

Assess the Level of Parental Stress and Coping Strategies among Mothers Attending Postnatal Areas of Gmch, Sector-32, Chandigarh: A Cross Sectional Study

Preetinder Kaur¹, Tushar Choudhary², Vanika³, Vikram Singh⁴, Yawer Bashir⁵, Yasmeen⁶

¹Tutor, ²⁻⁶Bsc nursing 4th year student, College of nursing, GMCH -32, Chandigarh.

How to cite this article: Preetinder Kaur, Tushar Choudhary, Vanika et. al. Assess the Level of Parental Stress and Coping Strategies among Mothers Attending Postnatal Areas of Gmch, Sector-32, Chandigarh: A Cross Sectional Study. International Journal of Nursing Education/Volume 16 No. 2, April-June 2024.

Abstract

A Cross-sectional study to assess the level of Parental stress and coping strategies among Mothers attending Postnatal Areas of GMCH Sector-32, Chandigarh was carried out in full compliance with ethical standards provided by the Research and Ethical committee of GMCH-32, Chandigarh. The approval was taken to conduct research from the committee of the institution. The objectives of the study were to assess the level of Parental stress among Mothers attending Postnatal Areas of GMCH Sector-32, Chandigarh, to assess the coping strategies of Mothers attending Postnatal Areas of GMCH Sector-32, Chandigarh, To find out the association of Parental stress with selected socio-demographic variables. Data was collected by using parental stress scale and self-efficacy scale from 100 study subjects from Postnatal Areas (labour room, postnatal ward and immunization). The sampling technique used was convenience sampling .

The study concluded that 55% of the mothers were suffering from moderate stress, 19% were having severe stress and 26% mothers were having mild stress. 16% mothers were having low level coping, 60% were having medium level coping and 24% mothers had high level of coping. Thus moderate amount of stress and medium level of coping were found to be more in Postnatal mothers. Association between parental stress and gravida of mother was found to be significant with p value =0.05 .

Keywords: Parental stress, Coping strategies and Postnatal areas

Introduction

Parenting stress is defined as a series of processes that lead to a series of unpleasant Psychological and Physical reactions in order to adapt to the requirements of the Parenting role. This process is often in the form of negative feelings and experiences about oneself. These negative emotions stem directly from the role of Parenting. However, the definition of Parenting stress involves a wider

range of dynamic and complex processes, including communication with the child and his behaviors, Parental role requirements, Parenting resources, Parental responses to responsibilities and demands, the quality of parental communication with the child and other family members, and communication with other individuals and institutions outside the home. The process of stress is related to coping skills, and successful adaptation to the requirements of the Parenting role.¹

Corresponding Author: Preetinder Kaur, Tutor, College of nursing, GMCH -32, Chandigarh.

E-mail: preetinder27@gmail.com

Submission date: Dec 7, 2023

Revision date: Feb 19, 2024

Published date: April 15 2024

Hayes, S. A and watson S.L conducted a study in (2012) on the impact of parenting stress; A meta-analysis of studies comparing the experience of parenting stress in parents of children with or without Autism spectrum disorder on 13 July 2012. Comparisons between families of children with Autism Spectrum Disorder (ASD) versus families of Typically Developing (TD) children resulted in a large effect size. Findings of this meta-analysis suggest that parents of children with ASD experience more parenting stress than those children who have TD or another disability.²

Also, Soumya P. and Preethi B.L. (2019), conducted a study on inter-gender and intra-gender differences of parenting stress among mothers of children with special needs and normal children. Present study showed that the parents of special children had significantly higher parenting stress levels as compared to the parents of normal children and mothers of children with special need were more stressed than the mothers of normal children.³

In addition to that, Nithiya S, Farseena K.P and Sannet Thomas on 2021 conducted a study on stress among parents across their parenting role (gender). 60 participants equally 30 males and 30 females were selected for the study. The study was explained to the participants through online and their willingness to participate in the study was ascertained. Parental Stress Scale of 18 items were used to collect the data from the participants . Findings of this study suggest that fathers have higher level of parental stress as compared to that of mothers.⁴

Methods

This research employed a quantitative method with a cross-sectional design. This research was conducted in Government Medical College and Hospital sector 32 Chandigarh. The sampling technique used in this study was convenience sampling .Inclusion Criteria was (1) Postnatal mothers below 6 weeks of postpartum (2) those who were willing to participate (3) able to understand English / Hindi/ Punjabi. (4) without any medical and obstetric complications. The interviews lasted between 10-25 minutes and were recorded.

Parental Stress Scale and Coping Self Efficacy Scale was used to examine the data in this study

PARENTAL STRESS SCALE

This scale consists of 18 items used to assess parental stress among mothers.

Instructions

Please provide your agreement or disagreement to each item on scale of 1 to 5. If you strongly agree to the statement use 5, agree to the statement use 4, uncertain use 3, if you do not agree to a statement use 2 and if you strongly do not agree use 1.

Items having * sign have reverse score

Scoring key

Total items=18

Minimum score= 18

Maximum score= 90

S. No.	Level of stress	Measuring range
1	Mild	0-30
2	Moderate	30-60
3	Severe	60-90

Scoring

To compute the parental stress score, items 1, 2, 5, 6, 7, 8, 17, and 18 should be reverse scored as follows: (1=5) (2=4) (3=3) (4=2) (5=1). The item scores are then summed.

Scoring the tool:

We want a low score to signify a low level of stress, and a high score to signify a high level of stress

- Overall possible scores on the scale range from 18 – 90.
- The higher the score, the higher the measured level of Parental stress.

Coping self-efficacy scale

This scale consists of 26 items used to assess coping strategies among mothers.

The coping self-efficacy scale has three sub scales which are given below

Item numbers	Subscale	No. of items
3,5,6,7,8,20	Problem-focused coping	6
10,12,15,19	Emotion-focused coping	4
4,16,17	Social-support coping	3

Instruction

When things are not going well for you, or when you are having problems, how confident or certain are you

that you can do the following:



For each of the following items, write a number from 0 - 10, using the scale above

0 = cannot do at all

5 = moderately certain can do

10 = certain can do

Scoring key

Total items = 26

Minimum score =

Maximum score = 260

S. No.	Coping level	Score range
1	Low	0-60
2	Medium	60-160
3	High	160-260

Results

The results in this study showed the level of parental stress and coping level of

Postnatal mothers as depicted in below figures level of Parental stress

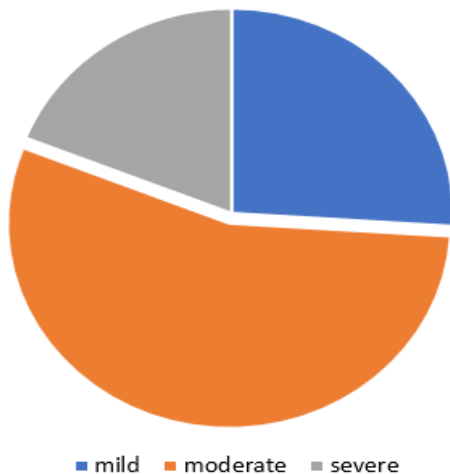


Figure 1-Level of Parental stress among Postnatal Mothers (Mild-26%, Moderate-55% and severe-19%)

Coping level among mothers

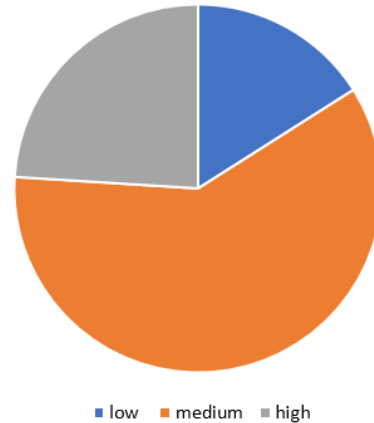


Figure 2 depicts highest coping level among mothers is at medium level(60) followed by high level(24) and low level(16).

Coping level among Mothers (low-16%, Medium-60% and high-24%)

Association between parental stress and grvida of mother was calculated. The chi-square value 23.259 corresponding to the probability of 0.05 was found significant.

No association was found between Parental stress and the selected socio-demographic variables i.e. age of the mother, employment, education and income.

Discussion

The results showed that 55% of the mothers are suffering from moderate stress, 19% are having severe stress and 26% mothers are having mild stress.16% mothers are having low level coping, 60%are having medium level coping and 24% mothers have high level of coping

Similarly D. Shanthakumari in august 2017 conducted a study to assess the level of stress and coping strategies among mothers of autistic

children at selected settings .The design adopted was Descriptive research design in a selected setting .The sample size was 100. The sample was selected by means of purposive sampling technique. The level of stress among mothers with autistic children was assessed by Parental stress scale, the level of coping was assessed by COPE inventory. The results showed that 59% of the mothers suffering from moderate stress, 41% are having severe stress.54% are having Inadequate coping skills, 46% are having moderately adequate coping skills , correlation was done between stress and coping skills where r value is -0.70. There was a negative correlation between stress and coping skills that shows there is significant relationship between stress and coping strategies.⁵

Conclusion

Moderate amount of stress and medium level of coping were found more in Postnatal mothers.

Association between parental stress and gravida of mother was calculated. The chi-square value 23.259 corresponding to the probability of 0.05 was found significant.No association was found between Parental stress and the selected socio -demographic variables i.e. age of the mother, employment, education and income.

Need of study

Parenting stress is associated with lower emotional well-being in parents. That is, parents who report more daily struggle in parenting and/or more major life events describe themselves as having less life satisfaction and more negative mood and emotional distress. There is some evidence that stress from daily difficulties relates more strongly than does stress from major life events, but stress from each of these sources contributes to lower emotional well-being. In addition to the negative impact on their own emotional well-being, parents with high stress also report a less positive outlook on parenting and less satisfaction in the parental role. Furthermore, they tend to experience less pleasure and enjoyment of their children. For some parents, high levels of parenting stress contribute to psychological disorders, such as depression and anxiety. For example, mothers with higher parenting stress from low-birth-weight or medically ill infants are at higher risk for developing postpartum depression.

Parental stress tends to spill over into child rearing. It can contribute to parents being less responsive and affectionate toward their children. This decline in the quality of parenting may lead to a variety of negative childrens outcomes, such as feelings of rejection,lowered self esteem, disruptive and aggressive behaviors social withdrawal Mothers who experience stress tend to be more agresive, frustrated and annoyed and often experience insomnia (lack of sleep) that lead to the negative impact on their health So there is a need to conduct a study on parental stress so that we can help the mothers to tackle the adverse effects of stress and help them to fully enjoy the responsibilities of parenthood

Recommendations:

1. Findings can be utilized on large scale to generalize the result for general population.
2. Similar study can be conducted for a longer duration of time for better results.
3. Multiple settings and age groups can be included.

Research Limitations

1. The study is delimited to selected settings (i.e. postnatal ward, vaccination area and labour room).
2. The study is restricted to a sample size of 100 only.

Ethical Considerations

The study was approved by the Research Ethics committee of GMCH Sector 32 Chandigarh with reference number (GMCH/CON/2023/618)

Sources of Funding: No external funding

Conflict of Interest: No conflict of interest to be disclosed.

References

1. Oriji Farideh M. Defining concept of parental stress in psychology stress in psychology. Ijashss[internet]. 2020 dec 7[cited 2021 May 4]. Available from: https://www.ijashss.com/article_130066_ba22bdebee6c86f7d2cc923ba33c999f.pdf
2. Hayes S.A and Watson S.L. A meta-analysis of studies comparing the experience of parenting stress in parents of children with and without autism spectrum disorder. Research gate[internet]. 2012

- july [cited 2012 sep]. Available from: https://www.researchgate.net/publication/229081474_The_Impact_of_Parenting_Stress_A_Meta-analysis_of_Studies_Comparing_the_Experience_of_Parenting_Stress_in_Parents_of_Children_With_and_Without_Autism_Spectrum_Disorder
3. Soumya P., Preethi B.L. Inter-gender and intra-gender differences of parenting stress among mothers of children with special needs and normal children. *International Journal of Physiology*, 7(4), 229-232. Ijop.net[internet]. Cited on 2019 Nov 21. Available from: <https://doi.org/10.37506/ijop.v7i4.97>
 4. Nithya S., Farseena K.P. & Thomas S. (2021). Parental stress among parents across their parenting role. *International Journal of Indian Psychology*, 9(1), 611-615. DIP:18.01.061/20210901, DOI:10.25215/0901.061. Available from: <https://ijip.in/articles/parental-stress-among-parents-across-their-parenting-role/>
 5. D Shanthakumari. A study to assess level of stress and coping strategies among mothers autistic children. Repository-tnmgrmu[internet] DOI:10.1007/s10803-012-1604-y. Available from: <http://repository-tnmgrmu.ac.in/18943/1/300515419shanthakumari.pdf>
 6. Emily J Hickey, Sigan L Hartley and Lauren Papp. Psychological Well-Being and Parent-Child Relationship Quality in Relation to Child Autism: An Actor-Partner Modeling Approach. Research Gate[internet]. Cited 2019 Mar. Available from: https://www.researchgate.net/publication/331592569_Psychological_Well-Being_and_Parent-Child_Relationship_Quality_in_Relation_to_Child_Autism_An_Actor-Partner_Modeling_Approach
 7. Sharma K.S. *Nursing research and statistics* 2nd edition.
 8. Spinelli M, Lionetti F, Pastore M and Fasolo M (2020) Parents' Stress and Children's Psychological Problems in Families Facing the COVID-19 Outbreak in Italy. *Front. Psychol.* 2020 Apr 28 [cited 2020 Jul 3]. Available from: <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.01713/full>
 9. Swati Arora, Dr Neelam Pandey. Effective Coping Strategies for Stress in Parents of Autistic Children: A Training Module. *Int J Indian Psychol [Internet]*. 2016 Mar 25 [cited 2023 Mar 19];3(2). Available from: <https://doi.org/10.25215/0302.062>
 10. Patil Sangeeta. Level of Stress and Coping Strategies Seen Among Parents of Neonates. *Ijsr[internet]*. Cited 2014 Apr 4. Available from: <https://www.ijsr.net/archive/v3i4/MDIwMTMxNTEy.pdf>