

# ‘Me Time’ – Necessity of Millennial Mother or A Narcissus Trait

Surbhi Naruka

Research Scholar, JJT University,  
Jhunjhunu, Rajasthan  
[surbhi.naruka22@gmail.com](mailto:surbhi.naruka22@gmail.com)

---

**Abstract**—‘Being Women’ was never as fancier as it is today. This is definitely the best time to be woman that the face of Mother Earth has ever witnessed. Today, women are highly educated, thoroughly informed, professionally successful, financially independent, emotionally rooted and immensely empowered. They are breaking every boundary, known or unknown, with their performance in their area of expertise. They are defiantly adorning new feathers in their hat, equally shouldering their domestic and professional responsibilities. But this dual responsibility is definitely toiling and exhausting. With the increased trend in nuclear families, the minimal help expected is also missing. It sucks their time and peace like never before. Recent times have witnessed a major swell in the cases where these millennial mothers are experiencing mental unrest and thwarting.

It is often suggested to these millennial mothers to engage more and more in self-care activities, also referred as ‘me time’, to retain and restore personal calm and satisfaction, to relax and rejuvenate. ‘Me Time’ is defined as the time a person has to himself or herself, to do something for his or her own enjoyment. It is that period of time when she puts herself prior to everything else and engage in some activity, which can be as simple as having a cup of tea in her favorite corner, simple to attain revitalization and unwind, entangling herself from the chaos of never ending responsibilities and demands. But it is often misunderstood with selfishness. Women who understands the importance of me time, and follow it religiously are often tagged as irresponsible, self-centered and narcissistic. This article is an attempt towards understand the need of me time. To find out if it is a necessity of time or sheer excuse. 200 women from metropolitan set-up were interrogated through a questionnaire to find if millennial mothers genuinely seek opportunity to engage in me time.

**Index terms:** Millennial Mothers, Me time, Millennial Traits, Stress, Rejuvenate, Parenting.

## 1. INTRODUCTION

‘Being Women’ was never as fancier as it is today. Earlier to be a women was considered as one the most difficult and underprivileged thing. This is definitely the best time to be woman that the face of Mother Earth has ever witnessed. But this is not how things were earlier. Just a few decades back, the whole scenario of being a woman was considered so inferior that the concept of female infanticide was a common

practice. Couples with more female children were considered unlucky and inferior and were often suggested many known-unknown ways to conceive male child. But this whole picture has gone for toss in recent time. With the increased education and enormous support provided by government for girl child and their development has helped change the overall perception and mindset of parents and society in general towards female members. Today, women are highly educated, thoroughly informed, professionally successful, financially independent, emotionally rooted and immensely empowered. They are breaking every boundary, known or unknown, with their performance in their area of expertise. They are proactively adorning new feathers in their hat, equally shouldering their domestic and professional responsibilities. Today it is practically impossible to think of any domain where you won’t find women actively participation and exceptionally performing.

In spite of being everything thing else, she is a home maker, a mother. There is absolutely no second opinion about it. As described in beautiful words by Lailah Gifty Akitaare “The wonder of life begins in the womb of a woman.” This responsibility of conceiving life has been on the shoulders of a woman since the time mankind was established and is no news but it is definitely a major responsibility which squeezes out a part of every known and possible dimension of a mother. Motherhood is the most toiling, exhausting, continuous and never ending assignment. This responsibility coupled with additional professional commitments only adds up to her scrutiny.

According to a study published in the American Sociological Review, working moms are multitasking more than working dads — 10 or more hours a week. Also, a working mother is continuously under criticism and scrutiny for not being with their child all the time. With the increased trend in nuclear families, the minimal help expected is also absent. All these factors, with many others not mentioned here, sucks their time, peace and calm like never before. Recent times have witnessed a major swell in the cases where these millennial mothers are experiencing mental unrest and thwarting. In a

survey conducted on 5000 women by The Telegraph, 93 per cent of the women reported of frequent stress attempting to maintain balance between career and family. These women were found to complaint about continuous headaches, exhaustion, backache, anxiety and insomnia. About 79 per cent of women were "disillusioned with the world of work", about two-third of them complaint about their working environment being "depressing" and about 80% admitted that if they had an option, they would immediately retire from their job. Even more surprisingly, half of them confessed that they purposely take off to distress and recharge themselves. In the words of Juliette Kellow, a topshot magazine's editor, working full-time for most women with families was "physically, emotionally and mentally" a major problem. Harris Interactive conducted an online survey of 2,020 adults ages 18 or older, for the American Psychology Foundation, reported major increase in their stress level in past few years. USA Today reported that more than half of those surveyed complaint about staying awake all night long because of stress which is much higher than reported by any generation. In most of the cases health care providers reported them that they have depression or an anxiety disorder.

What women have achieved personally and professionally during last few decades is amazing, astonishing and worth applaud. She has carved respect, prestige and worthiness for herself with her own sweat and blood, like she had never before. There is definitely no turning back from here. Now she cannot take a backseat to avoid the stress and depression which comes with the package. But she can certainly work towards reducing this stress. Considering the given situation, millennial are often presented with a lot of de-stressing ideas. It may range from meditation, holidaying, involving in some hobby activities, etc etc. It is often suggested to adapt certain lifestyle related changes. Some recommendations a suggested by Laura Thomas in her article are jotted further.

*Changing Mindset:* She foremost suggest for change in the overall mind set. It is very important and point breaking turn to open your heart and mind for the person or situation which is the major cause of your problem. It is of absolutely of no use to waste our time and emotions into something that only leads to trouble and stress. Instead it is better to feel compassionate, benevolent and empathetic towards it.

*Prioritize Your Self-care:* It is very important to be very disciplined and scheduled about ourself, our requirements, whether it is spiritual, mental or physical. Knowing what is important and essential for us is not important, following and being honest for that is. Techniques and tactics for self-help works but most crucial factor is your own desire and desperation to achieve it.

*Technology Boundaries:* No matter if we are ready to accept this fact or not, but we millennial definitely are technology addicts. We have developed a habit of turning to technology in one other form to deal with our stress. In spite of knowing all about the problems and consequences related with it, we

simply run away from taking any action against it. It is very crucial to learn to put off our devices long before we call it a day.

*Leave Work at Work:* We often end up being simply incapable to differentiate between work and life and often end up bring work all the way to our home and life. This simple hampers our nervous system and does not let it take a break. We need to understand that a break from that mundane work is very important to prepare ourself to jump back into the spinning world.

*Have A Detox Day:* To detox our body physically is one thing, but to detox our mind is a different thing all together. To bring in peace and restore our calm it is very important to detox our brain and mind, to discontinue unhealthy patterns of thinking. There is definitely no space for creativity, optimism and calm if it is intoxicated with random thoughts and stress and negative mindset.

Here, we need to understand that even if we choose just one method from the above to escape away from stress, we must invest time and energy and resources. This time we dedicate exclusively to our self, id referred as 'Me Time'.

## 2. ME TIME

According to Mac Milland Dictionary, Me Time is defiend as 'time that you spend relaxing and doing things that you enjoy rather than spent doing things for other people'. It is extremely important in the current life style to spend some time exclusively for our self to revitalize. To do something entirely to feed our soul with out any body else's encroachment. It is that period of time when a woman can put herself first and do something that she particularly enjoys to aid relaxation and revitalization. This might be as simple as having a bubble bath or sitting down with a cup of tea, or going on a trip to the gym or a weekend away. Though not used exclusively with reference to women, this term lies heavily in the female domain, mainly used by female writers for a female audience.

Such is the importance of 'me time' in todays life that Health education companies in the United States declared 28th March 2003 to be national **Me Time Day**, claiming the importance of focussing on the personal health and well-being of women everywhere. Women's organizations have been using the term with the aim of embracing the idea that self-preservation is not self-indulgent.

Even Wiki suggests that with today's busy pace, it is easiest to easily forget how and why to recharge our batteries. Yet, we can not run away from it's importance for your health, well-being and creativity to take time out to relax and find some "me" time. Taking time out for yourself is a luxury—it's a necessity. Most particularly, it is an important part of keeping your stress levels at bay. When we don't take care of our self, our ability to take care of the other stuff (and people) in our lives breaks down.

M. Scott Peck quotes that “Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it”. Buddha teaches us that “You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection”

Be sure that "me" time doesn't take up your entire schedule. Still spend time with friends and family, do chores and homework, etc. Some may take "me" time as a mask for procrastination.

### 3. CRITICISM

Millennial, fondly called as ‘Gen Y’, is the most researched and scrutinized generation of mankind so far. They are considered to be the most educated, professionally qualified, opinioned and strong headed generation. But still, in spite of the major performance and excellence that they have projected, they are tagged with lot of negative remarks more than often. Unfiltered, selfish, self-centered, anti-social, special, sheltered, confident, team-oriented, conventional, pressured, stereotypes, overly-deterministic, non-falsifiable, Generation Me, narcissism are just a few of the several tags attached with being millennial. Twenge, the author, along with younger members of Generation X, to be part of what she calls "Generation Me". Twenge attributes millennial with the traits of confidence and tolerance, but also describes a sense of entitlement and narcissism, based on personality surveys showing increased narcissism among millennial compared to preceding generations when they were teens and in their twenties.

KIRA M. NEWMAN in his article questions “Are millennial the most self-centered generation ever?” Many people think so. The list of charges against them is as long as it is familiar: They’re immature, lazy, and selfish. They’re constantly taking selfies and sharing them on social media. They won’t deign to pay their dues at entry-level jobs. They can’t buy houses because they spend all their money on hipster status symbols like avocado toast. At the core of these charges is a single psychological trait: narcissism.

Jessica Brown in her article titled as ‘Millennials Are The Most Narcissistic Generation Ever’ states that millennial (born between 1980 and 1994) are the most narcissistic – according to a study that consulted both millennial and their grandparents’ generations, but there is one thing they disagree on: the extent of their narcissism. Older generations think millennials' narcissism goes beyond what millennial themselves will admit.

TIME says, “The National Institutes of Health found that for people in their 20s, Narcissistic Personality Disorder is three times as high than the generation that’s 65 or older...”

Hannah Kapp-Klote in her article in MIC blames this narcissism majorly on following factors: reality television shows, internet, Mr Roger, consumer culture, absence of ideal role modeled parents, The Participation Trophy Industrial Complex.

### 4. FINDINGS

We conducted an online survey among millennial mothers in Noida region. The objective of the 8questionnair was to find out if and how much is ‘me time’ is important for them. We specifically picked mothers from 25 to 40 years.

- Name of the respondent \_\_\_\_\_
- Age Group of the respondent
  - 25 -30
  - 30 – 35
  - 35 and above
- Education
  - Graduate
  - Post graduate
- Professional status
  - Working – full time
  - Working – part time
  - House maker
- How would like to spend your extra time available because of online shopping
  - With kids
  - Me time
  - Household work
  - Surfing through TV channels
  - Swapping from one to another social media platform

Tabular representation of selected our findings from our survey:

ProfessionalStatus Of Millennial Mothers	Count	Preferred 'Me Time'
Working – full time	97	106
Working – part time	58	28
Home-maker	34	34

The findings clearly explain that more that 50 % of the mothers questioned opted to snatch out me time if they had extra time. It is very interesting to notice here that more home-makers desire for me time in comparison to part time working mothers.

### 5. CONCLUSION

Dr Kali Trezesniewski said every generation worries about next generation and think that it’s unique to that generation. We need to understand that with the changes and advances in science and technology, mankind and psychology is changing like never before. It is very obviously difficult for the older

generation to understand the younger generations' psychology, needs, commitments, drives, etc. In the changing face of lifestyle and mother hood, there are hundreds of machines, gadgets, services and resources are flooding at our doorframe. Today is definitely the most comfortable time to live. We should focus on the fact that these gadgets and facilities have made our life easier and comfortable on physical dimension. Physical exertion has definitely reduced to the bottoms. But as explained earlier in this article, mental exertion has definitely multiplied. And taking out me time, thus, is essential and important. We as family, friend and society should help around for the same. It is time that mothers stop feeling sorry or guilty for squeezing out time for them and start considering it as the unavoidable part of their schedule.

By having a small pocket of time to just exist whatever your chosen activity is, is not a thing to feel guilty about. It will make you think clearer, achieve more, be calmer and this will have a knock-on effect to everything in your life, in a positive way. "me" time help you to feel good about yourself and contribute to building a happier you. Solitude, which is not synonym to loneliness, allows us to restore our mental and emotional calm, making us more focused and productive. Blocking out everyday distractions allows us greater insight into our inner world and can make us deeply and genuinely happy. It can also boost our sense of identity and self-worth.

Very often when we mingle and interact with people, both socially and professionally, we tend to lose our true self as we try to fit in. This means we subject ourselves to daily happenings and activities that can sometimes be mundane and meaningless. When we are alone, we are not playing a role for someone else, we are not someone else's wife, girlfriend, husband, father, or mother, and we get to reclaim ourselves by being us again, albeit just temporarily.

Being alone adds value to ourselves; it allows us to sharpen our senses so that we get to learn how to better manage ourselves and our emotions and also how to better manage our relationships with others and hence live a more meaningful life.

It helps you get to own your faults and insecurities. No one else does. To challenge yourself to be better and to focus on your own needs. No one else does. To get to take care of yourself before anyone else does. No one else does. To take care of your body and own it. No one else does. To explore life and find your likes and dislikes. No one else does. Because YOU are, foremost, your responsibility.

## REFERENCE

- [1] N Martin, "Working mothers are stressed and exhausted" <https://www.telegraph.co.uk/news/uknews/1308948/Working-mothers-are-stressed-and-exhausted.html>
- [2] V Taylor, "Are Millennial Moms Suffering From Depression & Anxiety More Than Previous Generations?" <https://www.romper.com/p/are-millennial-moms-suffering-from-depression-anxiety-more-than-previous-generations-8716612>
- [3] L Thomas, "Why Millennials are the Most Stressed Generation" <https://intentioninspired.com/why-millennials-are-the-most-stressed-generation/>
- [4] <https://www.macmillandictionary.com/dictionary/british/>
- [5] Twenge, J M, "Generation Me" New York: Free Press (Simon & Schuster). ISBN 978-0743276979.
- [6] J Brown, "Millennials are the most narcissistic generation ever" <https://www.indy100.com/article/millennial-narcissistic-gen-y-narcissism-scale-study-7588141>
- [7] <https://mic.com/articles/40753/7-reasons-millennials-are-such-narcissists#.QYhQmCd82>