



# A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF STRESS AMONG THE MOTHERS OF NEONATES ADMITTED IN NICU IN SELECTED HOSPITALS OF PUNJAB

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## ABSTRACT

**Introduction** -Everyone in the modern world experiences stress at least occasionally in life. Stress has been conceptualized in multiple ways, and its various psychological definitions are discussed. Stress has devastating effects on individual, interpersonal, and societal levels; therefore, it is important to understand its nature to assist development of interventions to mitigate these effects. One potentially stressful life event, which is the focus of this study, is the birth of an infant who is then cared for in a Neonatal Intensive Care Unit (NICU). A NICU is “a unit of a hospital specializing in the care of ill or premature newborn infants” (NICUs: definition,2006). In this chapter relevant models of parental stress from the NICU are reviewed, and one model is adapted to provide a conceptual framework for the present study. Of particular interest in this study is the role of NICU environment stressors. **Aim of study** The aim of the study is to assess the level of stress among mothers of neonates admitted in selected hospitals of Punjab.**Materials and Methods** A Quantitative Non experimental Research approach, Descriptive design will be used in this study. The study was conducted in Women & children hospital Bathinda and GGS hospital faridkot. Non – probability purposive sampling technique was used for selecting samples of 30 Mothers. The used structured questioner for assessing the level stress among mother of neonates admitted in selected hospital of Punjab.Prior to data collection, written permission will be obtained from the hospitals and participants .Total 30 will be selected on the basis of inclusion and exclusion data through non probability purposive sampling technique for conducting the study. Informed consent will be obtained. The Researcher will assess the level of stress by using self structured questionnaires. **Results** Using self structured questionnaires techniques I am assess the level of stress in mother reduced.

**KEYWORD:**-Mothers, Neonatea , NICU ward. Stress.

## INTRODUCTION

Parenting is a process of role attainment and role transition that begins during pregnancy. The transition ends when the mothers develop a sense of comfort and confidence in performing the mother's role. To facilitate the relationship between the mother and her infant the period immediately following birth should be conducive to develop maternal infant bonding. If the newborn is separated from mother at birth or after the bond established also is distress to both mother and infant.<sup>1</sup>

The environment of the neonatal intensive care unit (NICU) serves as a significant source of stress for parents. Neonatal units are often burdened with loud sounds, unpleasant sights and procedures, and crowds of health care professionals. Other sources of stress for parents of NICU infants have been found to be the alterations in the parental role, uncertainty of the infants' outcome, and ineffective patterns of communication among health care providers and parents<sup>2</sup>.

Parents (especially mothers) of preterm infants are at a high risk for experiencing symptoms of depression more significantly than mothers of term infants. Parents of critically ill infants need information with hospital staff in order to deal with stress and anxiety. From the moment an infant is placed in the NICU, parents should be engaged as partners with the medical staff in caring for their infant (McGrath, 2005)<sup>3</sup>.

### Need for study

Rapid changes mark the first days and weeks after a baby enters the world, both for mother and newborn as well as for their family and support people. The maternal body beings its gradual return to the non pregnant state with variations in duration, influenced by, the choice of newborn feeding method, the woman's own unique physiology, the condition under which she is making the transition to motherhood and other factors. Where as, the newborn is embarking on a series of rapid and remarkable changes that allow him or her not only to survive but also to thrive in the extra uterine environment.<sup>5</sup>

Stress is one of the body's responses to ever changing environment. It is physical, mental, and emotional responses that people experience when under pressure and degree of stress and coping strategies experienced by parents varies from individual to individual with time. The amygdala and hippocampus in the brain are closely aligned with emotions. These two have very low threshold for seizures. Some studies have indicated that stressful events can trigger seizures.<sup>6</sup>

The empirical studies that have been published suggests that key determinants of a child's hospitalisation relate to how the parent appraises the hospital stressors that confront them and their child and how he or she evaluates the resources available to help cope with the situation. This indicates that research into parents' beliefs about hospitalisation would be of benefit. Such investigation could assist in the identification of those

who are at risk of poor adjustment and could lead to the development of interventions to improve parental adjustment and, as a consequence, help child patients to better cope.<sup>1</sup>

A study conducted on *Evaluation of Psycho-Social Support to Parents with an Infant Born Preterm*, stated that the birth of a preterm child is a trauma that causes crisis reactions in parents. The hypothesis was that parents need psycho-social support in order to manage this trauma. The aim of the study was to explore the type and frequency of psycho-social support to parents of preterm children. Conclusions were that from a crisis theory perspective psycho-social support, defined as regular medical information also ought to be initiated later on in the care process and that increased emotional support concerning crisis reactions is desirable in order to process the feelings raised by the trauma.<sup>8</sup>

## REVIEW OF LITERATURE

A study was conducted on 60 mothers of children who were admitted to Pariyaram Medical College, Kannur to determine the factors related to stress and the level of stress experienced by them. The result showed that the majority of mothers (78.33%) had moderate stress whereas only 5% mothers had mild stress and 16.67% had severe stress. The mean stress was (71.58%).<sup>9</sup>

A descriptive study was conducted on the sources of stress and stress symptoms over time in mothers of children admitted to the PICU and compare with those children were admitted to the general care unit (GCU). The sample contained 31 PICU mothers and 32 GCU mothers who were studied during four time periods over six months using a Parental Stress Scale: PICU and Symptom Checklist 90 Revised. Findings showed that all the PICU mothers were stressed from total intensive care experience and use of monitors. PICU mothers experienced more stress symptoms (90% or more) than the GCU mothers did during all four time periods.<sup>10</sup>

## METHODOLOGY

### Research approach and design

Quantitative Non experimental Research approach, Descriptive design will be used in this study .

### Research setting

The study will be conducted in selected hospitals of Punjab.

### Target population

The target population consist of Children's of age 1-5 year

## Sample and Sampling technique

Non – probability purposive sampling technique will be used for selecting a samples of 30 Mothers .

### Inclusion criteria

1. Mothers of children belong to 1.5 years of age group.
2. Mothers who are willing to participate in the study.

### Exclusion criteria

1. Mothers of children with terminal illness.
2. Mothers who are not willing to participate in the study.

### Development and description of tool (s)

Tool of data collection consist of following parts :

Section A: - Demographic variables of mother and child.

Section B: - Self structured Questionnaires are used to assess stress among mothers of neonates admitted in NICU.

### ANALYSIS AND INTERPRETATION

Analysis is the method of organizing data in such way that the research question can be answered .

Interpretation is process of making sense of the results and of examining implications of the findings of the finding within a broader concept .

### OBJECTIVES OF THE STUDY

- 1) To assess the level of stress among mothers of neonates admitted in NICU
- 2) To find out association between the level of stress among mothers of neonates with selected demographic variables.

**FIGURE 1: Bar diagram shows percentage distribution of demographic variables of stress among moters according to age gorup**

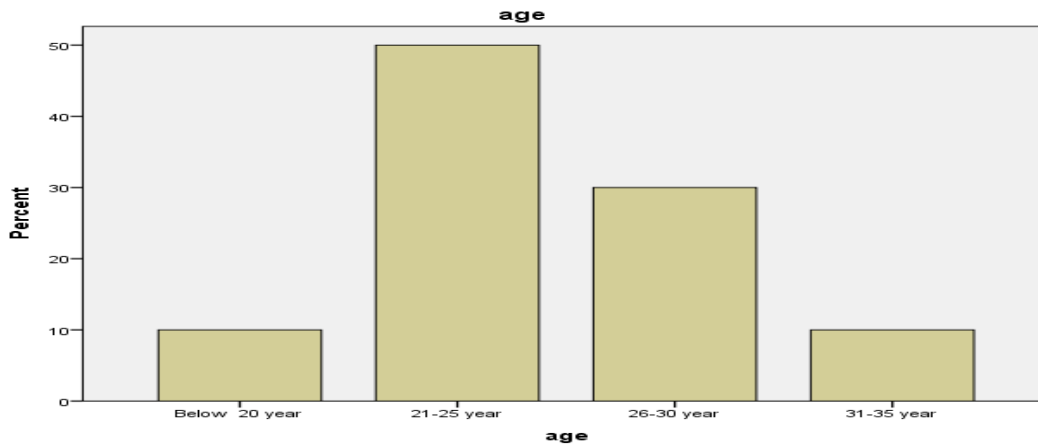


Figure -1 Indicates that mothers those have age group between 21-25 have more stress and 50% stress in this age group.

**FIGURE 2: Bar diagram shows percentage distribution of demographic variables of stress according to religion**

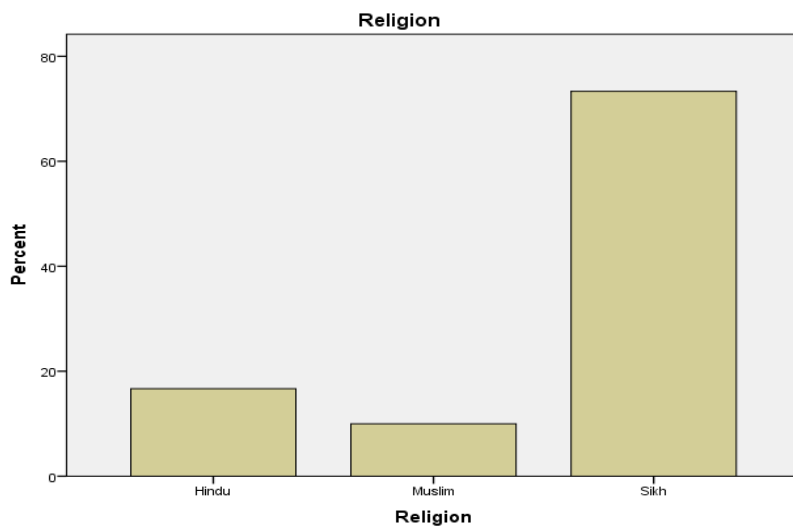


Figure indicate 73% of mothers belongs to Sikh religion

**FIGURE 3: Bar diagram shows percentage distribution of demographic variables of stress according to No of children**

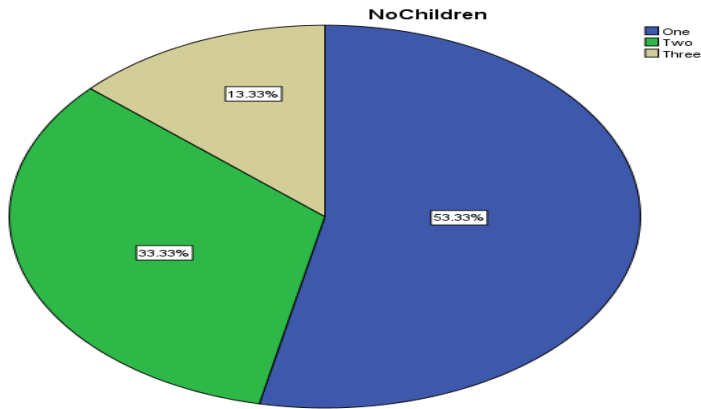


Figure indicates that 53.3% mothers have one child have more stress

**FIGURE -4 Bar diagram shows percentage distribution of demographic variables of stress according to Economic status**

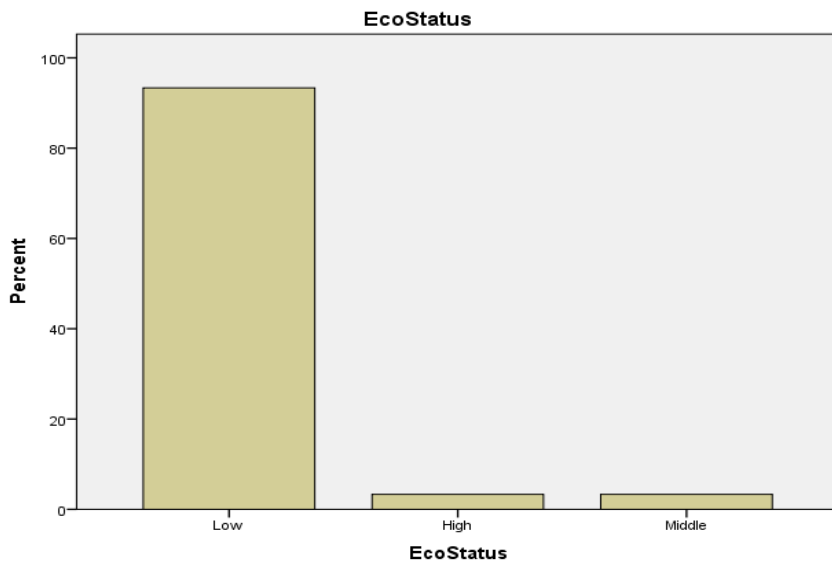


Figure indicates 93.3 % of mother have low economic status

**FIGURE-5. Bar diagram shows percentage distribution of demographic variables of stress according to Sex of baby**

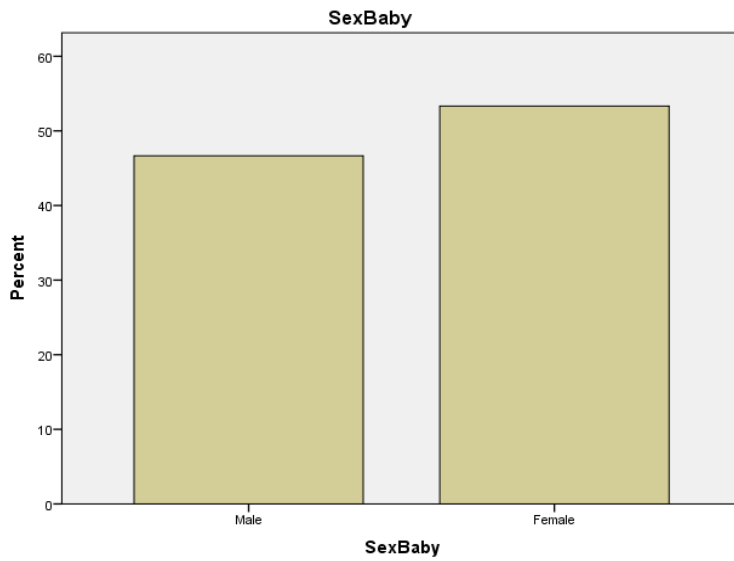


Figure indicates 53.3% of mother's baby admitted in NICU are female

**FIGURE -6. Bar diagram shows percentage distribution of demographic variables of stress according to Education status**

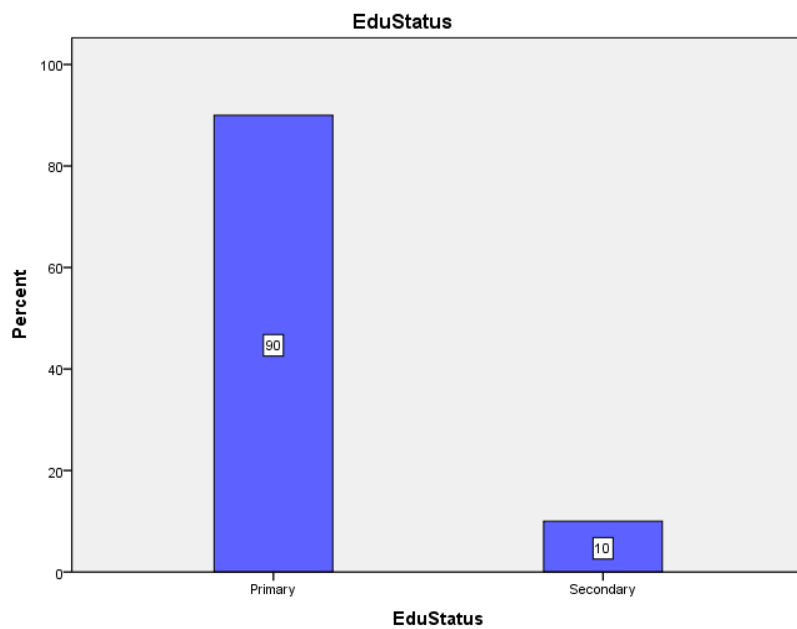
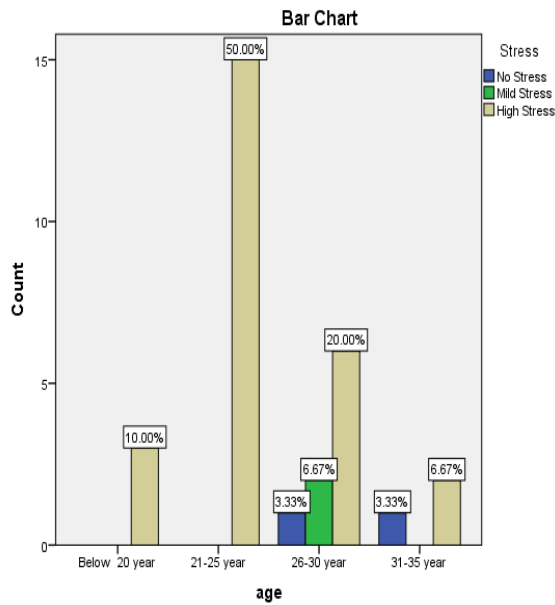
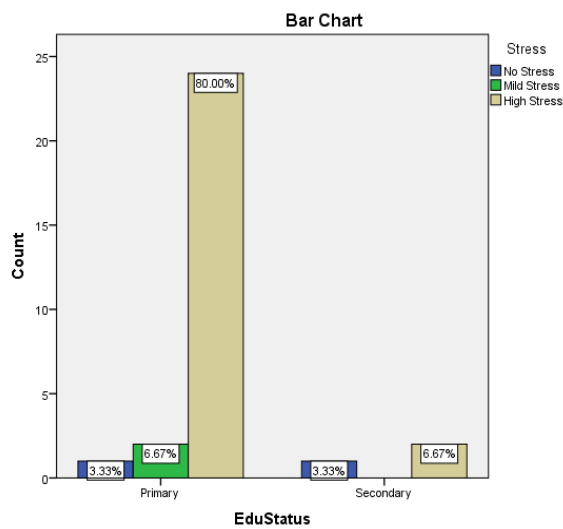


Figure indicates 90% of mother having low educational status

**FIGURE -7** Bar diagram show association between age and level of stress



**FIGURE -8** Bar diagram shows association between education and level of stress



**DISCUSSION**

This chapter discuss the main finding of research study and review that in relation to finding from the present study for this study the data was obtained regarding stress level among mothers of neonates admitted in NICU in selected hospital of Punjab.



## Objectives

- 1) To assess the level of stress among mothers of neonates admitted in NICU
- 2) To find out association between the level of stress among mothers of neonates with selected demographic variables

Demographic profile of mothers having stress whose neonates are admitted in NICU

. The maximum number of subjects belongs to age group 21-35 year that is 15(50%) and 1 member belongs to age group 26-30 year and 1 member belong to 31-35 year

In reference to religion 22 (73%) mothers belongs to sikh religion and 5(16.7) belongs to Hindu (16.7) and Muslim 3(10%)

In reference to No of children . Mother having one child 16(53.3%) and two children 10(33.3) , three 4(13.3%)

In reference to Economic status 28 (93.3%) mothers belongs to low economic status and 1 (3.3) have high , 1 (3.3) have middle .

In reference to sex of baby 14(46.7%) and 16(53.3%) females

In reference to educational status 27(90%) have primary education , 3 (10%) have secondary

So study finding shows that demographic variable age , religion , sex of baby, educational status is significant with stress level of mothers whose babies are admitted in NICU at level of 0.05 .

## SUMMARY

This chapter present the summary of study conclusion and implication for Nursing recommendation The purpose of study was to assess the level of stress among mothers of neonates admitted in selected hospitals of Punjab. Self Structured questionnaires were used and data was collected by report method

## METHODOLOGY

The research design adopted for and research approach for this study was non experimental approach the sample size was 30 mother of Neonates admitted in NICU in selected hospitals of Punjab were selected in this study .

## Major finding of the study

1. Maximum number of mothers have age 21-35 i.e 15(50%)
2. Mostly mothers belongs to Sikh religion i.e 22(73%)
3. Most mothers are belonging to .low economic status i.e 28(93.3%)
4. Most of mothers have female baby i.e 16( female)
5. Mostly mothers have primary education i.e 27(90%)

6. Most of mother have one i.e 16( 53.3%)

## CONCLUSION

The present study assess the level of stress among mothers of neonates admitted in NICU in selected hospital of Punjab .

So study finding shows that demographic variable age , religion , sex of baby, educational status is significant with stress level of mothers whose babies are admitted in NICU at level of 0.05 .

## RECOMMENDATION

In the basis of the finding of study is recommended that :

1. A study can be undertaken with large sample for better generalization
2. A similar study can be under taken by adopting an experimental design
3. A similar study can be done to assess the level of stress among father of neonates admitted in NICU in selected hospitals.

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