A STUDY TO ASSESS THE LEVEL OF STRESS AMONG PARENTS OF HOSPITALIZED CHILDREN IN THE PEDIATRIC WARD AT SELECTED HOSPITALS

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Abstract
Background of study
children enjoy healthy child life with little need for specialized health care services. However, some children experiences difficulties in early childhood and require access to and utilization of considerable health care resources over time. The nature and the severity of illness and the circumstances surrounding the admission are major factors, especially for parents. They experienced of stress when the admission is unexpected than expected. Ill child become the focus of parent's life and the parent's most pressing need is for information. They want to know if child will live, will be same as before and want to know why things are been done to the child. they generally have no opportunity to prepare themselves or their children for an unanticipated admission they feel helpless as well as concern about child receiving appropriate care from others. **Method** the descriptive tools used for data collection, pilot study and plan for data analysis. This study includes the descriptive research approach, survey research design, simple random sampling was used and the sample number 100. The study was conducted to assess the level of parental stress among the parents of the hospitalized child in selected hospitals. **Results:** The analyzed data revealed that were drawn on the basis of the major findings of the study. In terms of association of the level of stress had no significant association of demographic variables such as gender of the parents, that mean stress score in the area of general aspect of stress was 25.78 ± 4.29, for hospitalization of child, it was 17.07 ± 3.32, for the area of treatment and prognosis it was 16.53 ± 2.44 and for the area of consequences of the disease it was 16.93 ± 3.118. Overall mean percentage stress score was 63.59 ± 7.75. history of previous hospitalization and the occurrence of the disease which had significant association with the stress score.

Key word: stress, child, parents, hospital.

Introduction:
Everyone in the modern world experiences stress at least occasionally in life. Stress has been conceptualized in multiple ways. Stress has devastating effects on individual, interpersonal, and societal levels; therefore, it is important to understand its nature to assist development of interventions to 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 and in the paediatric ward also, there are children admitted in the wards they are the malnourished children, undernourished, and with other illnesses also. Stress has been defined as "psychological and physical strain or tension generated by physical, emotional, social, economic, or occupational circumstances, events, or experiences that are

difficult to manage or endure" Stress affects an individual positively or negatively by way of an evolutionary concept named the fight or flight response. The crisis of childhood illness and the hospitalization affect every member of the family and the parent's reaction to illness in their child depends on a variety of influencing factors. Almost all parents respond to their child's illness and hospitalization with consistent reactions. Initially parents may react with disbelief especially if the illness is sudden and the serious, following the realization of illness parents react with anger or guilt or both.

Aims of the study:
aim to assess the level of stress among the parents of hospitalized children.

Methodology:
Research approach adopted for this study was descriptive research approach, as it aims to assess the level of stress among the parents of hospitalized children. a survey research design was used for the study. the population was all parents of hospitalized children in pediatric ward. sample size was 100 parents of hospitalized children in pediatric ward. Demographic variables: Parents demographic data includes: - age, sex, education, occupation, type of family, religion, number of children, and residence of living. Childs profile: - age, gender, birth order, previous hospitalization and occurrence of disease.

Result of the research study
The analyzed data revealed 4 % parents had mild stress, 90 % had moderate stress and 6% had severe stress and the minimum score was 54 and maximum score was 99. The significant variables were age in years of parents, occupation of father, history of previous hospitalization and history of occurrence of disease. Demographic Variables. Majority of the subjects 42% had the labour, 26% had the farmers, 28% had the businessman and only one having the government. Majority of the subjects 84% had the housewife and the 12% had the daily workers, 4% had the businessman, none of having government job of the parents. Majority of the subjects 37% had the number of children one, 48% had two, 15%had three and none of had the more than three. Majority of the subjects 20% had nuclear family, 57% had joint family and 23%had extended family. Majority of the subjects 47% had urban and 53% had rural, Majority of the subjects 54/% had the birth to three years, 24% had the 4-6 years,12% had the 7-10 years and 11-18 had 10% of age. Majority of the subjects i:e 57% had male and 43% had females. Majority of the subjects according to the birth order 58% had first, 38% had second, 4 had third and none of having more than three. Majority of the subjects according to the hospitalized days 22% had one day, 16 had two days, 16% had three das and 46% had more than three days. Majority of the subjects according to the previous hospitalization 86% had the previous hospitalization and 14% had o previous hospitalization. Majority of the subjects i:e According to the occurrence of disease 6% had the all the time, 29% had the sometime and 65 5 had the hardly at the time.

Association of stress score in relation to demographic variables There was no significant association of demographic variables such as gender of the parents, education of the parents, religion, occupation of the mother , birth order type of the family, residence of living, age of the child , gender , history of hospitalization, with stress score except the demographic variable of age of the parents , occupation of the father, history of the previous hospitalization and the occurrence of the disease which had significant association with the Stress score.

Area wise assessment of stress score

Area	Mean	SD	Percentage	range
General aspect of stress	25.78	25.78	85.93	19-38
Hospitalization of the child	17.07	3.32	56.9	10.26
Treatment and prognosis	16.53	2.44	55.1	9-22
Consequences of the disease	16.93	3.118	56.43	11-23

Distribution of parents of hospitalized children according to their area wise stressshows that mean stress score in the area of general aspect of stress was 25.78 ± 4.29, for hospitalization of child, it was 17.07 ± 3.32, for the area of treatment and prognosis it was 16.53 ± 2.44 and for the area of consequences of the disease it was 16.93 ± 3.118. Overall mean percentage stress score was 63.59 ± 7.75.

Association of stress score in relation to history of hospitalized days
children of the parents n=100

No of hospitalized days	No. of parents	Mean stress score	F-value	p-value
1 day 22 78.00	22	78.00±10.81		
2 days	16	77.63±8.08	1.220	0.307 NS,p gt;0.05
3 days	16	72.56±8.25		
76.35±9.20	46	76.35±9.20		

This table shows the association of stress scores with the number of hospitalized days of the children of parents. The tabulated 'F' values were 2.68(df=3,96) which is higher than the calculated 'F' 1.220 at 5% level of significance. Also, the calculated 'p'=0.307 which was much higher than the acceptable level of significance 'p'=0.05.

DISCUSSION AND CONCLUSION
selection of 100 subjects by the simple random sampling technique and collection of data by self-structured rating scale which is validated from the 10 experts. Data was analyzed and interpreted by using descriptive and inferential statistics. The conclusions were drawn on the basis of the major findings of the study. Majority of subjects 33% were of the age up to 25 years, 32% were of the age 26-30 years, 12% were of the age group 31-35 years and rest 23% were of the age group of 35 and more. Majority of the subjects 57% had female and 43% had male Majority of subjects 32% had the primary educated; 60% had the high school educated; 8% had the graduated and the none of having the PG and others. Majority of subjects 90% had the Hindu; 7% had the Muslims; 3% had others and the none of having Christian. Majority of the subjects 42% had the Labor, 26% had the farmers, 28% had the businessman and only one having the government. Majority of the subjects 84% had the housewife and the 12% had the daily workers, 4% had the businessman, none of having government job of the parents. Majority of the subjects. 37% had the number of children one, 48% had two, 15% had three and none of had the more than three. Majority of the subjects 20% had nuclear family, 57% had joint family and 23% had extended family. Majority of the subjects 47% had Urban and 53% had rural, Majority of the subjects i:e 54/% had the birth to three years, 24% had the 4-6 years, 12% had the 7-10 years and 11-18 had 10% of age. Majority of the subjects 57% had male and 43% had females. Majority of the subjects according to the birth order 58% had first, 38% had second, 4 had third and none of having more than three. Majority of the subjects according to the hospitalized days 22% had one day, 16 had two days, 16% had three days and 46% had more than three days. Majority of the subjects according to the previous hospitalization 86% had the previous hospitalization and 14% had o previous hospitalization. Majority of the subjects According to the occurrence of disease 6% had the all the time, 29% had the sometime and 65 5 had the hardly at the time.

CONCLUTION
The study involved selection of 100 subjects by the simple random sampling technique and collection of data by self-structured rating scale which is validated from the 10 experts. Data was analyzed and interpreted by using descriptive and inferential statistics. The conclusions were drawn on the basis of the major findings of the study. In terms of association of the level of stress had no significant

association of demographic variables such as gender of the parents, education of the parents, religion, occupation of the mother, birth order type of the family, residence of living, age of the child, gender, history of hospitalization with stress score except the demographic variable of age of the parents, occupation of the father. history of previous hospitalization and the occurrence of the disease which had significant association with the stress score.

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