



A STUDY TO ASSESS THE LEVEL OF ANXIETY AMONG THE PARENTS OF HOSPITALIZED CHILDREN IN SELECTED HOSPITAL, BANGALORE

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Abstract: Fear, anxiety and frustration are common feelings expressed by parents when child is sick. Fear and anxiety may be related to the seriousness of the illness and the type of medical procedures involved. This study aimed to assess the Level of Anxiety among the Parents of Hospitalized Children in Selected Hospital, Bangalore. Results revealed that out of 70 parents of hospitalized child, Level of anxiety among parents shows that highest percentage (71%) of parents had moderate anxiety 20% parents had mild anxiety and only 9% of parents had severe anxiety. Significant association ($P < 0.05$) was found between Age of the Child, Area of the Child Admission, ICU, NICU and Others, Age of the Parents and anxiety.

Index Terms – Parents Fear, Anxiety, Child Admission, ICU, NICU

I. INTRODUCTION

Every person experiences some form of anxiety throughout life. Anxiety can provide the stimulus for changes and growth turns out to be positive and sometimes even necessary. However, too much anxiety can result in poor judgment, physical illness and inability to cope. A number of studies have proposed a relationship between anxious life events and a wide variety of physical and psychiatric disorders (Laben .Y.M, 2002).

The crisis of childhood illness and hospitalization affects every member of the family and, parent's reactions to illness in their child depend on a variety of influencing factors. Almost all parents respond to their child's illness and hospitalization with consistent reactions.

Fear, anxiety and frustration are common feelings expressed by parents when child is sick. Fear and anxiety may be related to the seriousness of the illness and the type of medical procedures involved. Other reasons for anxiety are related to concerns for the child's future well being, including negative effects produced by the hospitalization and financial burden incurred from the hospitalization. (Wongs 2005)

II. Statement of Problem

A Study To Assess The Level Of Anxiety Among The Parents Of Hospitalized Children in Selected Hospital, Bangalore.

III. OBJECTIVES

1. To assess the level of anxiety among the parents of hospitalized children.
2. To find the association between the level of anxiety with the selected demographic variables of parents of Hospitalized children.

IV. METHODS

Descriptive design with cross sectional survey approach was used for the present study. The study was conducted in Selected Hospital at Bangalore. Hospital is located at heart of the city. It is 750 bedded hospitals with an average of 10 – 15 pediatric cases are admitting per day. The study was conducted in all the areas of pediatric unit like medical ward, surgical ward and isolation ward. Population consists of all the parents of hospitalized children whose age group of 1 month – 12 years.

Data was collected from 70 parents of hospitalized children through Convenient sampling technique using Interview Schedule consists of i. Demographic Data such as age of the child, sex of the child, type of illness, area of child admission, period of the hospitalization, education, occupation, monthly income per capita, relationship to the child, type of family, previous exposures to hospitalization and religion. ii. Anxiety Scale it consists of 5 point rating scale with 42 anxiety items. They are categorized into never, rarely, some time, mostly and always. Each item this has maximum 4 scores, Never has 0 Score, Rarely has 1 score, Sometimes has 2 score, Most of the times 3 and Always has 4 score. They were 168 maximum anxiety scores.

Levels of anxiety	Scores
No anxiety	0 -42
Mild anxiety	43 – 84
Moderate anxiety	85 – 126
Sever anxiety	127 - 168

V. METHOD OF DATA ANALYSIS

Descriptive statistics:

1. Frequency and percentage distribution will be used to analyses selected socio-demographic variables.

Inferential statistics

2. Chi – square test will be used to find out association between level of anxiety with selected socio demographic variables of parents of hospitalized child.

VI. RESULTS

N = 70

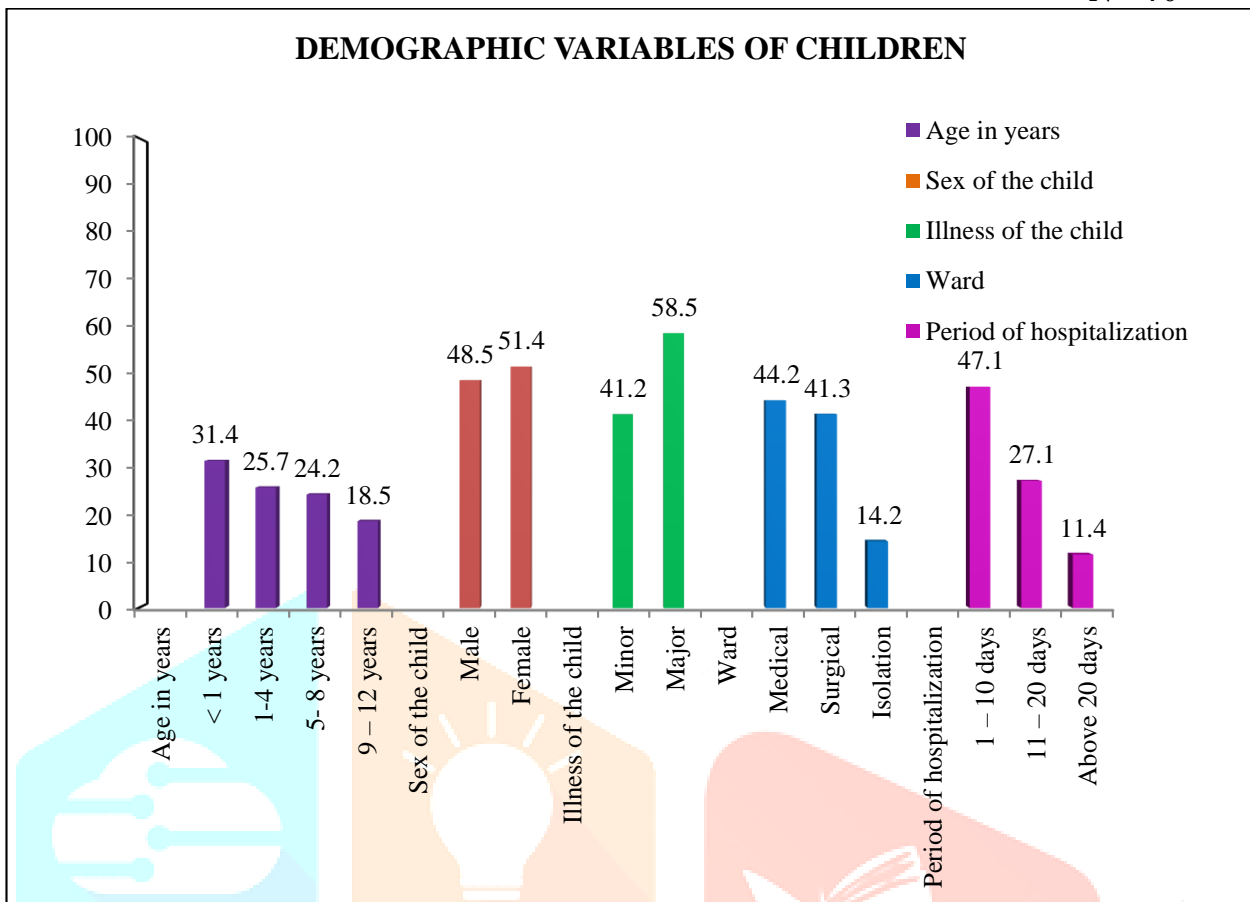


Fig 1: Percentage Distribution of Demographic Variables Of hospitalized Children

N = 70

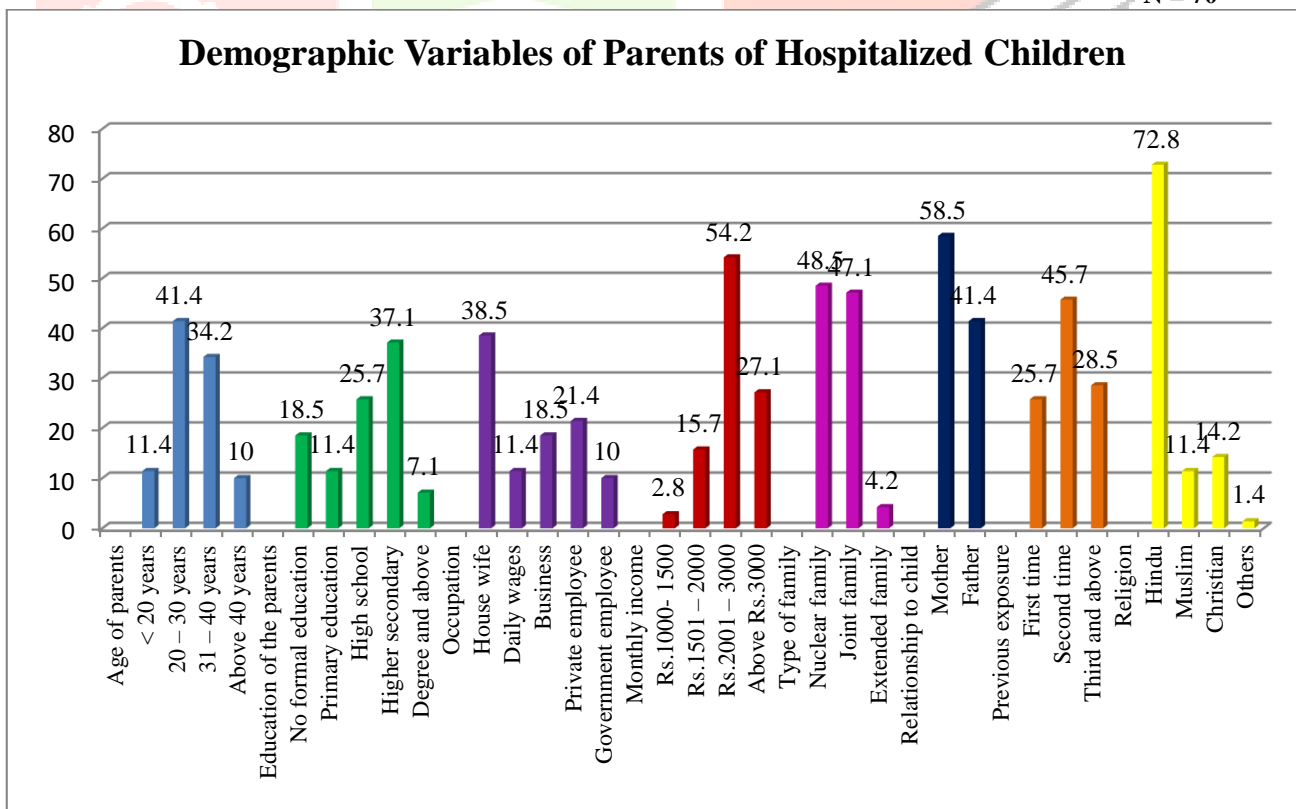


Fig 2: Percentage Distribution of Demographic Variables of parents of hospitalized Children

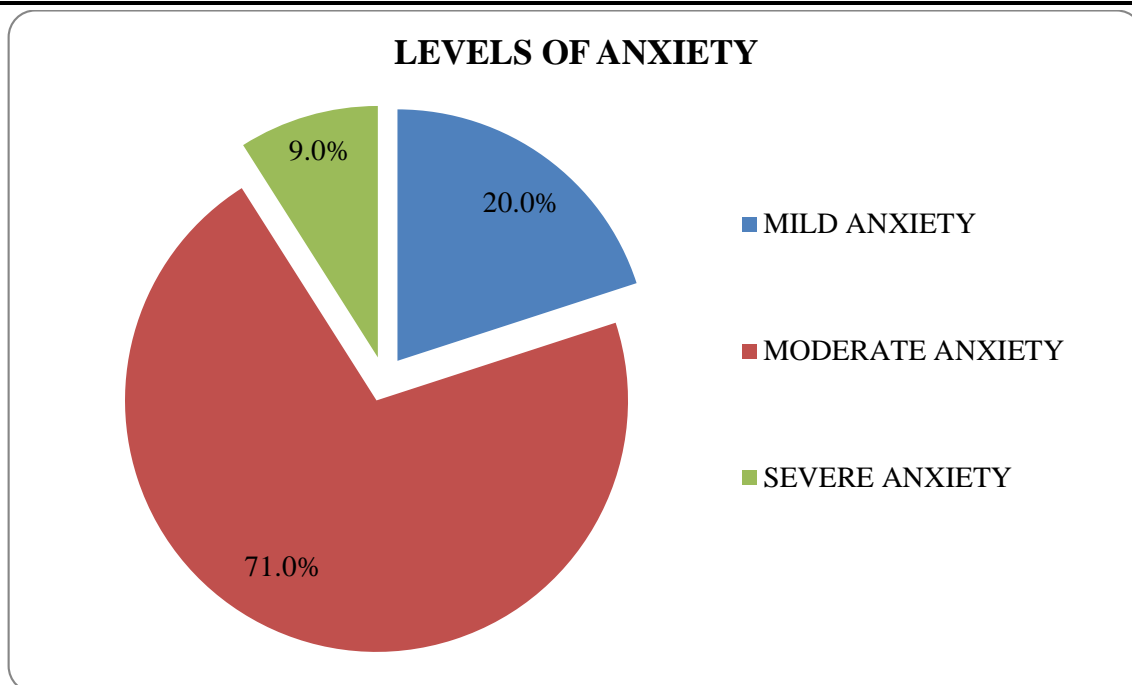


Figure 3 : Distribution of parents of hospitalized children according to the level of anxiety

Percentage wise distribution of parents of hospitalized children according to the level of anxiety shows that all parents of hospitalized children had anxiety. Majority of the parents (71%) had moderate anxiety, 20% parents had mild anxiety and only 9% of parents had severe anxiety. It seems that majority of the parents had moderate anxiety.

Table 1 :Association between Demographic Variables of Hospitalized Child and parents and level of anxiety

Demographic variables	Calculated χ^2 value	P value	df	Level of significance
Age of the child	35.94	0.00	6	Significant
Sex of the child	0.68	0.71	2	Not significant
Area of child admission	25.76	0.001	8	Significant
Period of hospitalization	5.44	0.244	4	Not significant
Age of the parents	12.90	0.044	6	Significant
Education of the parents	4.23	0.835	8	Not significant
Occupation	12.08	0.147	8	Not significant
Previous exposure	4.825	0.305	4	Not Significant

Table 2. : Association between the level of anxiety among the parents according to their selected demographic variables of the hospitalized child

	Mild		Moderate		Severe		Total		Chi Square p value
	No.	%	No.	%	No	%	No	%	
Age in years									
<1 year	2	2.85	16	22.85	3	4.28	21	30	0.000* S
1 – 4 years	3	4.28	14	20	1	1.42	18	25.7	
5 – 8 years	4	5.71	10	14.28	1	1.42	15	21.4	
9 – 12 years	3	4.28	10	14.28	3	4.28	16	22.9	
Ward									
Medical	5	7.14	21	30	5	7.14	31	44.3	0.001* S
Surgical	7	10	24	34.28	3	4.28	34	48.6	
Isolation	0	0	5	7.14	0	0	5	7.1	
Period of hospitalization									
1 – 5days	8	11.42	22	31.42	3	4.28	33	47.1	0.244 NS
06 – 10 days	3	4.28	21	30	4	5.71	28	40	
Above 10 days	1	1.42	7	10	1	1.42	9	12.9	
Age of parents									
Below 20 years	1	1.42	13	18.5	4	5.71	18	25.7	0.044 S*
20 – 30 years	9	12.8	19	27.1	3	4.28	31	44.3	
31 – 40 years	3	4.28	10	14.28	1	1.42	14	20	
Above 40	2	2.28	5	7.14	0	0	7	10	
Education of the parents									
No formal education	3	4.28	19	27.14	3	4.28	25	35.7	0.835 NS
Primary education	1	1.42	7	10	3	4.28	11	15.7	
High school	1	1.42	9	12.85	1	1.42	11	15.7	
Higher secondary	3	4.28	10	11.42	1	1.42	14	20	
Degree and above	4	5.71	5	7.14	0	0	9	12.9	
Occupation									
House wives	5	7.14	23	32.85	5	7.14	33	47.1	0.147 NS
Daily wages	2	2.85	11	15.71	1	1.42	14	20	
Business	2	2.85	4	5.71	1	1.42	7	10	
Private employee	1	1.42	8	11.4	1	1.42	10	14.3	
Government employee	2	2.85	4	5.71	0	0	6	8.6	

VII. CONCLUSION

Level of anxiety among parents shows that highest percentage (71%) of parents had moderate anxiety 20% parents had mild anxiety and only 9% of parents had severe anxiety.

Significant association ($P < 0.05$) was found between Age of the Child, Area of the Child Admission, ICU, NICU and Others, Age of the Parents and anxiety.

No significant association was found between the level of anxiety when compared with age of the child, sex of the child, type of illness, area of child admission, period of hospitalization, age of the parent's education occupation, type of family, relationship to the child and religion.

VIII. ACKNOWLEDGEMENT

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