

ASSESS THE LEVEL OF STRESS AMONG THE PARENTS UNDER FIVE CHILDREN WHO GOT ADMITTED FOR TREATMENT IN ANKURA CHILDREN'S HOSPITAL, HYDERABAD

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ABSTRACT

Background and objectives: 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 key determinants of a child hospitalization relate to how the parents appraise the hospital stressors that confront them and how she or he evaluates the resources available to help to cope with the situation. The study was done to assess the level of stress among the parents under five children who got admitted for treatment in Ankura children's hospital, Hyderabad. **Materials and methods:** The research approach for the present study was quantitative approach. The research design was non-experimental descriptive research design. The sample of the study was 60 parents of under five children selected by non-probability convenient sampling technique. Setting of the study was ankura hospital Hyderabad. Content validity of the tool was established by 7 experts. Pilot study was conducted and reliability was done by split half method (correlation coefficient) which was found to be reliable (0.9). Main study conducted and data collected by using beck depression inventory (BDI) to assess the level of depression. Data was analyzed and interpreted by using descriptive and inferential statistics. Hypothesis was achieved. **Results:** Frequency and Percentage distribution of parents of hospitalized under five children according to the levels of stress shows that, Majority of the parents 39 (65.0%) had severe stress, 15(25.0%) parents had moderate stress and only 6(10.0%) of parents had mild stress. It reveals that majority of the parents had severe stress. **Conclusion:** The study has showed that majority of the parents of under five children who got admitted for treatment has high level of stress.

Key words: stress, under five, parents

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INTRODUCTION:

Stress is not necessarily a psychiatric disorder. It is a normal reaction to certain life events, a symptom of some medical conditions, and a side effect of some medical treatments. The crisis of childhood illness and hospitalization affects every member of the family and parent's reactions to illness in their child depend 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 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 others for some wrongdoing. Even in the mildest of illness, parents question their adequacy as caregivers and review any action or omission that could have prevented or caused the illness. When hospitalization is indicated parental guilt is identified because the parents feel helpless in alleviating the child's physical and emotional pain.

Fear, stress and frustration are common feelings expressed by parents when 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 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.

Admission to the hospital can particularly be a traumatic event for both the child and parents. The nature and severity of illness and the circumstances surrounding the admission are major factors, especially for parents. They experience more stress when admission is unexpected than expected. Ill child becomes the focus of parent's life and the parent's most pressing need is for information. They want to know if child will live, will be same as before and want to know why things are been done to the child. They generally have no opportunity to prepare themselves or their children for an unanticipated admission; they feel helpless as well as concerned about child receiving appropriate care for mothers.

NEED FOR THE STUDY:

Parenting experience that requires changes parents always necessary to new way of life adjustment having a child who is ill or be serious disability stream on the difficulties with adjustment and other problems illnesses and hospitalizations are frequent occurrence in the life of the children and their families in an average children of 1-3 year of age suffer from 7 to 9 episodes of illnesses per year and children of 9 to 10 years of age Suffer 4 episodes per year due to illness more than 4 million children are hospitalized per year a study was conducted by Thomas a Whelan to assess the level of stress and coping strategies among mothers of children and 2 Correlate stress and coping strategies among mothers of children the descriptive survey method was used convenient sampling technique was used to collect data from 40 mothers data was analysed using descriptive and inferential statistics the findings showed that 70% of mothers moderate stress 30% had severe stress and none of them had mild stress the study was showed that 35 mothers use partially adaptive coping strategies and five mothers of the sample used adaptive coping strategies study concluded that mother always in stress because of children's admission in hospital so any interventional program on stress will help the mother to minimise the stress and she will develop certain strategies most of the mothers was satisfied with communication with staff Bal veer video to she must teach them stress management technique.

Parental stress during child's hospitalization is commonly experienced due to specific causes as fear of the strange environment in the hospital, fear of separation from the child, fear of the unknown, fear that the child will suffer, fear that the condition is infectious, and fear of unbearable to cope.

PROBLEM STATEMENT:

"A study to assess the level of stress among the parents under five children who got admitted for treatment in Ankura children's hospital, Hyderabad."

OBJECTIVES:

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

HYPOTHESIS

H₁: There will be significant association between the levels of stress and selected demographic variables among the parents of under five children who got admitted for treatment in selected hospitals at Hyderabad.

MATERIALS AND METHODS:

The research approach for the present study was quantitative approach. The research design was non-experimental descriptive research design. The sample of the study was 60 parents of under five children selected by non- probability convenient sampling technique. Setting of the study was ankura hospital Hyderabad .Content validity of the tool was established by 7 experts. Pilot study was conducted and reliability was done by split half method (correlation coefficient) which was found to be reliable (0.9). Main study

conducted and data collected by using beck depression inventory (BDI) to assess the level of depression. Data was analyze and interpreted by using descriptive and inferential statistics. Hypothesis was achieved.

RESULTS:

Frequency and Percentage distribution of parents of hospitalized under five children according to the levels of stress shows that, Majority of the parents 39 (65.0%) had severe stress, 15(25.0%) parents had moderate stress and only 6(10.0%) of parents had mild stress. It reveals that majority of the parents had severe stress.

TABLE 1: Frequency and Percentage distribution of level of stress on parents of hospitalized under five children

N=60			
Level of Stress	Score	No of Respondents	
		F	%
Mild	<50%	6	10.0
Moderate	50-75%	15	25.0
Severe	>75%	39	65.0
Total		60	100

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Chi square value was computed to determine the significance association between the levels of stress among the parents of under five children admitted for treatment with selected demographic variables. Significant association was found between the level of stress among the parents of under five children admitted for treatment and with their selected demographic variables hence H_1 was accepted.

RECOMMENDATIONS:

- A similar study can be conducted in a larger sample
- A similar study can be undertaken 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

INTERPRETATION AND CONCLUSION:

The result of the study showed that the parents have severe stress regarding their hospitalization of their children. So some interventions are needed to solve this problem.

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