



A Descriptive Study to Assess the Stress Regarding Parenting Among Teachers at Selected Schools in Madhya Pradesh

¹Ms. Sapna Harode, ²Prof. Dr. Priyanka Bansal

¹Research Scholar, Malwanchal University.

²Research Supervisor, Malwanchal University

Introduction

The stress of parenting, or the stress of raising a child, makes it more challenging to be a successful parent and has a detrimental effect on the growth and development of children. According to recent reasoning and research, it appears that teachers may experience higher levels of parental stress.

Parents with advanced degrees, such as teachers, might have a harder time adjusting to their new role as parents after having been more actively involved in their careers for a longer period of time. It's possible that education practitioners will experience greater parenting stress as a result of the stressors they face at work.

Inadequate parental functions during infancy and early childhood can lead to physical and mental health problems, as well as social and emotional issues in adolescents and adults. These issues can include emotional and social development, depression and anxiety disorders, and low self-esteem. Infancy and early childhood are critical developmental periods for children. Inadequate academic performance, abuse of substances, criminal behaviour, and even issues with one's physical health, such as obesity and diabetes, are a few of the other potential problems that may occur. On the other hand, effective parenting strategies can help children and adolescents maintain good physical health as they mature, increase their levels of life satisfaction and self-esteem, strengthen their academic performance and even improve their academic accomplishments over the subsequent 26 years, and boost their life satisfaction.

The Components and Procedures

The profession of teaching requires a significant amount of extra time off work. This study focused on parents who are employed in schools in some capacity, such as teachers, principals, and tutors. The kind of work that a family does can also determine whether or not it is a family with a single income, a family with two incomes, or a family with a single parent. The selection of participants was done with consideration given to the following factors: Children who were under the age of two, children who were born healthy and without any known complications, children whose parents were employed in the education industry in Madhya Pradesh, and children who could read either Hindi or English were eligible to participate. A technique known as "purposeful sampling" is used to select samples from a number of schools located in Indore. We used a questionnaire that participants could self-administer. The Parenting Sense of Competence Scale is used to determine a parent's level of confidence in their ability to parent effectively (PSOC). The level of stress was measured using something called the self-perceived stress scale.

The Results and Our Discussion

There was a response rate of approximately 80% out of the total of 300 samples that were taken. The participants ranged in age from 24 to 35, and the majority (70%) had completed their education at a nursing school, while the remaining 20% had completed their education at a B.Ed college and had been married. Over two-thirds of those polled lived in households supported by more than one income, and more than half of those polled were required to work rotating shifts in order to make ends meet.

Anxiety that parents experience in regard to their offspring

Over seventy percent of people who took part in the study, across all age groups and socioeconomic backgrounds, admitted to having concerns about having children and parenting them. People are more concerned about becoming parents than they are about actually being parents, which involves being responsible for the upbringing and education of their children. According to demographic characteristics, it was discovered that becoming a parent is the most stressful experience for mothers (aged 25–34, with a college or bachelor's degree, single 46 percent of the time, working in the medical and social work 67 percent and education 49 percent sectors, and living in a double-income household 67 percent of the time). This was the case when it came to becoming a parent.

When compared to mothers, fathers experience significantly lower levels of stress related to parenting responsibilities. Pregnant women, who experience changes in their physical appearance and worry about breast-feeding, as well as mothers, who are naturally more attached to their own children, are the ones who have seen the most obvious alterations. Seventy percent of studies have shown that being a mother is more stressful in the role of a parent when compared to being a father (30 percent). People between the ages of 24 and 35 are more likely to feel substantial levels of stress when it comes to becoming parents. This is likely to be the case due to a lack of prior experience, concerns regarding finances, and the considerations of being a working mother or a housewife. Those who have completed at least two years of college and/or a bachelor's degree should have a better understanding of the difficulties that parents will face, which will result in a higher level of worry. People who have master's degrees are not only more likely to be considered competent, but they also typically earn more money. It is possible that once they are in a better financial position, they will be able to trade some of the load for assistance from an outside source.

Many educators report experiencing high levels of stress as a result of their hectic work schedules and the high standards they set for themselves in terms of their own parental responsibilities. According to a survey, those working in higher secondary schools as teachers (80%) and in technical fields as technicians (20%) have the highest levels of stress in parenting. The highest levels of stress in their parenting roles were reported by teachers of science, followed by teachers of mathematics, and the 24-35 age group came in third.) In order to gain a deeper understanding of the issue, we investigate the levels of stress experienced by each demographic group during the process of having children and becoming parents.

Perception of One's Own Capacity to Bring Up A Child

The amount of perceived parental competence was analysed as a response to the increased levels of stress experienced by parents. According to the findings of a recent study, those who are single and in their early twenties have the lowest level of parental competence. Concerning those between the ages of 25 and 34, it was determined that they lacked the necessary skills. The difference in age between people aged 18 to 24 and those aged 25 to 34 might be explained by parents' awareness of the difficulties they face. There is a possibility that younger adults between the ages of 18 and 24 are still residing at home with their parents, who are in a position to assist them with day-to-day responsibilities. On the other hand, those in the age bracket of 25 to 34 years old should have more work experience and be more mature as a result.

Participants who were teachers (single parents or those who didn't work shifts) rated their parenting competency lower than the average for all participants nationwide. It's possible that this is due to the fact that a single parent has to shoulder all of the responsibilities, in addition to the heavy workload that comes with working long hours in the hospitality and food and beverage industries. Teachers have reported the highest level of stress due to parenting responsibilities, whereas technicians and other vocational groups reported the lowest level of stress.

Conclusion

According to recent research, teachers report feeling anxious about becoming parents, despite the improving state of the economy. This is true for both mothers and fathers. According to a number of studies, the stress levels of mothers are significantly higher than those of fathers when it comes to the responsibility of teaching and raising children. It's possible that this is because of the fundamental differences between men and women, such as the fact that mothers tend to be more devoted to their children and, as a result, more concerned with their development.

Reference

- Abidin RR. Parenting Stress Index manual. 3. Charlottesville, VA: Pediatric Psychology Press; 1990. [Google Scholar]
- Achenbach TM. Manual for the Child Behavior Checklist 1½-5. Burlington: Department of Psychiatry, University of Vermont; 2000. [Google Scholar]
- Achenbach TM, Rescorla LA. Manual for the ASEBA school-age forms and profiles. Burlington: Research Center for Children, Youth, and Families, University of Vermont; 2001. [Google Scholar]
- Anastopoulos AD, Shelton TL, DuPaul GJ, Guevremont DC. Parent training for attention-deficit hyperactivity disorder: Its impact on parent functioning. *Journal of Abnormal Child Psychology*. 1993;21:581-596. [PubMed] [Google Scholar]
- Baker BL. Parent training. In: Jacobson JW, Mulick JA, editors. *Manual of diagnosis and professional practice in mental retardation*. Washington, DC: American Psychological Association; 1996. pp. 289-299. [Google Scholar]
- Baker BL, Blacher J, Cmic KA, Edelbrock C. Behavior problems and parenting stress in families of three-year-old children with and without developmental delays. *American Journal on Mental Retardation*. 2002;107:433-444. [PubMed] [Google Scholar]
- Baker BL, McIntyre LL, Blacher J, Cmic K, Edelbrock C, Low C. Pre-school children with and without developmental delay: Behaviour problems and parenting stress over time. *Journal of Intellectual Disability Research*. 2003;47:217-230. [PubMed] [Google Scholar]
- Baker BL, Neece CL, Fenning R, Cmic KA, Blacher J. Mental disorders in five year old children with or without intellectual disability: Focus on ADHD. *Journal of Child Clinical and Adolescent Psychology*. 2010;49:492-505. [PMC free article] [PubMed] [Google Scholar]
- Barlow DH, Rapee RM, Brown TA. Behavioral treatment of generalized anxiety disorder. *Behavior Therapy*. 1992;23:551-570. [Google Scholar]
- Bayley N. Bayley Scales of Infant Development: Manual. 2. San Antonio, TX: The Psychological Corporation; 1993. [Google Scholar]

-
- Belsky J. The determinants of parenting: A process model. *Child Development*. 1984;55:83–96. [PubMed] [Google Scholar]
 - Belsky J, Woodworth S, Crnic K. Trouble in the second year: Three questions about family interaction. *Child Development*. 1996b;67:556–578. [PubMed] [Google Scholar]
 - Blacher J, Baker BL, Eisenhower AS. Student–teacher relationship stability across early school years for children with intellectual disability or typical development. *American Journal on Intellectual and Developmental Disabilities*. 2009;114:322–339. [PMC free article] [PubMed] [Google Scholar]
 - Briggs-Gowan MJ, Carter AS, Skuban EM, Horwitz SM. Prevalence of social-emotional and behavioral problems in a community sample of 1- and 2-year-old children. *Journal of the American Academy of Child and Adolescent Psychiatry*. 2001;40:811–819. [PubMed] [Google Scholar]