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Assess the stress level among parents with child suffering from chronic disease condition

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Abstract

Stress is the response of a person when the situation is no more under the control which leads the person into developing anxiety, worry, pressure and restlessness. It can be harmful if the stress is not managed and handled properly and may lead to emotional and mental disturbances, but sometimes the stress faced can be healthy if managed properly. Parents undergo stress when their child is admitted in hospital. Whether the child is neonate or adolescents the worry and pressure remain the same.

Aim: To assess the stress level through which parents are going due to child being hospitalized with chronic disease condition.

Objective: This study was done to find the stress levels for parents whose child is admitted with chronic disease condition in hospital.

Material and method: Non experimental study was conducted to assess the stress level among parents with child suffering from chronic disease conditions in selected hospitals of Pune city, using as structured Questionnaire on parents stress level 150 parents were chosen for the study through non probability sampling technique. Validity was done. The reliability was done for the tool and the score was 0.7. Which indicated that the tool can be used to conduct study. The data tool consisted of 20 questions divided into four aspects

Conclusion: In the present study, following conclusion were drawn out from findings of the study. Overall results showed that, 61.17% of parents are under severe stress levels and 3.5% of parents had mild stress levels. 35.33% were having moderate stress.

Keywords: Assess, child suffering, chronic disease condition

Introduction

It is a fact that the stress is beneficial if managed and handled appropriately. Every human being experience stress in different ways. It is a biological response that occur when a person receive a threat or any challenges in his/her various life situation. It also affect the chemical and hormones changes in the human body. When the level of stress is increasing more than normal it will lead to a negative effect on the person long term health. When a persons goes through the stressful situation he /she may fight against the situation or run away from the problems. When a person get sudden or onset stress it affect the person in various ways.

Parents undergo stress when child is admitted in hospital. Whether it is acute disease or chronic diseases the parents suffer from stress and go under emotional changes due to hospitalization of child. The child also has to face emotional disturbance and is fearful about being hospitalized.

The stress levels vary for parents and it may not be under control of parent. Higher stress levels will impact the psychological functioning and parents will get agitated, frustrated, depressed when facing this situation. Long term diseases in children will become a stress causing factors for parents, the managing of money, time, hospital stay all have to be considered. Hospital stay with child is very important as this will help in contribution towards the wellbeing of child. When learning about diagnosis, treatment, duration of hospitalization the parent are under pressure for all the management which will contribute for child health^[1].

Family disruption, role changes, social communication breakdown, financial crisis can be present when contributing for child health. It not only is traumatic event for parents but the child will also have a stigma in their life. It is in the hand of parents the way they can handle the situation, manage the needs and live without having a social breakdown in life. A proper schedule, planning and management during illness, having control over stressors and anxious feeling can influence the daily functioning. It is important for parents to know and practice the

coping skills which help reduce stress on themselves and family. Along with the impact on child health it also has an affect the ongoing current family function and cause a disruption in family functioning system.

Need of the study

The study is conducted to find the stress level of parents due to their child being hospitalized suffering from chronic diseases. The parents undergo lots of psychological distress which can be seen in the forms of frustration, anxiety, panic and sometimes anger outburst. The reaction of parents towards this demanding and unfavorable situation will be assessed during the study.

The parents are worried for child and are concerned how it will have an impact on the future of child, education, further complications. They have to plan and implement it for all round benefits of child and also family. The physical exertion, psychological burden, financial worries are all contributing factors for stress.

Stress is good and beneficial if handled properly, in fact it is required in small amounts for human to experience stress. But when a person is not able to handle the situation or manage the demands it is obvious that the person will get agitated, frustrated, angry and pressurized and even depressed. This leads the person more into stress.

Finding out the level of stress and severity will be important as it will help to know the overall mental condition of parents and will also be helpful in planning psycho education for parents when required. Parents do not show their anxious behavior in front of child as it can affect the child psychology and treatment, rather the parents keep it with themselves and bring a burden upon self. Sometimes parents do not even share their feelings with their spouse and this pulls them more into stress and depression

The study was chosen related to stress so that we are able to measure the contributing factors towards stress in Parents life when child is admitted. Also to know which stressors have the highest contribution to stress. The study conducted by Martin Pinquart showed that parents of children with cancer, cerebral palsy, HIV infection, spina bifida showed high levels of parenting stress [2].

Objective of the study

1. To assess the stress levels of parents with child suffering from chronic disease condition in selected hospitals of Pune city.
2. To associate the findings with selected demographic variables.

Sample criteria

Inclusion criteria: Parents having child age below 18 suffering from chronic disease condition.

Exclusion criteria: Child having acute disease condition. Those parents who are not willing to participate.

Description of tool

The tool was made in English and later translated in Marathi. Section 1: It is dealing with the demographic data of the samples which involves Age, Gender, Education, Occupation, Income, Number of children, Birth order, Duration of child admitted in hospital to assess the stress level.

Section 2: There are 20 question under 4 factors. The factors are-Physical, Financial, Spiritual, Psychological

Structured questionnaire to assess the stress level of parents with child suffering from chronic disease. There were 20 questions under 4 options. In scoring there were 4 option for each questions. According to Likert scale out of the 4 option only one will be the response of parents.

Result

Table 1: Show that in Age of the parents the maximum parents (60.67) belongs to 26-32 years of age. n=150

Demographic Variables	Frequency	Percentage (%)
Age of the parents		
26-32 years	91	60.67% (max.)
33-39 years	35	23.33%
40-46 years	15	10%
47-53 years	9	6%
54 years & above	0	0%
Gender of the parents		
Male	72	48%
Female	78	52% (max.)
Occupation of the parents		
Services	71	47% (max.)
Business	17	12%
House maker	50	33%
Others	12	8%
Education of the parents		
Illiterate	0	0%
Primary education	97	65% (max.)
SSC	18	12%
HSC	24	16%
Graduate	8	5%
Post graduate	2	1%
others	1	1%
Number of children		
1	61	41% (max.)
2	60	40%
3	20	13%
Above 3	9	6%
Birth order of children		
First child	71	47.34% (max.)
Second child	44	29.33%
Third child	26	17.33%
Fourth child	9	6%
Monthly income of the parents		
Rs.7000 & below	107	71% (max.)
Rs.7001-15000	25	17%
Rs.15001-23000	7	5%
Rs.23001-30000	6	4%
Above Rs.30000	5	3%
Duration of the child admitted in hospital		
1-10 days	120	80 (max.)
11-20 days	18	12
21-30 days	3	2
Above 30 days	9	6

The minimum of 0% parents belongs to above 54 years of age. In this study 52% are female parents and 48% are male parents. Occupation of the parents the maximum of (47%) parents are services and minimum of (8%) parents are others. In education of parents the maximum of (65%) parents have primary education, minimum of (1%) parents are post graduate and others. The Number of children maximum of (41%) and parents have 1child and minimum of (6%) parents have above 3 children. In birth order of children the

maximum of (47.34%) parents have first child and minimum of (6%) parents have fourth child. Income of the parents shows that the maximum of (71%) parents have Rs.7000&below and minimum of (3%) parents are above Rs.30000. In duration of child admitted in hospital shows that maximum of (80%) parents with child are admitted 1-10 days and minimum (6%) parents with child more than 30 days.

Section II

Assessment of stress level in parents with child suffering from chronic disease condition

Table 2: Show that in physical, 15.9733 is the mean value and 2.950586 is the Standard Deviation. n=150

Stress Level	Mean Value	S. D
Physical	15.9733	2.950586
Financial	15.38	3.47893
Spiritual	14.42667	4.20026
Psychological	14.26667	3.281599

In Financial, 15.38 is the mean value and 3.47893 is the standard deviation. In spiritual 14.42667 is the mean value and 4.20026 is the standard deviation. In psychological 14.26667 is the mean value and 3.281599 is the standard deviation.

Table 3: Show that in physical 112 parents have severe stress and financial 101 parents have severe stress. n=150

Stress level	Mild	Moderate	Severe
Physical	2	36	112
Financial	3	46	101
Spiritual	13	58	79
Psychological	3	72	75

In Spiritual 79 parents have severe stress and Psychological 75 parents have severe stress.

Table 4: Physical n=150

	Frequency	Percentage (%)
Mild	2	1.3
Moderate	36	24
Severe	112	74.7

Table No: 4 Shows that 74.7% parents have severe stress level. 24% parents have moderate stress level, 1.3% parents

have mild stress level.

Table 5: Spiritual n=150

	Frequency	Percentage (%)
Mild	13	8.6
Moderate	58	38.7
Severe	79	52.7

Table No: 5 Show that 52.7% parents have severe stress level, 38.7% parents have moderate stress level and 8.6% parents have mild stress level.

Table 6: Financial n=150

	Frequency	Percentage
Mild	3	2
Moderate	46	30.7
Severe	101	67.3

Table No: 6 67.3% parents have severe stress level, 30.7% parents have moderate stress level and 2% parents have mild stress level.

Table 7: Psychological n=150

	Frequency	Percentage
Mild	3	2
Moderate	72	48
Severe	75	50

Table No: 7 Show that 50% parents have severe stress level 48% parents have moderate stress level and 2% have mild levels of stress.

Table 8: Overall Findings

	Frequency	Percentage (%)
Severe	92	61.17%
Moderate	53	35.33%
Mild	5	3.5%

Table no. 8 Shows that 61.17% have severe stress levels, 35.33% have moderate stress levels and 3.5% have mild stress levels.

Section III

Associate with stress level among parents with child suffering from chronic disease condition with demographic variables

Table 9: Physical n=150

Demographic	Fishers exact/ chi-square value	Df	p value	Remark
Age	1.699897087	8	0.988871	-
Gender	0.2405436	2	0.886679	-
Occupation	6.857863189	6	0.334192	-
Education	30.05867297	12	0.002736	Associated
No. of children	42.41886269	6	0	Associated
Birth order	5.508522675	6	0.480427	-
Income of parents	12.94144743	8	0.11388	-
Duration of child admitted	10.19212963	6	0.116791	-

Interpretation

Shows that the 'p' value was more than level of significance 0.05 that is Age, Gender, Occupation, birth order, Income of

the parents, duration of the child admitted. The 'p' value was less than level of significance 0.05 that is education and number of children.

Table 10: Spiritual n=150

Demographic	Fishers Exact/ chi-square Value	df	P value	Remark
Age	4.160482592	8	0.842361538	-
Gender	3.412237944	2	0.181569102	-
Occupation	13.98023321	6	0.029857751	ASSOCIATED
Education	23.93630047	12	0.020750606	ASSOCIATED
No. of children	8.50638012	6	0.203300482	-
Birth order	6.157002926	6	0.405834471	-
Income of parents	5.291266954	8	0.726039665	-
Duration of child admitted	4.022320116	6	0.673655748	-

Interpretation

The table shows that the ‘p’ value was more than level of significances 0.05 that is Age, Gender, Number of child, Birth

order, Income of parents and Duration of child admitted. The ‘p’ value was less than level of significance 0.05 that is occupation and education.

Table 11: Psychological n=150

Demographic	Fishers Exact/ chi-square	Df	P value	Remark
Age	8.916011396	8	0.178356921	-
gender	5.666926638	2	0.058808827	-
occupation	8.401587302	6	0.21013304	-
Education	18.41201641	12	0.103740954	-
No. of children	7.267783849	6	0.296791162	-
Birth order	3.248541236	6	0.777067706	-
Income of parents	10.31512461	8	0.243601157	-
Duration of child admitted	3.021064815	6	0.806198368	-

Interpretation

The table shows table that the ‘p’ value was more than level of significance 0.05 that is Age, Gender, Occupation, Number

of children, Birth order, Income of parents, Duration of child admitted

Table 12: Financial n=150

Demographic	Fishers Exact/chi-square	Df	P value	Remark
Age	17.59472205	8	0.0245	Associated
Gender	0.451783264	2	0.7978	-
Occupation	6.64017118	6	0.3554	-
Education	14.11583028	12	0.02934	Associated
No. of children	8.759186757	6	0.01876	Associated
Birth order	8.759186757	6	0.1876	-
Income of parents	9.925700324	8	0.2703	-
Duration of child admitted	13.10915033	6	0.0413	Associated

Interpretation

The table’s shows that the ‘p’ value was more than level of significant 0.05 that is Gender, Occupation, Birth order and Income of parents. The ‘p’ value was less than level of significance 0.05 that is Age, Education, and Number of children and Duration of child admitted.

Discussion

A study was done to assess the stress level among parents with child suffering from chronic disease condition in selected hospitals of Pune City. The sample size is 150 parents with child suffering from chronic disease condition. The researcher used Mean, Standard Deviation for the assessment of stress level. In physical, 15.9733 is the mean value and 2.950586 is the standard deviation. In Financial, 15.38 is the mean value and 3.47893 is the standard deviation. In Spiritual 14.42667 is the mean value and 4.20026 is the standard deviation.

In present study it is found that in physical 74.4% parents have severe stress level, 24% parents have moderate stress level, 1.3% parents have mild stress level. In spiritual 52.7% parents have severe stress level, 38.7% parents have moderate stress level and 8.6% parents have mild stress level. In financial 67.3% parents have mild stress level. In psychological 50% parents severe stress level 48% parents

have moderate stress level and 2% parents have mild stress level.

The research conducted by Kamarulzaman Kamaruddin and Nordin Manat was to find the levels of stress in parents who have learning disabilities using a perceived stress scale (PSS). The study showed that 19.1% parents experienced higher stress levels and mild levels of stress with 47.3%.^[6]

Also in another study conducted by Elizabeth C Clare, Nicole Dempster, Gill Werenovskv, Catherine Butz, Trent Nelv, Robin. Parents experienced higher stress levels with the score of 80.5+23.1 (>86 shows higher stress levels)^[8].

Similar results were found in our study were parents experienced significant stress in physical (74.4%), spiritual (52.7%), Financial (67.3%) and psychological (50%) aspects. The overall levels of severe stress is 61.17%.

Conclusion

After the conclusion of study it is found that parents have severe stress level. The present research study showed that parents are having severe stress levels in physical, financial, psychological and spiritual factors.

Overall 92(61.17%) parents had severe stress levels, 53(35.33%) parents have moderate stress levels and 5(3.5%) had mild levels of stress.

Limitation

1. Research was limited for a particular period of time.
2. While collecting the data some parents were not interested to participate.
3. Children with chronic disease condition admit in hospital.

Recommendation

1. A comparative study of stress level can be conducted among parents between less financial income and more financial income
2. A similar study can be done to assess the complication faced by parents due to child being admitted in hospital
3. A similar study may be planned to find out the impact on social life of parents
4. A study to assess the stress level and coping mechanism used by parents will be useful

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