

A Study to Assess the Level of Stress, Among the Parents of Under Five Children Admitted In Selected Hospitals at Gwalior (M.P)

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Abstract: It is required to better understand the communication of emotion between the child and the parent. The factors underlying a parent's vulnerability to emotional problems have received relatively little attention from researchers. The empirical studies that have published suggest that the key determinants of a child's hospitalization relate to how the parents apprise the hospital stressors that confront them and how she or he evaluates the resources available to help to cope with the situation. To assess the level of stress among the parents of under five children who were admitted in selected hospitals at Gwalior (M.P.). To find out the association of level of stress among the parents of under five children who were admitted in selected hospitals with selected demographic variables. The study involved single group test without a control, using non-experimental descriptive design, with non-probability purposive sampling. 60 women were involved in data collection by using a structured questionnaire. The results were described using descriptive and inferential statistics. The overall knowledge score was found to be Majority of the parents (61%) had severe stress, 31% parents had moderate stress and only 7% of parents had mild stress. It reveals that the majority of the parents had severe stress. In relation to the stress score of parents mean, SD and mean percentage was in general aspects was 14.7, 3.23 and 73.5 and hospitalization was mean, SD and mean percentage was 11.12, 2.54 and 79.4 but regarding Treatment and Prognosis was mean, SD and mean percentage was 9.21, 2.24 and 73.4. In relation to the stress score of parents mean, SD and mean percentage was in Complication related to disease condition was mean, SD and mean percentage was 10.27, 2.93 and 73.4. Findings reveal that there is a significant association between the levels of stress when compared with parents Age, occupation, educational level, housing type, residence and age as well as birth order of the children. The overall findings of the study clearly showed that there is severe stress with the parents of a hospitalized under five children.

Keywords: Assess, Stress, Parent, under five children, Hospital.

INTRODUCTION

"Action may not always bring happiness, but there is no happiness without action."

"The greatest weapon against stress is our ability to choose one thought over another."

-William James

Most children enjoy healthy childhood with little need for specialized health care service. However, some children experience difficulties in early childhood and require access to and utilization of considerable health care resources over time Kapoor P, Rajput VJ [1].

One of every four children will be hospitalized at least once before reaching school age. The physical and psychological stress of hospitalization may be

influenced by the child's developmental level, causing behavioral changes, somatic complaints and a prolonged hospital stay. The parents' stress level also will be in high when the child is being admitted to the hospital Gupta Suraj [2].

Parenthood is an experience that requires changes. When a person becomes a parent it is always necessary to adjust to a new way of life. Having a child who is ill or with serious disability places strain on the difficulties with adjustment and other problems Liegman *et al.*, [3].

Illness and hospitalization are too frequent occurrence in the lives of the children and their families. On an average, children of 1-3 year of age suffer from 7-9 episodes of illnesses per year and

children of 9-10 years of age suffer four episodes per year. Due to illness, more than four million children are hospitalized per year Park K. Park's [4].

According to a study, Parents' views about the amount of involvement they would like to have in their child care vary and the same parents' views may change over time as their own and their child's circumstances alter. And is suggested that their best way of achieving an appropriate balance of care is through negotiation between nursing staff and individual families to reach agreement based on the parent's wishes rather than by imposing the expectations of the professional staff Wong [5].

A study says there are few differences between mothers and fathers stress or their perception of their children's illness Chellappa M Jessie [6].

Parents in more deprived communities and mothers born outside of the city and from rural areas had expressed higher stress level. These findings indicate that the negative impact of children's intensive care hospitalization on parents Clement I [7].

According to a study, providing psychological support for the newly admitted patient and family is not the least of the many tasks facing the nurse. Stress injuries are dramatic and are psychologically traumatic for the patient and for those witnessing the accident Marlow. R. Dorothy [8].

The stress survivor may have many psychological issues once the discharge is nearing. The patient may have post traumatic stress disorder, anxiety, depression, or a combination of these. To ensure that these issues are effectively managed, the multidisciplinary team caring for the stress patient must include mental health professionals Bhattachan KB [9]. URL:<http://www.whoindia.org> [10]

This indicates that research into parents stress about hospitalization would be of benefit. Such investigation assists in identification of those who are at risk of poor adjustment and could lead to the development of interventions to improve the parental adjustment and, as a consequence, help child parents to better cope Gardner PJ, Knittel-Keren D [11].

The objectives of the study were

- To assess the level of stress among the parents of under five children who were admitted in selected hospitals at Gwalior.
- To find out the association of level of stress among the parents of under five children who got admitted in selected hospitals with selected demographic variables.

MATERIALS & METHODS

A descriptive study was carried out on 60 parents of hospitalized under five children assess the level of stress among parents of hospitalized under five children in selected hospitals at Gwalior.

A sampling technique adopted was non-probably purposive sampling technique to select the sample for this study. The sample selection was based on the inclusion and exclusion criteria.

The research approach adopted for this study was descriptive research approach, as it aimed to assess the level of stress among parents of hospitalized under five children.

The stress rating scale was prepared to assess the level of stress among parents of hospitalized under five children that includes; Section-A: Demographic variables Section-B- Stress rating scale is used to assess the level of stress. There were 30 items in the tool; items were brought under the classification of four types. Each item scores from a range of 0- 2.

To ensure content validity of the tool, which includes demographic data, stress rating scale was submitted to medical experts, nursing experts and clinical specialist. Their suggestions were taken into consideration and the modifications were incorporated in the final preparation of the tool.

A final study was carried out on 60 parents of hospitalized under five children. Data was collected from 06-04-2016 to 08-05-2016. The sample for the study comprised of the parents of hospitalized under five children, who met the designated criteria were selected through purposive sampling technique. Objectives of study were discussed and obtained consent for participation in the study. The stress rating scale was administered to assess the level of stress among parents of hospitalized under five children. Based on the objective and the hypothesis the data were analyzed by using various statistical tests, i.e. the percentage, mean, and standard deviation.

Statistical methods

The significance was calculated by using mean, Standard deviation, and the Chi-square statistics is used to find the independence of difference. Significance was accepted at 0.01 and 0.05 level of probability.

RESULTS

Section I: Description of Socio demographic data

Findings of section I shows that out of 60 samples that Majority (53%) of the parents of hospitalized under five children belonged to the age group of below -25 years, 20% belonged to the age

group of 25-30 years and 16.67% belonged to the age group 30-35 years and 10% belonged to the age group 35 above years. It is evident that Majority (70 %) of parents of hospitalized under five children were females and (30 %) were males. It is found from the Table Majority (56%) of parents of hospitalized under five children were Hindus, 23% were Muslims, 14% were Christians and the majority of parents are (46.67%) were being homemakers, 20% were doing business and 33% parents were from working. A majority of 53 % of parents of hospitalized under five children were from nuclear family and 46 % of parents of hospitalized under five children were from joint family. The table 1 shows the family income, Majority 63% of parents of hospitalized under five children were having the income more than 5000, 30 % were having up to 5000 income per month, 4 % were having more than and above 20000 incomes, a majority of 43 % were studied upto high school only and 23% were graduated and 20 % were illiterate people and 8 members have a primary school education. majority 43 % were have more than 2 children, 33 % were have only 2 children and 23 % were have only one children. 46 % of parents of hospitalized under five children were staying in pacca house , 30 % were have kacha house ,

23 % were have semi pacca house. , majority 63 % of parents of hospitalized under five children were staying in urban area , and 36 % were staying in rural area ,majority 48 % of parents of hospitalized under five children were gathered the information from media, 21 % were gathered the information from parents, 16 % gathered the information from the other source and only 13 % parents gathered the information family members, majority 51 % of parents of hospitalized under five children were between the age group 1 -2 years, 20 % were between 3 - 5 years, 15% were More than 5. majorities 56 % of children were males and 43 % were females. Majority 36% children were in second and third birth order, 20 % were first and 6 % were above third birth order. Majorities 63 % under five children were having mild diseases, 26.67 % were having moderate disease and 10% were affected by severe disease. majority 46 % of under five children were affected, the disease sometimes, 33 % were having severe diseases, and 20 % were have the diseases all the time.

Section II: Assess the levels of stress

Table-1: Distribution of parents of hospitalized under five children according to their levels of stress

Mild stress	10 – 17
Moderate stress	18 – 24
Severe stress	25 – 30

Table-2: Frequency and percentage wise distribution of parents of hospitalized under five children, according to the levels of stress

Level of Stress	Score	No. of Respondents	
		No	%
Mild	<50%	4	6.67
Moderate	50 – 75%	19	31.66
Severe	>75%	37	61.67

Table-3: Factor wise analysis of parents of hospitalized under five children's levels of stress.

Aspects wise stress	Level of Stress					
	Mild		Moderate		Severe	
	No	%	No	%	No	%
General Aspects	6	10.0	22	36.67	32	53.33
Hospitalization	3	5.0	20	33.33	37	61.67
Treatment and Prognosis	3	3.33	14	23.34	44	73.33
Complication related to disease condition	3	5.00	13	21.67	44	73.33
Overall	4	6.67	19	31.66	37	61.67

Section II represents Factor wise analysis of parents of hospitalized under five children levels of stress.

It reveals about the general aspects majority of parents (53 %) severe stress, (36%) moderate stress and (10% have mild stress.).About Hospitalization (37%) parents have severe stress including (33 %) moderate and (5 %) mild stress. Regarding the Treatment and Prognosis (44%) parents have severe

stress, including (14 %) moderate and (3 %) mild stress. However, 44% of parents had severe stress related to "Complication related to disease condition", whereas only (13%), and (5 %) of the parents had moderate stress, mild stress on the same subject It can be interpreted that the majority of the parents of hospitalized under five children had severe stress related to all factors.

Section III:

Table-4: Mean, SD and Mean% of stress among the parents of under five children who got admitted for treatment

Aspects wise stress	Max Statement	Max Score	Mean	Range	SD	Mean%
General Aspects	10	20	14.7	10 – 16	3.23	73.5
Hospitalization of the child	7	14	11.12	9 – 13	2.54	79.4
Treatment and Prognosis	6	12	9.21	7 – 12	2.24	76.8
Complication of the disease	7	14	10.27	8 – 12	2.93	73.4
Overall	30	60	45.3	34 – 53	4.31	75.5

Table-5: Association between levels of stress and selected demographic variables of both hospitalized children and their parents

S.	Demographic variables	No	%	Level of Stress				Chi Square
				< Median (24)		> Median (36)		
				No	%	No	%	
	<i>Age of the parent</i>							
	b) Below 25 years	32	53.33	12	37.5	20	62.5	2.36
	c) 25 – 30 years	12	20.00	6	50.0	6	50.0	df3
	d) 30 – 35 years	10	16.67	4	40.0	6	60.0	N.S
	e) Above 35	6	10.00	2	33.3	4	66.7	
2	<i>Sex</i>							
	Male	18	30.00	10	55.6	8	44.4	4.78
	Female	42	70.00	14	33.3	28	66.7	df1 S
3	<i>Religion</i>							
	Hindu	34	56.67	16	47.1	18	52.9	4.86
	Muslim	8	13.33	3	37.5	5	62.5	df3
	Christian	14	23.33	5	35.7	9	64.3	N.S
	Others	4	6.67	0	0.0	4	100.0	
4	<i>Occupation</i>							
	Home maker	28	46.67	13	46.4	15	53.6	6.98
	Business	12	20.00	5	41.7	7	58.3	df2
	Working	20	33.33	6	30.0	14	70.0	S
5	<i>Type of family</i>							
	Nuclear	32	53.33	16	50.0	16	50.0	2.85
	Joint	28	46.67	8	28.6	20	71.4	N.S
6	<i>Family Income</i>							
	Less than 5000	18	30.00	9	50.0	9	50.0	1.28
	5000 and above	38	63.33	14	36.8	24	63.2	df2
	More than 20000	4	6.67	1	25.0	3	75.0	N.S
7	<i>Educational level</i>							
	Illiterate	12	20.00	8	66.7	4	33.3	7.85
	Primary school	8	13.34	5	62.5	3	37.5	df3
	High school	26	43.33	7	26.9	19	73.1	S
	Graduate	14	23.33	4	28.6	10	71.4	
8	<i>No. of children</i>							
	One	14	23.33	4	28.6	10	71.4	1.17
	Two	20	33.34	8	40.0	12	60.0	df2
	More than two	26	43.33	12	46.2	14	53.8	N.S
9	<i>Housing type</i>							
	Pacca	28	46.67	12	42.9	16	57.1	4.17
	Semi pacca	14	23.33	8	57.1	6	42.9	df2
	Kacha	18	30.00	4	22.2	14	77.8	S
10	<i>Residence of living</i>							
	Urban	22	36.67	14	63.6	8	36.4	8.06
	Rural	38	63.33	10	26.3	28	73.7	df1 S
11	<i>Source of information gathered</i>							

	Family members	8	13.33	4	50.0	4	50.0	2.23
	Media	29	48.33	12	41.1	17	58.6	df3
	Parents	13	21.67	6	46.2	7	53.8	N.S
	Any other source (specify it)	10	16.67	2	20.2	8	80.0	
Child Profile								
12	<i>Age</i>							
	1 – 2 years	20	33.33	10	50.0	10	50.0	9.2
	3 – 5 years	31	51.67	12	38.7	19	61.3	df2
	More than 5	9	15.00	2	22.2	7	77.8	S
13	<i>Gender</i>							
	Male	34	56.67	15	44.1	19	55.9	0.55
	Female	26	43.33	9	34.6	17	65.4	N.S
14	<i>Birth order</i>							
	First	12	20.00	8	66.7	5	33.3	11.1
	Second	22	36.67	10	45.5	12	54.5	df3
	Third	22	36.67	5	22.7	17	77.3	S
	More than third	4	6.67	1	25.0	3	75.0	
15	<i>Nature of disease</i>							
	Mild	38	63.33	18	47.4	20	52.6	4.44
	Moderate	16	26.67	4	25.0	12	75.0	df2
	Severe	6	10.00	2	33.3	4	66.7	N.S
16	<i>Occurrence of disease</i>							
	All the time	12	20.00	6	50.0	6	50.0	0.72
	Some time	28	46.67	10	35.7	18	64.3	df2
	Hardily of the Time	20	33.33	8	40.0	12	60.0	N.S

Association between levels of stress and selected demographic variables of both hospitalized children and their parents

- The chi-square value of df (1) that is significant at $p < 0.05$ level shows that there was an association between Age of the parents and level of stress
- The chi-square value of df (2) that is significant at $p < 0.05$ level shows that there was an association between occupation of the parents and level of stress.
- The chi-square value of df (3) that is significant at $p < 0.05$ level shows that there was an association between education level of the parents and level of stress.
- The chi-square value of df (2) that is significant at $p < 0.05$ level shows that there was an association between housing type and level of stress.
- The chi-square value of df (1) that is significant at $p < 0.05$ level shows that there was an association between Residence parents and level of stress.
- The chi-square value of df (2) that is significant at $p < 0.05$ level shows that there was an association between age of the children and level of stress.
- The chi-square value of df (3) that is significant at $p < 0.05$ level shows that there was an association between birth order of the children and level of stress.

Hypothesis Testing:

H_{01} : There is a significant association between stress scores and selected demographic variables of parents

of under five children with the selected demographic variables and thus the hypothesis is accepted.

H_{02} : There is a significant difference in the level of stress among the parents of under five children.

DISCUSSION

Section I: Demographic characteristics of the parents

Frequency and percentage wise distribution of parents of hospitalized under five children according to age (53%) belonged to the age group of below -25 years, 20% belonged to the age group of 25-30 years and 16.67% belonged to the age group 30-35 years and 10% belonged to the age group 35 above years.

Frequency and percentage wise distribution of parents of hospitalized under five children according to sex majority (70 %) of parents of hospitalized under five children were females and (30 %) were males. Parents, most of the parents (56%) of parents of hospitalized under five children were Hindus, 23% were Muslims, 14% were Christians and 6% others.

Frequency and percentage wise distribution of parents according the occupation of the parents, majority of parents is (46.67%) were are home maker, 20% were doing business and 33% parents were from working.

Frequency and percentage wise distribution of parents according the family type of the parents,

majority of 53 % of parents of hospitalized under five children were from nuclear family and 46 % of parents of hospitalized under five children were from joint family.

Frequency and percentage wise distribution of parents according the family income, majority 63% of parents of hospitalized under five children were having the income more than 5000, 30 % were have up to 5000 income per month, 4 % were have more than and above 20000 income.

Frequency and percentage wise distribution of parents according the educational level of the parents, majority of 43 % were studied up to high school only and 23% were graduated and 20 % were illiterate people and 8 members have primary school education. Frequency and percentage wise distribution of parents according the number of children. of the parents, majority 43 % were have more than 2 children, 33 % were have only 2 children and 23 % were have only one children.

Frequency and percentage wise distribution of parents according to the type of house of the parents, Most of the parents 46 % of hospitalized under five children were staying in pacca house, 30% were have kacha house, 23 % were have semi pacca house. Parents, majority 63 % of parents of hospitalized under five children were staying in urban area, and 36 % were staying in rural area.

Frequency and percentage wise distribution of parents according to the source of information of the parents, most the parents 48 % of parents of hospitalized under five children were gathered the information from media, 21 % were gathered the information from parents, 16 % gathered the information from the other source and only 13 % parents gathered the information family members.

Child profile

Frequency and percentage wise distribution of under five children, majority 51 % of parents of hospitalized under five children were between the age group 1 -2 years, 20 % were between 3 - 5 years, 15% were More than 5.

Frequency and percentage wise distribution of under five children according the sex of the children, most of the 56 % of children were males and 43 % were females.

Frequency and percentage wise distribution of under five children according the birth order of the children majority 36% children were in second and third birth order, 20 % were first and 6 % were above third birth order.

Frequency and percentage wise distribution of under five children according to the severity of illness of the child, most of the 63 % under five children were having mild diseases, 26.67 % were having moderate disease and 10% were affected by severe disease. Illness affect, majority 46 % of under five children were affected the disease sometimes, 33 % were having severe diseases, and 20 % were have the diseases all the time.

Section II: Level of stress among the parents of hospitalization children

The result reveals of parents of hospitalized under five children according to the levels of stress shows that all parents of hospitalized under five children had stress. Majority of the parents (61%) had severe stress, 31% parents had moderate stress and only 8% of parents had mild stress. It reveals that majority of the parents had severe stress. Researcher who also observed that majority of the parents had varying degree of stress due to child hospitalization Anand K [12].

Factor wise analysis of parents of hospitalized under five children levels of stress reveals about general aspects majority of parents (53 %) severe stress, (36%) moderate stress and (10% have mild stress.). About Hospitalization (37%) parents have severe stress including (33 %) moderate and (5 %) mild stress. Regarding the Treatment and Prognosis (44%) parents have severe stress including (14 %) moderate and (3 %) mild stress. However 44% of parents had severe stress related to "Complication related to disease condition", whereas only (13%), and (5 %) of the parents had moderate stress mild stress on the same subject. It can be interpreted that majority of the parents of hospitalized under five children had severe stress related to all factors.

It can be interpreted that majority of the parents of hospitalized under five children had severe stress related to all factors. A number of personal and situational variables is predictive of higher stress was observed WHO [13]. In addition, two aspects of the ICU Organization identified 3 factors namely environment of the unit, child appearance and financial problems for parents, Mishra CP [14].

Section III: Association between the levels of stress of parents of hospitalized under five children with selected demographic variables

Findings reveals that there is significant association between the levels of stress when compared with parents Age, occupation, educational level, housing type, residence and age as well as birth order of the children. Whereas, no significant association was found between the levels of stress and other selected demographic variables of parent's and hospitalized

children

CONCLUSIONS

Based on the findings of the present study, it can be concluded that most of the hospitalized children's parents were in the age group of below 25 year, most of them had female children, children were affected by major illness and minor illness, and most of them were admitted indifferent ward and the period of hospitalization was more than 5 days. Most of parents of under five children were belonged to below 25 years, have no formal education, house wives, income group of Rs 5000 - 20000 and from nuclear family, majority of them had father relationship and second time exposure to the hospitalization and were Hindus. Most of them had severe stress also. There was significant association was found between stress and education of the parents. There was significant association found between the levels of stress.

IMPLICATION

Nursing Education

Nursing curriculum should incorporates activities like preparation of self teaching materials and also give importance to health education, seminars, symposium and workshop can be organized regarding the aspect of knowledge on stress management to improve the health and well being. In-service education should be conducted to improve knowledge and skill of health professionals to educate the parents.

The patient teaching is one of the important aspects. By giving proper health education to the parents of hospitalized under five children; the knowledge regarding the management stress can be improved. The result of this study can be useful in planning the health care actions in different health care settings. The hospital health department can take measures to improve knowledge of parents of hospitalized under five children regarding stress management.

Nursing Administration

Nursing administrators should promote out research program to increase awareness of stress management. In-service education should be conducted for the staff and parents regarding stress management in-order to update and impart knowledge. It also helps to plan for man power, money, material, methods and time to conduct successful education programmes.

Nursing research

Research should be continued on newer practices and methods of teaching focusing on effective interventions. The study will serve as a valuable reference material for future investigators. Further research materials can be conducted on the basis of this study.

RECOMMENDATION

- A similar study can be conducted in a larger sample
- A similar study can be under taken by utilizing other domains like attitude and practice
- A similar study can be under taken by using different teaching methods
- A similar study can be conducted for health personnel to identify knowledge, attitude and practice regarding knowledge on stress management in parents.
- A similar study can be conducted in different hospitals and communities to find out the significant difference between urban and rural communities

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