



International Journal of Midwifery and Nursing Practice

E-ISSN: 2663-0435
P-ISSN: 2663-0427
IJMNP 2018; 1(2): 11-13
Received: 05-05-2018
Accepted: 10-06-2018

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A study to assess the level of psychological stress among caregivers of children between age group of 1- 10 years with respiratory infections admitted in selected hospitals

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Abstract

A study to assess the level of psychological stress among caregivers of children between age group of 1-10 years with respiratory infections admitted in selected hospitals". Objectives of the study were, Identify the level of psychological stress among caregivers of children between age group of 1-10 years with respiratory infections, find association between stress and demographic variable. Aim of study is assessing the level of psychological stress among caregivers of children with respiratory infections. In this study the samples were selected from Dr. D.Y. Patil hospital. A standard rating scale was prepared to assess the level of psychological stress among caregivers. The content validity was determined by the experts and 100 samples was done from 06/04/2017 to 09/04/2017. Section one is Demographic details which consisted age of caregivers, gender, education, residence, monthly family income, type of family, relationship with patient, stay in hospital (in days) and type of illness. Section two is Standard rating scale to assess level of psychological stress among caregivers. Major Findings of The Study Are -17% (17) of caregivers have mild stress, 49% (49) have moderate stress and 34% (34) have severe stress. It can be concluded that majority of caregivers have moderate level of stress in taking care of children with age group of 1-10 years with respiratory infection.

Keywords: assess, psychological stress, caregivers, children, respiratory infections, hospitals

Introduction

"Stress" is the feeling that is created when we react to a particular event. It is the body's way of rising to a challenge and preparing to meet a tough situation with focus strength, stamina and strengthened alertness.

Statement of the problem: "A study to assess the level of psychological stress among caregivers of children between age group of 1-10 years with respiratory infections, admitted in selected hospitals."

Objectives of the study: 1) To identify the level of psychological stress.
2) To find association between stress and demographic variable.

Variables

1. Dependent Variable are Level of psychological stress among caregivers of children between age group of 1-10 years with respiratory infection.
2. Independent Variable are Age, gender, educational qualification, residence, income, type of family, relationship with patient, stay in hospital (in days), type of illness.

Assumptions: In this study, it is assumed that, Level of psychological stress among caregivers of children between age group 1-10 years with respiratory infections is more.

Limitations: This study was limited to caregivers of children with respiratory infections of Dr. D.Y. Patil Hospital.

Review of Literature: In view of present study review of literature has been divided into following: Literature related to caregivers stress, Literature related to stress of mothers, Literature related to stress of parents.

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Research Materials and Methods

Research approach: Quantitative Research Approach Is Used.

Research design: In this study adopted descriptive design is used.

Setting of the study: In this study research setting is Dr. D.Y. Patil Hospital, Pimpri Pune 18.

Population: The population of this study was caregivers of children with respiratory infections in selected hospitals.

Sample: For this study the sample are the caregivers of children with respiratory infections admitted in hospitals.

Sample Size: In this study sample size is 100 caregivers from Dr. D.Y Patil hospital.

Sampling technique: In the present study samples are selected by convenient sampling technique.

Inclusion criteria: This study includes all caregivers of children between age group 1-10 years with respiratory infection in Dr. D.Y. Patil hospital.

Exclusion criteria: The study excludes all caregivers of children other than respiratory infections.

Data collection technique: convenient sampling technique.

Development of final tool: Review of research and non-research literature was used in area of stress. Opinion and suggestions were taken from experts. And Investigation own exposure to the clinical field helped in development of instrument.

Description of the tool: A standard rating scale was prepared to assess the level of psychological stress among caregivers of children with respiratory infections.

Section 1: It consists of the demographic data i.e., age of caregivers, sex, educational qualifications, monthly family income, residence, type of family, relationship with patient, duration of stay in hospital, type of illness.

Section 2: Rating scale on assessing the level of psychological stress among caregivers.

Validity: In the present study, the tool had been given to 14 experts for content validity, from that 11 experts have given their valuable suggestions. After doing the corrections the tool has been finalized by our guide.

Procedures for data collection: Permission of head of department was taken from hospital authority, written consent was taken from Dean of Dr. D.Y Patil Hospital. Each sample, data collection was collected in Dr. D.Y Patil hospital, Pimpri. Pune-18.

Plan for data analysis: After data collection, it was analysed according to, Demographic characteristics of the sample in table form, Description of scores based on frequency using pie diagram.

Analysis and interpretation of data: The investigator made maximum efforts to discover the similarities dissimilarities, relationship among various factors. The collected data was studied from many angles and made several closely related operations with the purpose of summarizing and drawing conclusions.

Organization of data: The analyzed data has been organized and presented in the following sections.

Section I: It consisted of the demographic data i.e. age of caregivers, gender, education, residence, monthly family income, type of family, relationship with patient, duration of stay in hospital, type of illness.

Section II: Standard rating scale on assessing the level of psychological stress among caregivers of children between age group 1-10 years with respiratory infections.

Results

Major findings of the study

Findings related to sample characteristics of caregivers

- The present study was conducted on 100 samples from Dr. D.Y. Patil Hospital.
- 25% were from caregivers of age group 18-22years, 32% were from 23-27years, 28% were from 28-32years and 15% from >32years.
- 25% were male and 75% were female.
- 14% have studied up to 5th standard, 53% have studied between 6-10th, 25% were between 11th to graduation and 8% were above graduation.
- 36% were from rural areas and 64% were from urban areas.
- Family income per month (in rupees) among them were, 17% have <5000, 44% have between 5,001-10,000, 24% have 10,001 – 15000 and 15% have > 15000.
- 34% have nuclear family, 64% have joint family and 2% have extended family.
- 87% are parents, 3% are siblings and 10% are others.
- Duration of stay in hospital, 42% are from 1-5 days, 32% are from 6-10 days, 8% are from 11-15 days and 18% are from more than 15 days.
- Children who have acute illness are 89% and 11% have chronic illness.

Analysis related to level of psychological stress among caregivers of children between age group 1-10 years with respiratory illness

- On calculating, the study shows that level of psychological stress among care givers of children of age group 1-10 years with respiratory illness have, 17% have mild stress, 49% have moderate stress and 34% have severe stress.

Discussions

Nursing practices: The nurse should have in depth knowledge about the level of psychological stress among caregivers of children between age group 1-10 years with respiratory illness. She can give health education to the caregivers to reduce their psychological stress.

Nursing education: As a nurse educator she should motivate the nursing staff to help the caregivers to reduce their stress by managing the things properly. As a nurse she should interact with depressed, anxious and stressed out caregivers.

Nursing Administration: As a nurse she should organize seminars and workshops on assessing level of psychological stress and their coping strategies. The nurses should be trained in deep breathing exercises so that they can administer to the anxious caregivers.

Nursing Research: The expand role of professional nurse emphasize those activities which promote the health maintenance behavior among the people. This study also brings facts that more studies are needed to be done in different settings, which is culturally acceptable as better teaching strategies of education.

Recommendations: Similar study to assess the knowledge regarding stress management in caregivers of children between age group 1-10 years with respiratory illness. Study to assess the effectiveness of information booklet in increasing the knowledge of caregivers regarding stress management. Similar study to assess level of psychological stress among caregivers of children between age group 1-10 years with respiratory illness can be done on large sample size.

Conclusion

“Stress” is the feeling that is created when we react to a particular event. It is the body’s way of rising to a challenge and preparing to meet a tough situation with focus strength, stamina and strengthened alertness.

Increased stress productivity – up to point after which things rapidly deteriorate. This study was conducted on caregivers of children between age group 1-10 years with respiratory illness. This study was done to assess the level of psychological stress which concluded that 49% of caregivers have moderate level of stress, 34% have severe level of stress and 17% have mild stress.

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