

This video is about my mother. I started by transferring “B-roll” and movies my grandfather made of my mother and her sisters. I implemented found footage and clips that I filmed of my mother. I transferred this footage from old DVDs and camcorders onto a hard drive. I then moved select footage into Adobe Premiere, grouping the scenes in order by date. After I had a general arrangement, I made a final cut of each clip and began the end editing process by adding music and text. The video opens with an introductory credit sequence: “chud productions” (which plays off of my father’s misspelled name, Chad, on the three DVDs) and “a james chin production” to honor my grandfather’s movies.

My research at large explores the lesser known facts about motherhood as a way to present a wholesome, educated, and unbiased view on the pressures put on mothers in the workforce and at home. However, this video is specifically about my mother. I decided to focus solely on my mother for three main reasons: 1. to create a compelling video out of available materials; 2. to thank my mother for being a positive and loving role model throughout my life; and 3. to give her a memento that makes her feel loved and appreciated.

Andrew C.
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All That You Do

Andrew C.

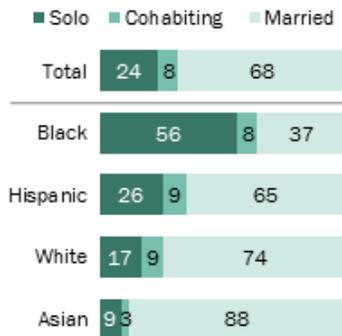


This paper aims to address the everyday hardships of mothers. The issues that this paper focuses on do not garner the same mainstream attention as do other current events, nor does this paper explore the most publicized issues mothers face. In contrast it sheds light on the lesser known facts and details. By doing this the goal of this paper is to present a wholesome, educated, and unbiased view on the additional pressures we put on mothers, in the workforce and at home; to review the role of a mother to their child, to analyze their relationship, and to cross reference the majority's view on motherhood with my own.

Throughout the course of my lifetime, and primarily in my most recent years I have been exposed to more of my parents' lives. My mother and father are both doctors. My mother is a radiologist who also performs neurosurgery and neuroradiology; and my father is a neurologist who is working on Parkinson's disease and gene therapy. This means that on top of hearing about the intriguing new cases their day has brought them, my sister and I get to hear all of the problems their incompetent, unmotivated, mediocre coworkers possess. The work my parents do involves a large amount of care and precision and, as a byproduct of that, pressure arises. If the workplace is not as efficient as it can be, that just means more work for my parents and their colleagues. So, my sister and I tolerate their unprofessional breaks in character (which mainly occur during dinner); but it is no help to us that we cannot comprehend what they are saying because the words they speak are for people with PhDs and degrees. We can pick up on small subjects like "Apex" (which we have concluded to define as a constant crasher, out of date, day dictating fault, computer application used for patient information organization), but the rest is "aesculapian patois". While I will never understand most of the medical vocabulary my parents speak with, I can partially understand and appreciate the effort and sacrifices both of them have made for myself and my sister. Especially my mother who I appreciate to the highest level, even though it does not show most of the time. I have always wanted to do something for my mother--to give her a big "thank you" and affection filled gesture to show my appreciation and love towards her; which frankly is an appreciation that is not shown enough. I want my mother to feel appreciated, loved, and thought of; I want to distract her from all that is going on in work, in her family, in her head, and give her something good to remember. It is my hope that she can reflect on the memory of my art piece whenever she is in a tedious tendency and feel that same glow. All though I won't bring myself to openly admit it, subconsciously my art piece might be an apology for all the years past where I screwed up--an insurance policy for her good graces. But

About a quarter of moms are going it alone

% of solo/cohabiting/married mothers, among those who live with their children younger than 18

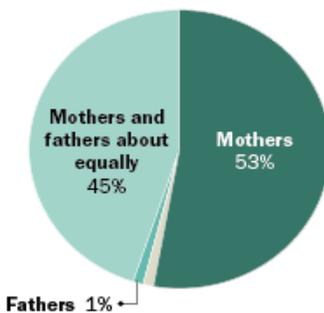


Note: Figures may not add to 100% due to rounding. Whites, blacks and Asians include only single-race non-Hispanics. Hispanics are of any race. Asians include Pacific Islanders.
Source: Pew Research Center analysis of 2017 Current Population Survey March Supplement (IPUMS).

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In caring for a new baby, about half say women would do a better job than men

% saying that, aside from breast-feeding, ___ do a better job caring for a new baby

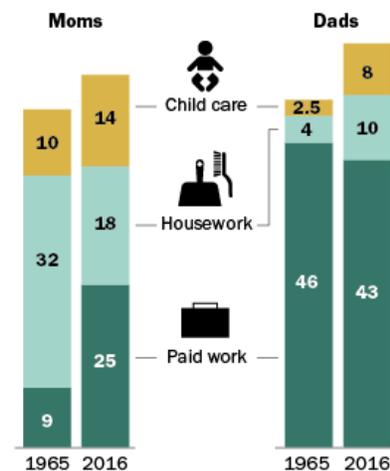


Note: Share of respondents who didn't offer an answer shown but not labeled.
Source: Survey of U.S. adults conducted Nov. 17-Dec. 1, 2016. "Americans Widely Support Paid Family and Medical Leave, but Differ Over Specific Policies"

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For both moms and dads, more time spent on child care

Average number of hours per week spent on ...



Note: Paid work includes commute time.
Source: 1965 data from table 5A.1-2, Bianchi, S.M. et al., "Changing Rhythms of American Family Life" (2006). 2016 data from Pew Research Center analysis of American Time Use Survey (IPUMS).

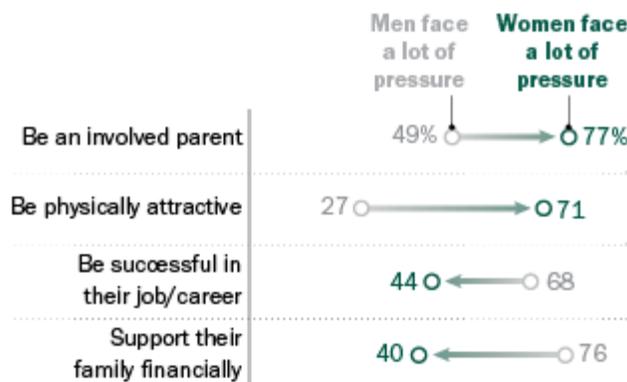
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that is not how I see this. I am only interested in making her happy. I want this work to become memorable and sacred to her. As a result, this paper is a reference guide and reflection on motherhood, from the perspective of a son.

Maternal and paternal roles are not the same, culturally, spoken, or implemented in real life. Maternal care is more common than paternal care, especially in the early stages of a child's life. Across cultures it is normal for mothers to be primary caretakers of children, especially infants, where our current western society is headed now might change that, but presently the majority still sees mothers playing that role. The National Institute of Health (more commonly referred to as the NIH) states that, "Mothers participate in child rearing activities at significantly higher rates than do fathers"¹ finishing by saying that mothers also have access to a wider range of opportunities to cultivate child caring skills than do men. The NIH also states that on average, "mothers spend between 65 and 80 percent more time than fathers do in direct one-to-one interaction with their babies."² This is a possible explanation for the maternal instinct as seen in a majority of households where in the initial weeks, the baby is almost always in its mother's care (not to forget the previous nine months). This is the child's first relationship, their first exposure to the "outside world" which logically has a significant impact on how the child grows. A

Most say women face a lot of pressure to be an involved parent

% saying men/women face a lot of pressure to do each of the following



Source: Survey of U.S. adults conducted Aug. 8-21 and Sept. 14-28, 2017.

"On Gender Differences, No Concoensus on Nature vs. Nurture"

mother's actions obviously affect their child, what they eat, their amount of exercise, etc etc, they all directly reflect onto their child, even their mental state. If the mother is depressed, sad, or happy, even how much "love" the mother gives to child affects how a child develops. In fact a study concluded that the children of nurturing mothers possess hippocampal values 10% larger than those children who have a weaker relationship with their mother³. The hippocampus is one of the smaller organs inside the medial temporal lobe of the brain and is an important part of the limbic system; its main purpose is to oversee emotions. However, it's primary association connects the hippocampus with memory and spatial awareness. This means that an increase in hippocampal values results in increased general efficiency of the hippocampus which in turn, translates to better long term memory, higher empathic capacities, and better overall

1

<https://science.nichd.nih.gov/confluence/display/cfr/Mothers+and+Infants+around+the+World%3A+A+Report+of+the+Cross-Cultural+Data+Collection+at+Five+Months>

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<https://science.nichd.nih.gov/confluence/display/cfr/Mothers+and+Infants+around+the+World%3A+A+Report+of+the+Cross-Cultural+Data+Collection+at+Five+Months>

³ <https://www.livescience.com/18196-maternal-support-child-brain.html>

spatial awareness. Dr. Joan Luby, the study's lead researcher and a psychiatrist at the Washington University School of Medicine in St. Louis, Mo states that, "We can now say with confidence that the psychosocial environment has a material impact on the way the human brain develops,"⁴ further proving that not only are mothers vital to the mental development of a child, but also separating the maternal and paternal roles even more.

Research has mainly explored mother/child relationships and the effects the mother's action have on the child for example "Mothers' Reactions to Children's Negative Emotions: Relations to Children's Temperament and Anger Behavior" focused in on exactly what it's title addresses, the relationship between mothers and their child's negative emotions. The study covered the mothers and their children which were between the ages of 4 and 6 years old. The study also required the mothers to record and report their reactions to their child's negative emotions. The study found that reactions such as encouragement of self-expression and maternal comforting and reactions alike resulted in the associated children with "high perceived attentional control" and "constructive verbalizations"⁵. It concluded that "maternal distress reactions" and "maternal punitive responses" correlated with "children's high emotional intensity, high negative affect, and low attentional control."⁶ Explaining that reacting to their child using self-expression through discussion and an understanding outlook proved beneficial for their child as the child aged, and that negative responses such as yelling or punishing hurt the child causing them to adapt unhealthy traits. But there also have been multiple studies that cover a wide range of singular focuses specifically about mothers. Revisiting maternal instinct and its credibility a study in Tokyo studied the brain patterns of 13 mothers around their child. Each mother had a child around the one year and two month age range. Each child was dressed up in the same uniform, then videotaped smiling while playing with their mother, then crying when their mother left the room. Then the mothers were shown the videos and while watching them, the researchers scanned the mother's brains simultaneously using an M.R.I. (magnetic resonance imaging). The results of the experiment were as follows: each mother's brain patterns were remarkably different when the video showed their own child smiling or crying than when they watched another mother's child doing the same. The study highlights that the mother's brain activity differed, especially when shown their own child in distress. Researchers concluded that, "The scans suggest that particular circuits in the brain are activated when a mother distinguishes the smiles and cries of her own baby from those of other infants... The fact that a woman responds more strongly to a child's crying than to smiling seems to be biologically meaningful in terms of adaptation to specific demands associated with successful infant care"⁷. They included that since the study did not have fathers participate it was unclear whether or not fathers experience the same type of brain response. The experiments may seem obvious and unimportant, but in reality it proves a lot. Even if maternal instinct isn't real, mothers still have a unique bond with their child. They are able to identify their child out of a common crowd and are only able to feel certain feelings toward them. This added "awareness" can add extra stress, even more pressure placed atop their shoulders. The constant subconscious worrying about their child

⁴ <https://www.livescience.com/18196-maternal-support-child-brain.html>

⁵ https://www.jstor.org/stable/23087912?seq=1#page_scan_tab_contents

⁶ https://www.jstor.org/stable/23087912?seq=1#page_scan_tab_contents

⁷ <https://well.blogs.nytimes.com/2008/03/07/maternal-instinct-is-wired-into-the-brain/>

(doubles whether they know it or not) and is why mothers, especially working mothers, feel so stressed.

On top of this ongoing concern for the welfare of their children, mothers face many pressures in the workplace. I am not taking credit for understanding or knowing the accumulative stresses, I am only recognizing their presence. The Pew Research center states that in 2016, “moms spent about 25 hours a week on paid work, compared with nine hours in 1965. At the same time, they spent 14 hours a week on child care, up from 10 hours a week in 1965”⁸. In the U.S., four out of ten mothers take in the highest salaries in their household but “working mothers (60%) are somewhat more likely than fathers (52%) to say balancing work and family is difficult”⁹. Single parents raising a child are far more likely to be moms, 24% as opposed to solo dads who only account for 7%¹⁰. America votes for moms as well, roughly half say that mothers do a better job caring for a child. Only 1% argue that fathers take better care of their child than mothers. But the majority of Americans (71%) say that it is most important that the child spend equal time with the mother as well as the father¹¹. When it comes to infants the majority of Americans choose that for the families who have both a mother and father, the ideal situation would be “for one parent to work full time and one parent to work part time (36%) or not work outside the home (44%)”. However, out of the same participants, (39%) say the mother should be the one who works part time or doesn’t work outside the home, while 5% point to the father”. Keep in mind though, the majority 56%, voted that it didn’t matter which parent stays home.¹² Throughout the course of the modern society, there has never been a time like the present where women make up almost half of the workforce and where equality is an unavoidable replacement of small talk¹³, one can not be blamed for the assumption that social pressures have tapered off. But as we all know, social pressures have enlarged and working mothers did not escape the upscale. The Pew Research Center states that roughly “eight-in-ten adults (77%) say women face a lot of pressure to be an involved parent” as well as being a thorough contributor in their work environment¹⁴. On top of the mother's perspective, (which if we are being exhaustingly honest we don’t ever hear from), there is a common agreement from the majority that mothers in the workplace, more often than not, are faced with unnecessary pressures. The absurd existence of the situation where additional anxieties and adversity is given to working moms, is quite confusing. Mothers love, care for, and nurture their children as well as doing all of the overlooked and unappreciated chores that are essential to the growth and healthy development of a child. Their maternal instinct and uncanny knack to think and act for someone else is hardly seen anywhere else. Mothers are upheld to be the ideal being-- a woman who is selfless, devoted,

⁸(reference far left image) <http://www.pewresearch.org/fact-tank/2018/05/10/facts-about-u-s-mothers/>

⁹ <http://www.pewresearch.org/fact-tank/2018/05/10/facts-about-u-s-mothers/>

¹⁰ (reference middle image)

¹¹ <http://www.pewresearch.org/fact-tank/2018/05/10/facts-about-u-s-mothers/>

¹² (reference bottom image) <http://www.pewresearch.org/fact-tank/2018/05/10/facts-about-u-s-mothers/>

¹³ “equality is an unavoidable replacement of small talk” - I mean this solely as an acknowledgement of the growing spotlight on the discussion of equality that the youth of this country have identified with. I wrote the above to recognize the now normality of topics like “equality” today commonly rolled off the tongues of street people everywhere.(more common in large cities however)

¹⁴ (reference far left image) <http://www.pewresearch.org/fact-tank/2018/05/10/facts-about-u-s-mothers/>

and loyal to a fault. A mother's positive influence even improves our health. Researchers at The Ohio State University concluded that "those who grew into overweight adults lacked a strong emotional bond with their moms"¹⁵. Mothers make us less fat, they give us our first relationship, they are a crucial part of our early brain development; and yet we tend to overlook mothers and add additional weights atop their shoulders and minds. Why do we do it? I interact with my mom without even thinking about most of the time. Sometimes I'll go days where my entire interaction with my mom can be summarized to a mere acknowledgement at dinner and a "goodnight". I don't say "please" or "thank you" when she does something for me or I ask something of her. When I talk to her, I get unreasonably irritated when I have to repeat or explain how my day went or if she tries ask about my personal life. Those small jabs can add up quickly if you are not able to catch yourself and that is glaringly unfair to her since she raised me. She has been and will continue to be a positive influence in my life and I thank her for that.

I wanted to present facts and studies that could grow an understanding in an area that does not receive much attention. From the psychological to the physical influences mothers have, or the worry and added pressures mothers deal with every day, this paper's purpose was to show you the significance of mothers. That was my goal for the paper, to provide a well rounded and thorough summary of motherhood and for you to take it in. This paper might not accomplish that, but at least take away a newfound appreciation for mothers, because I know that I have taken for granted my mother too many times. I'm not writing this to tell you what to do, or guilt trip you, or to preach, mothers are import, but that doesn't mean each mother/child relationship is the same or that the studies and research that I present in this paper apply to every mother. They don't. But mothers all are instrumental in the creation of their child, whether it was nine months or an entire lifetime, all mothers worried, cared for, and nurtured their child, and for that I am grateful.

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