3.74	.32		
	Household's monthly income	41	3.72	.34		
Academic Ability	high school graduate (a)	73	3.67	.34	3.809*	.023 c, b>b, a
	Job Whereabouts	115	3.73	.30		
	Household's monthly income	79	3.81	.32		
Job Whereabouts	With job	92	3.71	.33	-1.076	.283
	Without job	175	3.75	.32		
Household's monthly income	lower than 3 million won (a)	73	3.70	.34	3.318*	.038
	lower than 3~4 million won (b)	76	3.69	.31		
	over 4 million won (c)	118	3.79	.31		

* $p<.05$

3.4.3 Study Problem 3. Find out the correlation of the happiness and empathy abilities of mothers.

The results of looking into the correlation of a mother's happiness and empathic abilities are shown in [Chart 6].

Although there was a significant difference in a mother's empathic abilities according to proper growth of children($r=.341$, $p<.001$), interpersonal relations($r=.327$, $p<.001$), altruism($r=.318$, $p<.001$), positive life outlook($r=.315$, $p<.001$), relationships with parents and other family members($r=.310$, $p<.001$), appearance($r=.270$, $p<.001$), self-improvement and pursuit of goals($r=.269$, $p<.001$), achievement and self-acceptance($r=.269$, $p<.001$), independence($r=.267$, $p<.001$), leisure($r=.260$, $p<.001$), economic power($r=.249$, $p<.001$), love with partner($r=.234$, $p<.001$), social status and acceptance($r=.219$, $p<.001$), health($r=.169$, $p<.01$), and religion($r=.161$, $p<.01$) of happiness in that order, relations with social/political/cultural environment showed to be insignificant with a significance level of 5%. Thus it showed that a positive correlation was found for empathic abilities' cognitive empathy and emotional empathy in all except social/political/cultural environment.

[Chart 6] The correlation of a mother's happiness and her empathic abilities

Separation		Empathic Abilities		
		Cognitive Empathy	Emotional Empathy	Overall Empathic Abilities
Happiness	Economic Power	.191**	.243***	.249***
	Achevement and self-accepton	.256***	.213***	.267***
	Leisure	.275***	.182**	.260***
	Social status and acceptance	.213***	.172**	.219***
	Self-improvement and pursuit of goal	.279***	.194**	.269***
	Independence	.233***	.235***	.267***
	Social/political/cultural environment	.092	.045	.078
	Religion	.163**	.121*	.161**
	Altruism	.260***	.295***	.318***
	Proper growth of children	.339***	.260***	.341***
	Relationships with parents and other family members	.268***	.273***	.310***
	Love with partner	.246***	.166**	.234***
	Interpersonal Relationships	.316***	.257***	.327***
	Appearance	.275***	.200**	.270***
	Positive Life Outlook	.259***	.290***	.315***
	Health	.142*	.153*	.169**
Happiness		.409***	.353***	.435***

* $p<.05$, *** $p<.001$

The results of looking into how a mother's happiness affects her empathic abilities are shown in [Chart 7].

As a result of the multiple regression analysis done to find out the effects a mother's happiness has on her empathic abilities, it could be told that it's explaining the regression model with

$R^2=0.259$, with 25.9% of the total variation. The study looked into the VIF(Variable Inflation Factor) and tolerance in order to diagnose the multicollinearity between variables, and usually decides that a problem has occurred within the multicollinearity when the VIF coefficient is larger than 10 or if the tolerance is lower than 0.1. In this analysis, all VIF values of the variables were below 10 and all tolerance levels

were over 0.1; which can be seen that no problems with the multicollinearity occurred. As a result of the variance analysis of the model, it can be said that the estimated model were all meaningful($F=5.470$, $p<.001$); and interpersonal relations($\beta=.201$, $p<.01$), proper growth of children($\beta=.178$, $p<.05$), and altruism($\beta=.168$, $p<.05$) of happiness in that order showed to have a significant effect on a mother's empathic abilities. Thus, it is possible to conclude that the higher a mother's happiness on interpersonal relations, proper growth of children, and altruism are, the higher her empathic abilities get.

[Chart 7] The effects of a mother's happiness on her empathic abilities

Separation		Dependent Variable: Empathic Abilities					
		B	Standard Error	β	t	p	VIF
Constant		2.338	.180		13.006***	.000	
Happiness	Economic Power	.044	.032	.098	1.365	.174	1.745
	Achevement and self-accepton	-.053	.035	-.130	-1.493	.137	2.545
	Leisure	-.001	.029	-.002	-.027	.979	1.910
	Social status and acceptance	-.015	.033	-.034	-.460	.646	1.877
	Self-improvement and pursuit of goal	.007	.028	.019	.254	.800	1.943
	Independence	.029	.032	.062	.921	.358	1.516
	Social/political/cultural environment	-.002	.032	-.003	-.049	.961	1.204
	Religion	.014	.021	.042	.703	.482	1.197
	Altruism	.068	.028	.168	2.391*	.018	1.667
	Proper growth of children	.102	.039	.178	2.605*	.010	1.575
	Relationships with parents and other family members	.031	.033	.067	.938	.349	1.734
	Love with partner	.004	.030	.009	.123	.902	1.621
	Interpersonal Relationships	.088	.029	.201	3.008**	.003	1.508
	Appearance	.035	.036	.064	.974	.331	1.477
	Positive Life Outlook	.061	.035	.117	1.711	.088	1.570
	Health	-.021	.030	-.044	-.695	.488	1.352
		$R^2 = .259$, adj $R^2 = .212$, $F = 5.470$ ***					

* $p<.05$, ** $p<.01$, *** $p<.001$

The results of looking into the effects of how a mother's happiness affects her lower variables of empathic abilities are shown in [Chart 8].

As a result of the multiple regression analysis done to find out the effects a mother's happiness has on her cognitive empathy, it could be told that it's explaining the regression model with

$R^2=0.229$, with 22.9% of the total variation; and the estimated model was meaningful($F=4.631$, $p<.001$). Since interpersonal relations($\beta=.209$, $p<.01$) and the proper growth of children($\beta=.195$, $p<.01$) of happiness were found to have a significant effect on a mother's cognitive empathy in that order, it means that the higher a mother's happiness on her interpersonal relations and the proper growth of children are, the higher her cognitive empathy gets.

As a result of the multiple regression analysis done to find out the effects of a mother's happiness has on her emotional empathy, it could be told that it's explaining the regression model with $R^2=0.203$, with 20.3% of the total variation; and the estimated model was meaningful ($F=3.992$, $p<.001$). Since altruism ($\beta=.223$, $p<.01$), economic power ($\beta=.187$, $p<.05$), and interpersonal relations ($\beta=.145$, $p<.05$) of happiness were found to have a significant effect on a mother's emotional empathy, it means that the higher a mother's happiness on her altruism, economic power, and interpersonal relations are, the higher her emotional empathy gets.

[Chart 8]The effect a mother's happiness has on her empathic abilities

Separation		Dependent Variable: Cognitive Empathy			Dependent Variable: Emotional Empathy		
		B	β	t	B	β	t
Constant		2.123		10.498***	2.553		11.545***
Happiness	Economic Power	-.011	-.023	-.310	.098	.187	2.503*
	Achevment and self-acceptation	-.052	-.116	-1.306	-.054	-.111	-1.234
	Leisure	.021	.049	.642	-.023	-.049	-.631
	Social status and acceptance	-.008	-.015	-.203	-.023	-.043	-.562
	Self-improvement and pursuit of goal	.034	.084	1.087	-.020	-.046	-.581
	Independence	.023	.044	.636	.036	.064	.915
	Social/political/Cultural environment	.007	.012	.194	-.010	-.016	-.257
	Religion	.027	.071	1.170	.002	.005	.074
	Altruism	.029	.065	.899	.107	.223	3.064**
	Proper growth of children	.124	.195	2.803**	.081	.118	1.671
	Relationships with parents and other family members	.004	.009	.116	.058	.105	1.418
	Love with partner	.032	.067	.951	-.025	-.048	-.669
	Interpersonal Relationships	.101	.209	3.063**	.076	.145	2.090*
	Appearance	.062	.103	1.522	.009	.013	.192
	Positive Life Outlook	.041	.071	1.027	.080	.130	1.842
	Health	-.032	-.061	-.941	-.010	-.018	-.269
		$R^2=.229$, adj $R^2=.179$, $F=4.631$ ***			$R^2=.203$, adj $R^2=.153$, $F=3.992$ ***		

* $p<.05$, ** $p<.01$, *** $p<.001$

4. Discussions and Conclusion

This study analyzed how the happiness of mothers with children in their infancy affects their empathic abilities. The discussion about the analysis results are as the following. First, as a result of looking into the difference in happiness according to the general characteristics of mothers, there was a significant difference in happiness according to the mother's academic abilities, job whereabouts, and monthly household income; while no differences were found for age or number of children. The happiness according to a mother's academic abilities showed to be the highest 'over university' ($M=3.41$), and the lowest in 'high school graduate' ($F=8.198$, $p<.001$).

Happiness according to job whereabouts showed to be the higher ($t=2.139$, $p<.05$) in mothers with a job ($M=3.36$) than mothers without a job ($M=3.25$); while happiness according to the household's monthly income showed to be the highest in the following order, with mothers who's monthly household income was lower than 3 million won a month the lowest no the list ($F=12.265$, $p<.001$); more than 4 million won ($M=3.41$), lower than 3~4 million won ($M=3.27$), and lower than 3 million won ($M=3.11$) [11]. This result has great academic significance for it is completely different from the result that shows psychological and relationship factors are more important than demographic factors in living a happy life for mothers with children in their infancy [4].

Second, as a result of looking into the difference in empathy abilities according to a mother's general characteristics, there was a significant difference in empathy abilities according to a mother's academic abilities and monthly household income, while no differences were found for age, number of children, or job whereabouts. A mother's empathic abilities according to her academic abilities were the highest ($F=3.318$, $p<.05$) when they had academic abilities over university levels ($M=3.81$), and the lowest when they were a high school graduate ($F=3.809$, $p<.05$). A mother's empathic abilities according to the household's monthly income was the highest in the order of the following; more than 4 million won ($M=3.79$), less than 3 million won ($M=3.70$), and below 3~4 million won ($M=3.69$) [11]. This shows academic significance for it is different with the results that says mothers who are above the age 41 has higher empathy abilities than mother younger than 40 [3].

Third, as a result of looking into the correlation of a mother's happiness and her empathy abilities, 'proper growth of children', 'personal relationships', 'altruism', 'positive mindset', 'parent-child relationship', 'appearance', 'self improvement and objectives pursued', 'achievements and self acceptance', 'independence', 'free time', 'financial strength', 'love with their partners', 'social class and acceptance', 'health', and 'religion' in that order had a significant effect on a mother's empathy abilities; while correlations with 'social/political/cultural environment' showed to be insignificant with a significance level below 5%. Cognitive empathy as well as emotional empathy also showed to be of significance to a mother's happiness except a social/political/cultural environment [11]. This result shows that there is a significant positive correlation between a child's self elasticity and a mother's happiness/parenting efficiency; while also reaching a semantic congruence with the result that shows a positive correlation between a mother's happiness and parenting efficiency [12].

The following recommendations can be made based on the above results.

First, although meaningful differences in happiness were found according to a mother's general features such as her academic abilities, job whereabouts, and the household's monthly income, no meaningful differences were found for age and number of children. From these results, it could be concluded that a mother's academic abilities, job whereabouts, and the household's monthly income is a major factor in determining a mother's happiness. Thus children's educational institutions should prepare a childcare supporting measure

through various parenting education programs related to a mother's happiness.

Second, although a meaningful difference in empathic abilities was found according to different general factors such as her academic abilities and the household's monthly income, no differences were found for age, number of children, and job whereabouts. From these results, it could be concluded that a mother's academic abilities, job whereabouts, and the household's monthly income is a major factor in determining a mother's empathic abilities. Thus children's educational institutions are required to come up with efficient program development measures that will help raise self-satisfaction rates related to a mother's empathy abilities, and help create more mature personal relationships by heightening the degree of understanding of others and oneself.

Third, it can be seen that in the effects that the happiness of mothers with children in their infancy has on her empathic abilities, high positive correlation was found between the mother's interpersonal relationships, proper growth of children, happiness about altruism, and her empathic abilities. Thus children's educational institutes will have to come up with measures that will lower parenting stress and heighten the quality of child-rearing through the introduction of a parenting support system and developing various parent educational systems in order to raise a mother's happiness and empathy abilities.

More psychological studies shall be conducted in the future for a.

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