



TO ASSESS THE LEVEL OF STRESS AMONG PARENTS OF HOSPITALIZED CHILDREN IN THE PEDIATRIC WARD AT SELECTED HOSPITALS OF WARDHA DISTRICT

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ABSTRACT

To assess the level of stress among parents of hospitalized children in the pediatric ward at selected hospitals of Wardha district.

Objectives: To assess the level of stress among parents of hospitalized children in the pediatric ward. To find out the association between the level of stress with the demographic variables.

Research design:- Descriptive study design.

Study setting:- pediatric wards.

Sample:- Parents of hospitalized child.

Sample size:- 100..

Reliability:- Reliability of the pilot study was calculated by using Pearson's Correlation Coefficient method & is found to be $r=79.51\%$.

Findings:- In this study convenient sample of 100 subjects was drawn from the study population, who were taken from selected hospitals of Wardha district. The data obtained to describe the sample characteristics. The association of the level of satisfaction scores with age of the parents, occupation of the father, previous hospitalization and the occurrence of the disease.

Result:- On the basis of the questionnaire in my study. It is shows that 3% of the parents had the mild stress, 90% had the moderate stress and 7% had the severe stress.

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INTRODUCTION

Stress affects an individual positively or negatively by way of an evolutionary concept named the fight or flight response. A threatening situation puts stress on an individual, triggering the fight or flight response: an increase in metabolism and blood flow throughout the body, increasing the capacity to protect one's self or escape from the situation. The fight or flight response is often accompanied by cognitive appraisal of the situation, leading to emotions such as anger and fear. With regard to positive effect on an individual, when the situation is immediately threatening, for example the presence of predator, the fight or flight response¹.

Stress has been defined as "psychological and physical strain or tension generated by physical, emotional, social, economic, or occupational circumstances, events, or experiences that are difficult to manage or endure"²

Stress is not necessarily psychiatric disorder. It is normal reaction to certain life events, symptoms of some medical conditions, and a side effects of some medical treatment.⁴

The crisis of childhood illness and the hospitalization affect every member of the family and the parent's reaction to illness in their child depends on a variety of influencing factors. Almost all parents respond to their child's illness and hospitalization with consistent reactions. Initially parents may react with disbelief especially if the illness is sudden and the serious, following the realization of illness parents react with anger or guilt or both. They may blame themselves for the child's illness or become angry at other for some wrong doing. Even in the mildest of illness, parents questions their adequacy as caregivers and review any action or omission that could have prevented or cause the illness. When hospitalization is indicated parental guilt is identified because the parents feel helpless in alleviating the child's physical and emotional pain.⁵

Fear, stress and frustration are common feeling expressed by parents when the child is sick. Fear and stress may be related to the seriousness of the illness and the type of medical procedures involved. Other reasons for the stress are related to concerns for the child's future well being, including negative effects produced by the hospitalization and financial burden incurred from the hospitalization and financial burden incurred from the hospitalization⁶.

Parents are the teacher. They take care of their child and rare and care of their child each and every day. When the child

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becomes ill they also worried about their health and they took immediately to the hospital. At this stage they become stressed and worried.

Objectives of the Study

1. To assess the level of stress among parents of hospitalized children in the pediatric ward.
2. To find out the association between the level of stress with the demographic variables.

Assumptions:-All the parents of hospitalized children in the pediatric ward may have some level of stress.

METHODOLOGY

Research approach: Non experimental descriptive research approach.

Research design: Survey research design.

Research Setting: Selected hospitals of Wardha district.

Sample: parents of hospitalized child in pediatric ward.

Sample size: 100

Variables

Independent variable- level of stress in parents of hospitalized children

Extraneous variables- It includes the selected parents demographic data includes age, sex, education occupation of mother and father, type of family, number of children, residence of living and child profile includes the age, gender birth order, nature of disease and occurrence of disease.

Criteria for Sample Selection

Inclusive Criteria

- Only parents who are with child (mother or father)
- Who are willing to participate in the study.
- Those who are present at the time of data collection..

Exclusion Criteria

- Parents those are health care workers in the hospital.
- Parents of children with significant neurological disorder such as intra ventricular hemorrhage.
- Children who are on ventilator.
- Children suffering with chronic illness.

Material:- It consists of two sections

Section A: Consisted of demographic data of the child and the parents participated in the study

Section B: Stress rating scale is used to assess the level of stress

Reliability:-Reliability analysis done by Guttman split half coefficient, and was 79.51%.

Method of Data Collection:-The data was collected by simple random sampling.

RESULTS

Majority of subjects i:e 33% were of the age upto 25 year, 32% were of the age 26-30 years, 12% were of the age group 31-35 years and rest 23% were of the age group of 35 and more. Majority of the subjects i:e 57% had female and 43% had male, Majority of subjects i:e 32% had the primary

educated; 60% had the high school educated; 8% had the graduated and the none of having the PG and others. Majority of subjects i:e 90% had the Hindu ; 7% had the Muslims; 3% had others and the none of having Christian. Majority of the subjects i:e 42% had the labour, 26% had the farmers, 28% had the businessman and only one having the government. Majority of the subjects i:e 84% had the housewife and the 12% had the daily workers, 4% had the businessman, non of having government job of the parents. Majority of the subjects i., e. 37% had the number of children one, 48% had two, 15% had three and none of had the more than three. Majority of the subjects i:e 20% had nuclear family, 57% had joint family and 23% had extended family. Majority of the subjects i:e 47% had Urban and 53% had rural, Majority of the subjects i:e 54% had the birth to three years, 24% had the 4-6 years, 12% had the 7-10 years and 11-18 had 10% of age. Majority of the subjects i:e 57% had male and 43% had females. Majority of the subjects i:e according to the birth order 58% had first, 38% had second, 4 had third and none of having more than three. Majority of the subjects i:e according to the hospitalized days 22% had one day, 16 had two days, 16% had three days and 46% had more than three days. Majority of the subjects i:e according to the previous hospitalization 86% had the previous hospitalization and 14% had o previous hospitalization. Majority of the subjects i:e According to the occurrence of disease 6% had the all the time, 29% had the sometime and 65 5 had the hardly at the time.

The study shows that 3% of the parents had the mild stress, 90% had the moderate stress and 7% had the severe stress.

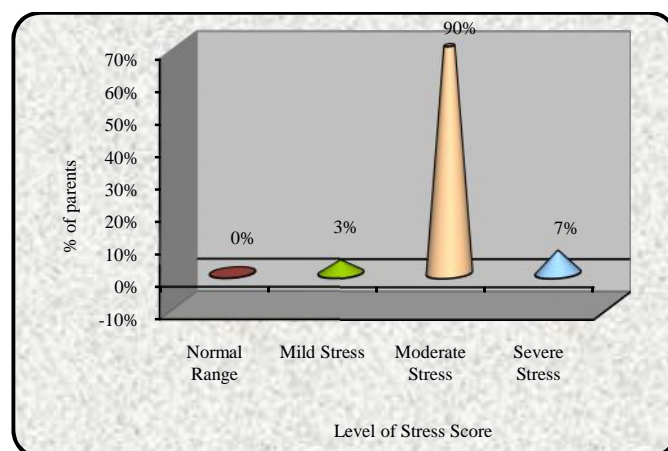


Figure assessment of stress score

There was no significant association of demographic variables such as gender of the parents, education of the parents, religion, occupation of the mother, birth order type of the family, residence of living, age of the child, gender, history of hospitalization, with stress score except the demographic variable of age of the parents, occupation of the father, history of the previous hospitalization and the occurrence of the disease which had significant association with the Stress score.

DISCUSSION

In terms of association of the level of stress had no significant association of demographic variables such as gender of the parents, education of the parents, religion, occupation of the mother, birth order type of the family, residence of living, age of the child, gender, history of hospitalization with stress score except the demographic variable of age of the parents,

occupation of the father. History of previous hospitalization and the occurrence of the disease which had significant association with the stress score.

Similar studies are found related to the level of stress among parents of hospitalized children they are as follows

According to a study, stages of stress and be wilderment when their children are admitted to the hospital because of acute illnesses. The generally had opportunity to prepare themselves or their child for an unanticipated admission. They generally are helpless in providing care by themselves but at the same time are concerned about the child receiving appropriate care from others. They become confused, disorganized, and overwhelmed by feeling of helplessness, leading to an inability to make even minor decisions concerning their child's care.¹¹

According to a study hospitalization of a child for a minor ailments itself can be a stressful experience for the parents, and the degree of stress will be in intense when the child is an under five. Researcher have explained this process inters the emotional contagion hypothesis or crisis theory. The factors underlying the parents vulnerability to emotional problem have received little attention from researchers.¹¹

A study was conducted on a hospitalized child to assess the psychological stress of the caregivers. The aim of this study was to investigate perception of acute stress in caregivers taking care of children without serious physical damage that were hospitalized for short periods. This study was realized with a sample of caregivers of children hospitalized for mild acute diseases. Research was conducted using two standardized tests, PSM (Psychological Stress Measure) and STAI (State Trait Anxiety Inventory). Present data showed that caregivers of hospitalized children perceived high levels of stress and anxiety. Perception of stress was influenced by the degree of kindred with patients, length of hospitalization, and, notably, participation in some of the activities offered to children, mainly school services.²⁴

CONCLUSION

The study was conducted to assess the level of parental stress among the parents of the hospitalized child in selected hospitals of Wardha district. The study involved selection of 100 subjects by the simple random sampling technique and collection of data by self structured rating scale which is validated from the 10 experts. Data was analyzed and interpreted by using descriptive and inferential statistics. The conclusions were drawn on the basis of the major findings of the study. In terms of association of the level of stress had no significant association of demographic variables such as gender of the parents, education of the parents, religion, occupation of the mother, birth order type of the family, residence of living, age of the child, gender , history of hospitalization with stress score except the demographic variable of age of the parents, occupation of the father . history of previous hospitalization and the occurrence of the disease which had significant association with the stress score.

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