



A Comparative Study to Assess the Stress Level Regarding Parenting of Disabled Children among Employed Mothers and at Home Mothers of School Going Children in Selected Schools for Children with Special Needs of District Patiala, Punjab with A View to Develop an Informational Booklet.

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INTRODUCTION

Children are vital to the nation's present and its future. Parents, grandparents, aunts and uncles are usually committed to providing every advantage possible to the children in their families and to ensuring that they are healthy and have the opportunities that they need to fulfill their potential. Yet communities vary considerably in their commitment to the collective health of children and in the resources that they make available to meet children's needs. This is reflected in the ways in which communities address their collective commitment to children, specifically to their health. Estimates suggest that there are at least 93 million children with disabilities in the world, but numbers could be much higher. They are often likely to be among the poorest members of the population. They are less likely to attend school, access medical services or have their voices heard in society. Childhood disability in childhood can have a lifelong impact on a person's physical, mental and emotional health, as well as their social situation. Children with a disability may have special needs particularly regarding health and education and may need to negotiate significant social and environmental barriers in order to fully participate in everyday life

OBJECTIVES

- To assess the socio-demographic variables.
- To assess the stress level regarding parenting of disabled children among employed mothers and at home mothers of school going children in selected schools for children with special needs of district Patiala, Punjab.
- To compare the stress level regarding parenting of disabled children among employed mothers and at home mothers of school going children in selected schools for children with special needs of district Patiala, Punjab.
- To find out the association of stress level regarding parenting of disabled children among employed mothers and at home mothers of school going children in selected schools for children with special needs of district Patiala, Punjab with their selected socio-demographic variables.
- To develop and distribute an informational booklet regarding disabled children .

RESEARCH APPROACH AND RESEARCH DESIGN

The quantitative approach with comparative research design was used in the present study.

SAMPLE SIZE AND SAMPLING TECHNIQUE

60 mothers (30 employed mothers and 30 at home mothers) .

In this study, non randomized sampling technique under purposive sampling technique was used.

DESCRIPTION OF TOOL

Research tool consists of two parts :

SECTION A- This section is the first section seeking information in socio demographic data is age of child, age of mother, birth order of disabled child, disability, type of family, gender of child, occupation of mother, education status of mother, residence, no. of children, religion and source of information regarding the care of disabled child.

SECTION B - Rating scale on stress level regarding parenting of disabled children, this consist of rating scale to assess the stress level regarding parenting of disabled children among employed mothers and at home mothers.

LEVEL OF STRESS	SCORE	At home Mothers f (%)	Employed Mothers f (%)
SEVERE	70- 105 (76-100%)	04 (13.3%)	22 (73.3%)
MODERATE	53 – 78 (51-75%)	19 (63.3%)	06 (20%)
MILD	0 – 52 (0-50%)	07 (23.3%)	02 (6.7%)

Maximum Score = 105

Minimum Score = 0

ETHICAL CONSIDERATION

- Prior to the study, ethical clearance was obtained from the concerned authorities to conduct the study in the selected schools for children with special needs of district Patiala, Punjab and also from research ethical committee of Adarsh College of Nursing, Patiala.
- Informed consent was taken from study subjects.
- Anonymity and confidentiality of the study participants was maintained.

ANALYSIS AND INTERPRETATION OF THE DATA

OBJECTIVE 1

Frequency & percentage distribution of selected socio demographic variables of Employed mothers and at home mothers

	Socio Demographic Variables	Employed mothers		At home Mothers	
		f	%	f	%
1.	Age of child (in years)				
a)	6 ≥ 9	5	16.7	3	10
b)	9 ≥ 12	14	46.7	12	40
c)	12 ≥ 15	6	20	10	33.3
d)	15 ≥ 18	5	16.7	5	16.7
2.	Age of mother (in years)				
a)	25 ≥ 30	11	36.7	7	23.3
b)	30 ≥ 35	8	26.7	8	26.7
c)	35 ≥ 40	3	10	10	33.3
d)	>40	8	26.7	5	16.7
3.	Order of Birth				
a)	1	14	46.7	10	33.3
b)	2	12	40	13	43.3
c)	3 or more	4	13.3	7	23.3
4.	Type of disability				
a)	Intellectual	0	0	5	16.7
b)	Developmental delay	2	6.7	2	6.7
c)	Deaf	7	23.3	7	23.3
d)	Visual	9	30	6	20
e)	Autism	3	10	3	10
f)	Mental Retardation	9	30	7	23.3

5.	Type of Family				
a)	Nuclear	15	50	13	43.3
b)	Joint	13	43.3	10	33.3
c)	Extended	2	6.7	7	23.3
6.	Gender of child				
a)	Male	20	66.7	13	43.3
b)	Female	10	33.3	17	56.7
7.	Occupation of Mother				
a)	Employed	30	100	0	0
b)	Home maker	0	0	30	100
8.	Education of Mother				
a)	Primary	0	0	8	26.7
b)	Secondary	2	6.7	14	46.7
c)	Diploma	11	36.7	6	20
d)	Graduate	12	40	2	6.7
e)	Post graduate	5	16.7	0	0
9.	Residence				
a)	Rural	7	23.3	11	36.7
b)	Urban	9	30	11	36.7
c)	Semi Urban	14	46.7	8	26.7
10.	Number of Children				
a)	One	10	33.3	13	43.3
b)	Two	18	60	12	40
c)	Three or more	2	6.7	5	16.7
11.	Religion				
a)	Hindu	11	36.7	11	36.7
b)	Muslim	4	13.3	7	23.3
c)	Sikh	15	50	12	40
d)	Christian	0	0	0	0
12.	Source of Information				
a)	Mass Media	13	43.3	9	30
b)	Medical professionals	9	30	13	43.3
c)	Family/Relatives	8	26.7	8	26.7

Table shows the percentage distribution of employed mothers and at home mothers.

In this study, age of child, majority of data represents that 46.7% child between the age $9 \geq 12$ among employed mothers and 40% among at home mothers followed by 20% age of child among employed mothers and 33.3% age of child among at home mothers under the age of $12 \geq 15$. The age of child between the age $15 \geq 18$ was alike among employed mothers and at home mothers. The age of child, 16.7% and 10% between the age $6 \geq 9$ among employed mothers and at home mothers respectively.

The study result revealed that majority of mothers age $25 \geq 30$ was 36.7% employed mothers followed by 23.3% among at home mothers and majority of at home mothers age between the age of $35 \geq 40$ is 33.3% followed by 10% among employed mothers. Above the age of 40, employed and at home mothers was 26.7% and 16.7% respectively. Age of mother between the age of $30 \geq 35$ was alike among employed mothers and at home mothers spontaneously.

The study findings shows the majority of order of birth was 1 among employed mothers and 2 among at home mothers, that was 46.7% and 43.3% spontaneously. Minority of 3 or more order of birth was 13.3% among employed mothers and 23.3% among at home mothers.

The study findings shows that 16.7% intellectual disabled children among at home mothers and developmental delay children was alike among employed mothers and at home mothers that was 6.7% respectively as well as deaf was also same among employed mothers and at home mothers that was 23.3% which was followed by visual disable children that was 30 % among employed mothers and 20 % among at home mothers. The percentage of autism children among employed mothers and at home mothers was 10%.that was followed by 30% and 23.3% mental retardation among employed mothers and at home mothers respectively.

The study consisted of, 50% of employed mothers and 43.3% of at home mothers represents nuclear family. Joint family was represented by 43.3% of employed mothers and 33.3% at home mothers. Only 6.7 % of employed mothers and 23.3% at home mothers belongs to extended family.

The study result revealed that 66.7% male child among employed mothers and 43.3% among at home mothers. On the other hand, 33.3% female child of employed mothers and 56.7% female child at home mothers.

The study findings had 30 (100%) employed mothers and 30 (100%) at home mothers.

According to education of mother Maximum number of graduate subjects were 40% of employed mothers and 46.7 % had secondary education among at home mothers. On the other hand, primary education was 26.7% among at home mothers and 16.7% was post graduate among employed mothers which was followed by diploma that was 36.7% and 20% among employed mothers and at home mothers.

The study depicts 23.3% employed mothers and 36.7% at home mothers from rural area that was followed by 30% employed mothers and 36.7% at home mothers from urban area. 46.7% employed mothers and 26.7% at home mothers belongs to semi urban area.

The study consisted of, 33.3% employed mothers and 43.3% at home mothers had 1 children and 2 children of 60% employed mothers and 40% at home mothers. 3 children or more of 6.7% employed mothers and 16.7% at home mothers.

36.7% employed mothers and at home mothers from Hindu religion and that was followed by 13.3% employed mothers and 23.3% at home mothers belong to Muslim religion as well as 50% employed mothers and 40% at home mothers belong to Sikh religion.

Maximum number of employed mothers who had got the knowledge from mass media was 43.3% that was followed by 30% information obtained from mass media among at home mothers and 30% information obtained from medical professionals among employed mothers and 43.3% at home mothers obtained information from medical professionals. Information from family and relative was 26.7% among employed mothers and at home mothers

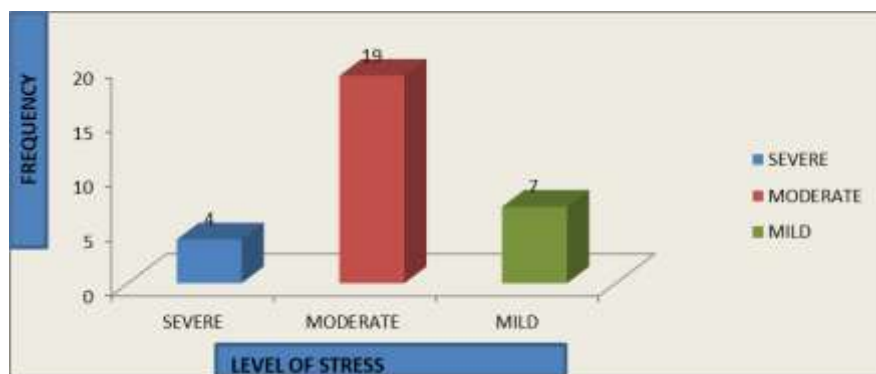
OBJECTIVES 2. To assess the stress level regarding parenting of disabled children among employed mothers and at home mothers of school going children in selected schools for children with special needs of district Patiala, Punjab.

Percentage and frequency distribution of level of stress among at home mothers.

LEVEL OF STRESS	SCORE	Frequency (f)	Percentage (%)
SEVERE	70- 105 (76-100%)	04	13.3 %
MODERATE	53 – 78 (51-75%)	19	63.3 %
MILD	0 – 52 (0-50%)	07	23.3 %

Maximum 105

Minimum 0

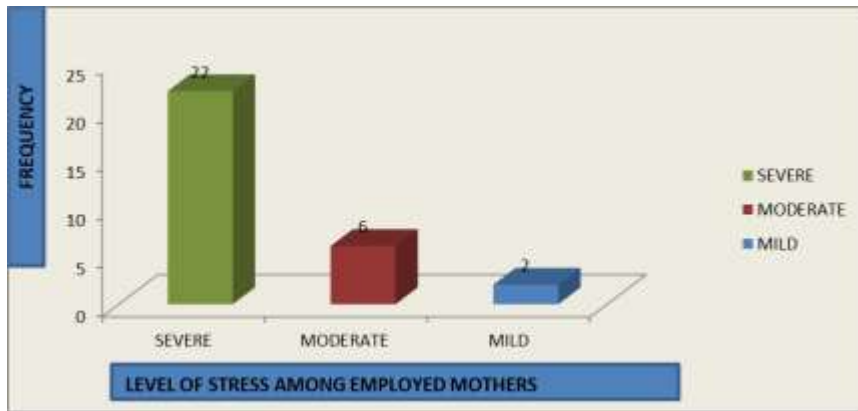


Mean, S. D, Median, Range, Maximum, Minimum level of stress score of at home mother

	Mean	S.D.	Median	Range	Maximum	Minimum	Mean %
STRESS (At home mothers)	62.90	9.743	62.50	45	83	38	59.9%

Percentage and frequency distribution of level of stress among Employed mothers

LEVEL OF STRESS	SCORE	Frequency (f)	Percentage (%)
SEVERE	70- 105 (76-100%)	22	73.3 %
MODERATE	53 – 78 (51-75%)	06	20 %
MILD	0 – 52 (0-50%)	02	6.7 %



Bar graph showing percentage distribution of level of stress among employed mothers.

Mean, S.D, Median, Range, Maximum, Minimum level of stress score of at employed mothers

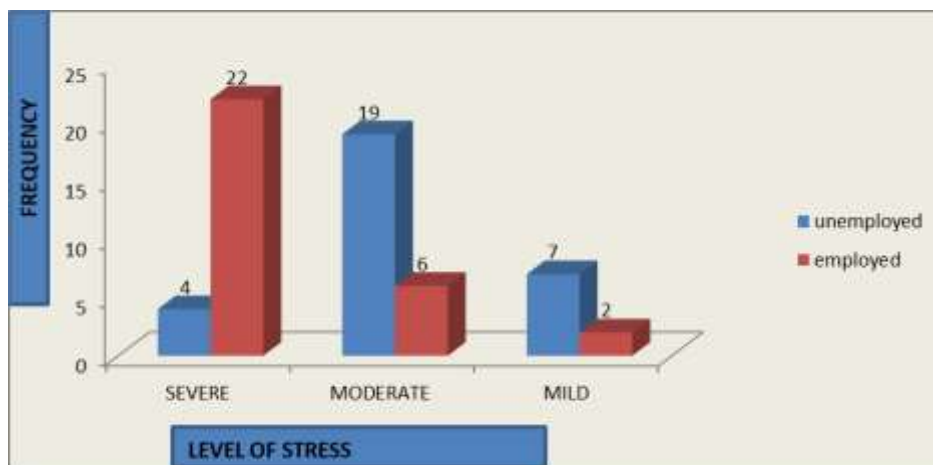
N=30

STRESS (Employed mothers)	Mean	S.D.	Median	Range	Maximum	Minimum	Mean %
	77.20	10.390	81	36	91	55	73.5%

Objective 3. To compare the stress level regarding parenting of disabled children among employed mothers and at home mothers of school going children in selected schools for children with special needs of district Patiala, Punjab.

Comparison of level of stress among employed mothers and at home mothers.

LEVEL OF LEVEL OF STRESS	SCORE	At home Mothers f (%)	Employed Mothers f (%)
SEVERE	70- 105 (76-100%)	04 (13.3%)	22 (73.3%)
MODERATE	53 – 78 (51-75%)	19 (63.3%)	06 (20%)
MILD	0 – 52 (0-50%)	07 (23.3%)	02 (6.7%)



Mean, S.D, Unpaired t-test, level of stress score of at home mothers and employed mothers

N=60

Unpaired t-test	Mean Score	S.D.	N	Mean %	Unpaired t-test	P value	Table Value at 0.05	Result	
Level of stress	At Home mothers	62.90	9.743	30	59.90	5.632	0.000	2.042	Significant
	Employed Mothers	77.20	10.39	30	73.50				

Objective ; 4

To find out the association of stress level regarding parenting of disabled children among employed mothers and at home mothers of school going children in selected schools for children with special needs of district Patiala, Punjab with their selected socio-demographic variables.

Association of level of stress score with their selected Socio Demographic Variables : At home mothers

Socio Demographic Variables	Level of stress			Chi square value	df	Table value	P value
	mild	moderate	severe				
1.Age of child (in years)							
a) 6 ≥ 9	0	3	0	3.570	6	12.59	0.735 ^{NS}
b) 9 ≥ 12	2	8	2				
c) 12 ≥ 15	3	6	1				
d) 15 ≥ 18	2	6	1				
2.Age of mother (in years)							
a) 25 ≥ 30	2	3	2	3.815	6	12.5	0.702 ^{NS}
b) 30 ≥ 35	1	6	1				
c) 35 ≥ 40	2	7	1				
d) >40	2	3	0				
3.Order of Birth							
a) 1	4	5	1	5.003	4	9.488	0.287 ^{NS}
b) 2	1	9	3				
c) 3 or more	2	5	0				
4. Type of disability							
a) Intellectual	1	4	0	19.637	10	29.588	0.033 ^{NS}
b) Developmental delay	0	2	0				
c) Deaf	2	5	0				
d) Visual	2	4	0				
e) Autism	2	1	0				
f) Mental Retardation	0	3	4				
5.Type of Family							
a) Nuclear	2	9	2	2.342	4	9.4888	0.673 ^{NS}
b) Joint	4	5	1				
c) Extended	1	5	1				
6.Gender of child							
a) Male	3	9	1	0.674	2	5.991	0.714 ^{NS}
b) Female	4	10	3				
7.Occupation of Mother							
a) Employed	-	-	-	-	-	-	-
b) Homemaker	7	19	4				
8.Education of Mother							
a) Primary	3	5	0				
b) Secondary	2	9	3				

c) Diploma	2	3	1	4.570	6	12.592	0.600 ^{NS}
d) Graduate	0	2	0				
e) Post graduate							
9. Residence							
a) Rural	3	8	0				
b) Urban	2	7	2	3.063	4	9.488	0.547 ^{NS}
c) Semi Urban	2	4	2				
10 Number of Children							
a) One	3	9	1				
b) Two	2	8	2	1.923	4	9.488	0.750 ^{NS}
c) Three or more	2	2	1				
11. Religion							
a) Hindu	4	6	1				
b) Muslim	1	5	1	1.755	4	9.488	0.781 ^{NS}
c) Sikh	2	8	2				
d) Christian	-	-	-				
12 Source of Information							
a) Mass Media	2	6	1				
b) Medical professionals	3	9	1	1.487	4	9.488	0.829 ^{NS}
c) Family/Relatives	2	4	2				

^{NS} = Non Significant

* = Significant

Table shows the association between the level of stress score with their selected socio demographic variables at home mothers. It was obtained the chi-square value for age of child (chi square value= 3.570 less than table value was 12.59, df=6), age of mother (chi square value=3.815 less than table value 12.59, df= 6), order of birth (chi square value =5.003 less than table value 9.488, df=4),types of disability (chi square value=19.637 less than table value 29.588, df= 10), type of family (chi square value = 2.342 less than table value 9.4888, df=4), gender of child (chi square value =0.674 less than table value 5.991, df=2),education of mother (chi square value=4.570 less than table value 12.592 , df=6) , residence (chi square value=3.063 less than table value was 9.4888, df=4), no. of children (chi square value= 1.923 less than table value 9.488, df=4), religion (chi square value=1.755 less than table value 9.488, df=4), and source of information (chi square value 1.487 less than table value 9.488 , df=4) which indicates non significant association between the level of stress with their selected socio demographic variables at home mothers with age of child, age of mother, order of birth, types of disability, type of family, gender of child, occupation of mother, education of mother, residence, number of children, religion and source of information.

Association of level of stress score with their selected socio demographic variables: employed mothers

Socio Demographic Variables	Level of stress			Chi square value	df	Table value	P value
	mild	moderate	severe				
1.Age of child (in years)							
a) 6 ≥ 9	0	1	4	8.351	6	12.592	0.214 ^{NS}
b) 9 ≥ 12	2	5	7				
c) 12 ≥ 15	0	0	6				
d) 15 ≥ 18	0	0	5				
2. Age of mother (in years)							
a) 25 ≥ 30	0	4	7	9.711	6	12.592	0.137 ^{NS}
b) 30 ≥ 35	2	0	6				
c) 35 ≥ 40	0	0	3				

d) >40	0	2	6				
3. Order of Birth							
a) 1	1	1	12				
b) 2	0	4	8	5.758	4	9.488	0.218 ^{NS}
c) 3 or more	1	1	2				
4. Type of disability							
a) Intellectual	-	-	-				
b) Developmental delay	1	0	1				
c) Deaf	0	2	5				
d) Visual	0	2	7	8.687	8	15.507	0.369 ^{NS}
e) Autism	0	1	2				
f) Mental Retardation	1	1	7				
5. Type of Family							
a) Nuclear	1	3	11				
b) Joint	1	2	10	1.364	4	9.488	0.850 ^{NS}
c) Extended	0	1	1				
6. Gender of child							
a) Male	1	3	16	1.319	2	5.991	0.506 ^{NS}
b) Female	1	3	6				
7. Occupation of Mother							
a) Employed	2	6	22				
b) Homemaker	-	-	-	-	-	-	-
8 Education of Mother							
a) Primary							
b) Secondary	0	0	2	5.129	6	12.592	0.527 ^{NS}
c) Diploma	2	3	6				
d) Graduate	0	2	10				
e) Post graduate	0	1	4				
9. Residence							
a) Rural	1	2	4				
b) Urban	0	2	7	2.049	4	9.488	0.727 ^{NS}
c) Semi Urban	1	2	11				
10. Number of Children							
a) One	1	1	8				
b) Two	1	4	13	1.990	4	9.488	0.738 ^{NS}
c) Three or more	0	1	1				
11. Religion							
a) Hindu	1	3	7				
b) Muslim	1	0	3				
c) Sikh	0	3	12				
d) Christian	-	-	-	4.438	4	9.488	0.350 ^{NS}

12.Source of Information								
a)	Mass Media	1	1	11	12.059	4	9.488	0.17 *
b)	Medical professionals	1	5	3				
c)	Family/Relatives	0	0	8				

NS = Non Significant

* = Significant

Table shows the association between the level of stress score with their selected socio demographic variables in employed mothers. It was obtained the chi-square value for age of child (chi square value= 8.351 less than table value 12.59, df=6), age of mother (chi square value=9.711 less than table value 12.59, df= 6), order of birth (chi square value =5.758 less than table value 9.488, df=4), types of disability (chi square value=8.687 less than table value 15.507, df= 8), type of family (chi square value = 1.364 less than table value 9.4888, df=4), gender of child (chi square value =1.319 less than table value 5.991, df=2), education of mother (chi square value=5.129 less than table value 12.592 , df=6) , residence (chi square value=2.049 less than table value 9.4888, df=4), number of children (chi square value= 1.990 less than table value 9.488, df=4), religion (chi square value=4.438 less than table value 9.488, df=4), which indicates non significant association between the level of stress with their selected socio demographic variables of employed mothers with age of child, age of mother, order of birth, types of disability, type of family, gender of child, occupation of mother, education of mother, residence, number of children, religion . Source of information (chi square value 12.059 more than table value 9.488 , df=4) level of significance shows significance association of level of stress score with their selected socio demographic variables of source of information.

OBJECTIVE 5

- To develop and distribute an informational booklet regarding special needs for disabled children .

RECOMMENDATIONS

Based on the study, the following recommendations are put forward for future research

1. A similar study can be conducted on a larger sample for a wider generation.
2. A study can be conducted to reduce the stress level of parenting of disabled children.
3. A descriptive survey study can be conducted to assess the stress level of parenting of disabled children.

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