

A Study to Assess the Knowledge Regarding Stress and Practice of Coping Strategies among Employed Mothers of School going Children in Selected Urban areas at Tumkur with View to Develop Information Guidesheet

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Abstract: *The present study was undertaken to assess the knowledge regarding stress and practice of coping strategies among employed mothers of school going children in selected urban areas at Tumkur with view to develop information guide sheet. The objectives of the study were to assess the knowledge regarding Stress among employed mothers of school going Children, to assess the practice of coping strategies among employed mothers of school going Children, to determine the association between the knowledge regarding Stress and selected demographic variables, to determine the association between practice of coping strategies and selected demographic variables, to develop and provide information guide sheet on stress and coping strategies. Descriptive study design was adopted for this study. Using simple random sampling technique by the lottery method was adopted to select the sample. 100 employed mothers were selected. Informed consent was taken and data was collected. A perceived rating scale used to assess the knowledge regarding stress and checklist to assess coping strategies. The collected data was analyzed by using descriptive and inferential statistics. The mean knowledge score for the samples was found 123.98, with standard deviation of 24.84. The data was collected using interview technique. Study findings revealed that out of 100 samples, 57% of the employed mothers demonstrated moderate knowledge regarding stress, 20% had inadequate knowledge and 23% of the samples had adequate knowledge regarding stress. The mean score of practice of coping strategies was found 5.53, with standard deviation of 1.56. The study findings revealed that 58% of employed mothers are strained, 23% had better coping and 19% are burned out towards stressful situation. An information guidesheet on stress and coping strategies is provided to the subject after data collection.*

Keywords: Stress, Coping strategies

1. Introduction

Our era is characterized by stress, one disease that is not easy to eliminate. Stress is recognized as a major health hazard of the contemporary century, underlying diverse conditions and a major contributor to disturbance in one's emotional, social, and family life.¹

Stress being the conditions or circumstances with which an individual have to cope and coping being at least one possible response to stress. Etymologically, the word cope is derived from the Latin word *colpus*- a blow, via the French *couper*- to cut. Its primary meaning of hitting or cutting then produced secondary sense of contending with and finally overcoming.²

Selye, defined stress as "the state manifested by a specific syndrome which consists of nonspecifically-induced changes within a biologic system".³

Concerning the causes of stress, Maximum studies have pointed the fact that incidence of stress is due to over worker. (Laver). In USA work place stress has doubled since 1985. Approximately 1/3 of all Americans consider job related stress as their greatest source of stress. According to worldwide poll 82 % of respondent reported that work related pressure cause them to feel stress on a regular basis and maximum 1/3 of the respondent experienced stress every day.⁴

Stress means pressure and in human life it represents an uneasy experience. It is defined as an unpleasant psychological and physical state caused due to some internal and/or external demand that go beyond or capacity. "Stress is too well known but too little understood" says Hans Selys. He defines stress as the wear and tear of the body. Selye also suggested that "General Adaptation Syndrome" manifest as alarm, reaction, short term, acute response pattern, stress is a person adaptive response to a stimulus that places excessive psychological and physical depends on that person. Stress is a person's response to an inappropriate level of pressure.³

Stress is a complex, dynamic process of interaction between a person and his or her environment. Each individual reacted to the stresses to which he was exposed in a unique individual manner. The coping strategies are either aided by personality defenses operating within an optimum range or interfered with by defenses when these are ineffective at one extreme of this range or are symptomatically obtrusive at the other.⁵

In a nuclear family mother has to take care of the whole family. This will increase their emotional stress. These increasing stresses will cause so many physical and mental problems. So it is necessary to assess the stress and coping strategies among employed mothers of school going children to avoid all these problems.

Coping is the cognitive and behavioral efforts to manage specific external and internal demands of the individual.

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Active coping strategies are either behavioral or psychological responses designed to change the nature of the stressor itself or how one thinks about it. Whereas avoidant coping strategies lead people into activities or mental states that keep them from directly addressing stressful events.⁶

The roles of wife and mother are natural roles and are therefore performed without undue stress. In contrast the role of employee is seen as “unnatural” and therefore highly demanding for women.⁷

2. Statement of the Problem

A study to assess the knowledge regarding stress and practice of coping strategies among employed mothers of school going children in selected urban areas at tumkur” with a view to develop information guide sheet

2.1 Purposes

The main purpose of the study is to assess the knowledge regarding stress of employed mothers of school going children

To assess the level of practice of coping strategies among employed mothers of school going children

2.2 Objectives

- 1) To assess the knowledge regarding Stress among employed mothers of school going Children.
- 2) To assess the practice of coping strategies among employed mothers of school going Children.
- 3) To determine the association between the knowledge regarding Stress and selected demographic variables.
- 4) To determine the association between practice of coping strategies and selected demographic variables.
- 5) To develop and provide information guide sheet on stress and coping strategies

3. Methods/Approach

Descriptive study research design was used for the following study. Study variable under the study were:

Knowledge regarding stress and practice of coping strategies of employed mothers of school going children.

This study was conducted among study 100 employed mothers from selected urban areas at Tumkur who satisfied the inclusion criteria

The tool consists of 4 sections.

Section A: Socio demographic data. This section consist of The perceived rating scale comprised of three parts.

Part-I

A Performa for selected personal information was used to collect the sample characteristics. The characteristics included are age, religion, type of the family, education, occupation, income of the family, type of parenting, number of children, working experience, previous knowledge on

stress and its management. The respondents were asked to give relevant information in the space provided.

Part-II

This part consists of 40 items divided into 2 areas. This part has three sections of rating scale, comprising of Section A, and Section B. Rating scale is used to assess the knowledge regarding stress and related symptoms.

Section A: It consists of 21 rating scale questions to assess the knowledge regarding stress due to different stressors.

Section B: It consists of 19 rating scale questions regarding symptoms due to stress.

Part- III

It consists of 10 checklist questions regarding different types of coping mechanisms. The checklist used to assess practice of coping strategies.

Score Interpretation

Part-I: Information regarding demographic data was collected from selected urban areas on 10 demographic variables. The responses they felt appropriate was placed in the space provided for each item

Part-II: Maximum scoring for the statement is 5 and minimum of 1 based on the direction of scoring

Table 1: Scoring of Tool

Table 1.1: Rating scale to check the level of knowledge regarding stress

S. No	Statements	Strongly agree	Agree	Uncertain	Disagree	Strongly disagree
	Knowledge regarding stress	5	4	3	2	1

- The knowledge regarding stress have been classified as
- Inadequate knowledge regarding stress - 40-100(<50%)
 - Moderate knowledge regarding stress -101-150(50-75%)
 - Adequate knowledge regarding stress -151-200(>75%)

Part-III

Table 1.2: Checklist to assess practice of coping strategies

SL No:	Statement	Yes	No
	Coping strategies	1	0

Practice of coping have been classified as:-

Burn out:-1-4

Strained :-5-7

Better coping: Above 7

Written permission was obtained from the concerned families at Tumkur. The data collection was done from 15-12-2012 to 30-01-2012 the samples were selected by simple random sampling. The purpose of the study explained to them and informed consent was obtained. The investigator reassured that whatever information they give will be kept confidential and this information used only for the study purpose. The total of 100 subjects was selected for the study. The data were collected by using rating scale and

checklist in English. Data was entered to Master Data sheets. Descriptive and inferential statistics was used for analysis of data. Frequency and percentage were used to describe the distribution of employed mothers of school children according to their demographic characteristics. Mean, Mean score percentage and Standard Deviation were used for assessing the knowledge regarding stress and coping methods. Chi – square test was used to determine the association of demographic variables with knowledge regarding stress and the association of demographic variables with practice of coping strategies.

4. Results

Section I:-Describes the demographic variables of employed mothers of school children.

100 samples were taken from urban areas in that 16% were in the age group of 25-30, 27% were in the age group of 30-35, 25% in the age group of 35-40, 19% were in the age group of 40-45 and 13% were in the age group of 45-50. Maximum of employed mothers 81% were taken from nuclear family and 19% were taken from joint family. Maximum of the study samples were Hindus 55%, 25% were Christian, 15% were Muslim and 5% belongs to other religions. Maximum of samples education 37% were degree holders 22% were up to PUC, 11% were post graduates and about 13% were up to SSLC and 17% were up to high school. Maximum of the employed mothers 43% were Government employers, 31% were private employers, 18% were doing business, and 8% were doing other works. 14% of the samples had monthly income of below Rs.5000, 24% had monthly income of Rs.5001-10000, 33% had monthly income of 10001-15000, 17% had monthly income of 15001-20000 and about 12% had monthly income of more than Rs.20000. Maximum of the samples 72% were staying with husband, 19% were single parents, 5% were divorced and 4% were widowed. 42% of employed mothers had 2 children, 36% had only one child, 18% had 3 children and 4% had four children. Maximum of the samples 62% had the working experience of 6-10 years, 17% had 0-5 years of working experience, 17% had 11-15 years of working experience and 4% had working experience of more than 15 years. Maximum of the samples 67(67%) had previous knowledge on stress management from mass media and newspaper, 22(22%) had the knowledge from friends, and 11(11%) from health workers.

Section II: Knowledge regarding stress among employed mothers of school going children

Table 2: Level of knowledge regarding stress

Knowledge Regarding Stress	Percentage (%)
Adequate Knowledge	23
Moderate Knowledge	57
Inadequate Knowledge	20

The table shows the knowledge regarding stress among 100 samples selected for the study. Out of 100 employed mothers studied, 57% had moderate knowledge, 20% had inadequate knowledge and 23% of employed mothers had adequate knowledge regarding stress.

Section III- Practice of coping strategies among employed mothers of school going children

Table 3: Level of practice of coping strategies

Level of coping	Percentage (%)
Burn out	19
Strained	58
Better coping	23

The table depicts the level of coping among 100 samples selected for the study. Out of 100 employed mothers studied, 19% burnout, 58% are strained, 23% of employed mothers having better coping.

Assessment of knowledge regarding stress and practice of coping Among employed mothers of school going children.

The chi-square value shows that most of the employed mothers are under moderate knowledge regarding stress. The knowledge regarding stress was rated over the maximum possible score of 200. The data showed that mean score percentage of knowledge regarding stress was more 61.99% and coping strategies was 55.3%. This shows that sampled employed mothers of school going children had moderate knowledge regarding stress and were trying to cope by using some of coping strategies.

Table 4: Level of knowledge regarding stress and practice of coping strategies

S. No.	Study Variable	Maximum Possible score	Mean	SD	Range	Mean score %
1	Knowledge	200	123.98	24.84	86-173	61.99
2	Coping strategies	10	5.53	1.56	2-9	55.3

Table shows Mean, SD, range and mean score percent of knowledge regarding stress and practice of coping strategies of employed mothers.

Section IV

Association between knowledge regarding stress with socio-demographic variables

The chi-square test was computed in order to determine the significance of association between the knowledge regarding stress among employed mothers of school going children and Age, religion, type of family, Educational qualification, occupation, family monthly income, type of parenting, no. Of children, years of working experience and sources of knowledge regarding stress management.

Table 5: Association between knowledge regarding stress with socio-demographic variables

Variable	χ2 value	df	p value
Age	7.385	8	15.51
Religion	5.053	6	12.59
Type of family	8.426	2	5.99
Educational level	7.284	8	15.51
Type of occupation	19.65	6	12.59
Income of the family	17.283	8	15.51
Type of parenting	13.52	6	12.59
No. of children	13.86	6	12.59
Years of working experience	3.331	6	12.59
Previous knowledge	2.55	4	5.99

In this study it is found that variables such as type of family, occupation, monthly income, type of parenting, and number of children have significant association with practice of coping strategies among employed mothers of school going children and the variables such as age, religion, educational level, years of working experience, and previous knowledge regarding stress management gender had no association with knowledge regarding stress among employed mothers of school going children

Section V: Association of practice of coping with selected demographic variables

In this study it was found that type of family, occupation of the mother, income of the family, type of parenting and number of children have significant association with and practice of coping strategies among employed mothers of school going children. Age, religion, education of the mother, working experience and previous knowledge had no association with practice of coping strategies.

Table 6: Association of practice of coping with selected demographic variables

Variable	χ^2 value	df
Age	5.85	8
Religion	5.14	6
Type of family	9.45	2
Educational level	9.72	8
Type of occupation	13.21	6
Income of the family	16.06	8
Type of parenting	19.91	6
No. of children	14.68	6
Years of working experience	2.83	6
Previous knowledge	2.96	4

Statistical Methods: Descriptive statistical analysis has been carried out in the study. Significance is assessed at 5 % level of significance. Chi-square has been used to find the significance of study parameters on categorical scale between two or more groups.

5. Discussion

- The overall mean score on stress for samples were 123.98 and with a SD of 24.844 and a mean score percentage of 61.99%.
- In adequate knowledge regarding stress- 23%
- In moderate knowledge regarding stress-57%
- In inadequate knowledge regarding stress- 20%
- The overall mean score on practice of coping strategies for samples were 5.53 and with a SD of 1.56 and a mean score percentage of 55.3%. In burnout-19%, In strained-58% and, In better coping 23%

6. Conclusion

Out of 100 employed mothers studied, 57% had moderate knowledge, 20% had inadequate knowledge and 23% of employed mothers had adequate knowledge regarding stress.. Out of 100 employed mothers studied, 19% burnout, 58% are strained, 23% of employed mothers having better coping. In this study it was found that type of family, occupation of the mother, income of the family, type of

parenting and number of children have significant association with and practice of coping strategies among employed mothers of school going children. Age, religion, education of the mother, working experience and previous knowledge had no association with practice of coping strategies.

7. Future Scope

- An evaluative study can be conducted to test the Effectiveness of coping strategies.
- The same study can be replicated on a large sample to generalize the findings to a large population
- A comparative study can be conducted on the practice of coping strategies among working and non-working mothers.
- Studies can be aimed at how nurses can empower their role as mental health care provider in general practice to manage stress.

8. Limitations

The limitations of the present study were:-

- Generalization cannot be done as the study has been conducted only on the employed mothers of school going children.
- The study cannot be done on large samples as the limitation in the time period.
- The limited sample used that puts limitation in generalization.

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