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## Level of parental anxiety among mothers of hospitalized children in Narayana Medical College Hospital, Nellore

**Latha P and Aruna G**

### Abstract

**Background:** Parents whose children have been admitted to the hospital feel not only separation from their children but also they may have feeling of inadequacy as others provide care for their children. They feel anxiety, anger, fear, disappointment, self-blame, and possible guilt feeling due to lack of confidence and competence for carrying the child in illness.

**Aim:** The aim of the study was to assess the level of anxiety among mothers of hospitalized children.

**Objectives:** 1. To assess the level of anxiety among mothers of hospitalized children.

2. To find the association between levels of anxiety among mothers of hospitalized children with selected demographic variables.

**Methodology:** 60 mothers of children admitted in Pediatric ward at Narayana Medical College Hospital, Nellore were selected by using Non-probability convenience sampling technique method.

**Results:** Regarding parental anxiety among 60 mothers, 2(3.3%) mothers had mild anxiety, 36 (60%) had moderate anxiety and 22(36.66%) had severe anxiety regarding child's hospitalization.

**Keywords:** Parental anxiety, mothers of hospitalized children

### Introduction

Parents whose children have been admitted to the hospital feel not only separation from their children but also they may have feeling of inadequacy as others provide care for their children. They feel anxiety, anger, fear, disappointment, self-blame, and possible guilt feeling due to lack of confidence and competence for carrying the child in illness<sup>[1]</sup>.

The specific causes of parental anxiety related to hospitalization of their children or the fear of strange environment in hospital, separation from the child, unknown events and outcomes. The sufferings of the child spread of infections, of other members of the family, unbearable financial obligations incurred through the illness. There are so many factors which may increase the parental anxiety. The anxious parent can be recognized as irritability, trembling, coarse of waver voice, restlessness and withdrawal of erratic body movements<sup>[2]</sup>.

The mothers anxiety indicated that efforts or child negative anxiety and participant in their children who is undergoing hospitalization. Mothers are more anxious whether the children is less than one year of age, and whether it is the child's first hospitalization parents are significantly anxious, especially mother. Mothers are more pathologically anxious than fathers. The anxious parents are significantly more anxious about hospitalization and its fourth coming. Hospitalization appear to increase the probability of parental anxiety<sup>[3]</sup>.

The century has witnessed manifest changes in the extent to which parents are present during their child hospitalization and participate in the child care. Family, parents were expected to leave their child hospitalization and participate in child health care and gave the responsibility to hospital staff. Effort has been made to encourage parents to accompany their children's during hospitalization and to participate in care<sup>[4]</sup>.

### Need for the study

Every year about 2 million of the resuscitation are performed for children in their 87% of mothers are having anxiety when their children undergoes survey. Relationship between the babies and parents gain demographic and personally characteristics and parents of their baby's pain<sup>[5]</sup>. It was evident that 80% of parents feared side effect of drugs in that 43% of parents through medications were addictive and 37% of parents through that the less often children's receive care<sup>[6]</sup>.

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World Health Organization has identified 78% of mothers whose babies admitted in hospital setting May suffering with anxiety. Mothers were suffering with anxiety, whose infants had admitted in the NICU<sup>[7]</sup>.

A study was conducted to assess the parental anxiety and stress during their child hospitalization. Sample of study were 100 parents of hospitalized for at least 3days. Almost 2/3 of parents scored in the border line/clinical range of anxiety at baseline and discharges so, the study results that, Higher anxiety scores were associated with denial [ $r=414$ ;  $P < 0.25$ ] and self-blame [.519; p. 4] and a greater number of previous hospital stays [ $r=406$ ;  $p < .085$ ] 42% had border level or clinical level of anxiety, with scores significantly correlated with those at baseline and discharge<sup>[8]</sup>.

A randomized intervention was administered in a 15 bedded NICU in Denizli at the Pamukkale University Hospital, to determine the effect of stress-reducing nursing interventions on the stress levels of mothers and fathers of premature infants in the NICU. Participants were split into two groups: 20 premature infants' mothers and fathers were in a control group and 20 premature infants' mothers and fathers were in an experimental group involving education one-on-one and were provided with a booklet filled with informational facts on the NICU and care. The families were given the Parental Stressor Scale: Neonatal Intensive Care Unit (PSS: NICU) to measure situations that cause stress in the NICU. This instrument involves a rating scale ranging from 1 (not stressful) to 5 (extremely stressful). The State-Trait Anxiety Inventory (STAI), a 40-question tool, was also given to explain how an individual perceived stressful situations while their infant was in the NICU. Findings from the study revealed that both groups of parents experienced moderate levels of stress<sup>[9]</sup>.

### Statement of the Problem

A study to assess the level of parental anxiety among mothers of hospitalized children in Narayana Medical College Hospital, Nellore.

### Objectives

- To assess the level of anxiety among mothers of hospitalized children.
- To find the association between levels of anxiety among mothers of hospitalized children with selected demographic variables.

### Delimitations

- Mothers of children admitted in Pediatric ward at Narayana Medical College Hospital, Nellore.
- Mothers of children willing to participate in the study
- Sample size of 60.

### Methodology

#### Research approach

A quantitative approach was adopted to determine the research study.

#### Research design

The present study was conducted by using descriptive research design

### Setting of the study

The study was conducted at Pediatric ward in Narayana Medical College Hospital, Nellore.

### Target population

The target population for the present study was mothers of children.

### Accessible population

The accessible population for the present study was mothers of children in Pediatric ward at Narayana Medical College Hospital, Nellore and who fulfilled the inclusion criteria.

### Sample size

The samples consist of 60 mothers of children.

### Sampling technique

Simple random sampling technique was adapted for the study.

### Criteria for sampling selection

#### Inclusion criteria

- Mothers of children in Pediatric ward at Narayana Medical College Hospital, Nellore.
- Mothers of children willing to participate in the study.

#### Exclusion criteria

- Mothers of children who are not willing to participate in the study.
- Mothers of children who are critically ill.

### Description of the tool

**Part-I:** Socio demographic variables: It includes age of mother, gender, educational status, income, occupation, religion, area of living, number of children's age of children, number of previous hospitalization of children, type of family, dietary pattern of mothers and mode of delivery.

**Part-II:** State trait anxiety inventory scale was used to assess the anxiety level of mothers. It consist of 20 items. It is a 4 point liker scale. Each statement scored from 1- 4.

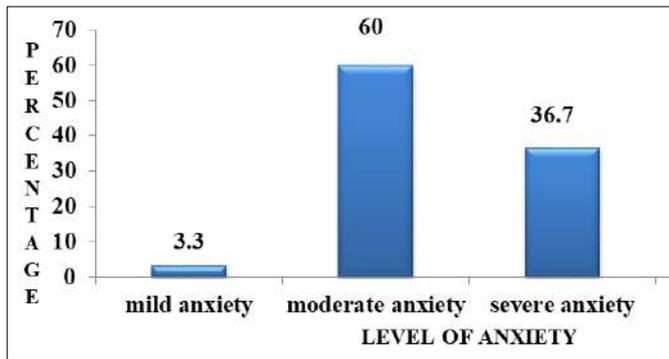
**Table 1:** Scoring interpretation

S. No.	Level of Anxiety	Score
1.	Mild anxiety	20-40
2.	Moderate anxiety	40-60
3.	Severe anxiety	60-80

### Data analysis and discussion

**Table 2:** Frequency and percentage distribution of level of parental anxiety among mothers of hospitalized children. (N=60)

Level of anxiety	Frequency	Percentage
Mild anxiety	2	3.33
Moderate anxiety	36	60
Severe anxiety	22	36.66
Total	60	100



**Fig 1:** Frequency and percentage distribution of level of parental anxiety among mothers of hospitalized children.

**Table 3:** Mean and standard deviation of knowledge score among mothers of children. (N=60)

Level of anxiety	Mean	SD
Mothers of children	12.49	4.63

### Major findings of the study

- Regarding parental anxiety among 60 mothers, 2(3.3%) mothers had mild anxiety, 36(60%) had moderate anxiety and 22(36.66%) had severe anxiety regarding child's hospitalization.
- The mean anxiety score of mothers was 12.49 and standard deviation was 4.63.
- Regarding association, age, education, occupation, type of family, family income, age of child and number of children had significant association with level of knowledge at  $P < 0.05$  &  $P < 0.001$  level.

### Conclusion

The study concluded that majority of mothers of children, 36(60%) had moderate anxiety regarding child's hospitalization.

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