

PARENTAL STRESS :NEWBORN ADMITTED IN NEONATAL INTENSIVE CARE UNIT

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ABSTRACT

A study to assess the stress of the Parents of Newborn Neonatal Intensive Care Unit .The objectives are to assess the level of stress among Parents and to associate the level of stress of the Parents with their Selected Demographic Variables. A sample of 30 parents of newborn were selected. The data collection for the study was done,tabulated and analyzed. Overall mean in stress of parents having newborn found to be 94.3 and overall standard deviation as 14.05. The frequency distribution in the study shows that majority 70% were belongs to moderate level of stress, 27% high level of stress and 3% low level of stress. Parents of new born admitted in neonatal intensive care unit attending the counseling by the neonatologist as a routine. Additional counseling session was arranged to the parents who are having high level of stress.

Keywords: Parental stress, Newborn ,Neonatal Intensive Care Unit.

INTRODUCTION:

Working hard for something we care about is called stress.

-Ross McCammon

Stress is a feeling of strain and pressure. It can be external and related to the environment, but may also be caused by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort etc., which leads to stressful. It can make the individual more susceptible to physical illnesses like the common cold. Research indicates the type of stressor (whether it's acute or chronic) and individual characteristics such as age and physical health before the initiation of stress symptoms can together to determine the effect of stress on an individual.

Few people would disagree that being a parent of admitted newborn cared in the Neonatal Intensive Care Unit (NICU) is a stressful event . As Stress disturbs the newborn–parents relation and interaction and often leads to emotional maladjustment in parents. The health care and nursing care has had a greater focus on the newborn survival with less attention to stress of the parent. This paper presents the preliminary findings of a quantitative study that explores the stressful event of parent of admitted newborn in the Neonatal Intensive Care Unit.

TITLE:

A Descriptive Study to assess the Stress of the parents of newborn admitted in Neonatal Intensive Care Unit at Selected Tertiary Care Hospital, Kelambakkam, Kanchipuram District, Tamil Nadu, India.

OBJECTIVES:

- To Assess the Level of Stress Among Parents of Admitted Newborn in Neonatal Intensive Care Unit.
- To Associate the Level of Stress of the parents With their Selected Demographic Variables of Parents of Admitted Newborn in Neonatal Intensive Care Unit.

RESEARCH METHODOLOGY:

In this study we were used Quantitative Non experimental- Evaluative approach, Descriptive research design, Non probability purposive sampling technique was used. Structured Interview Schedule consist of 28 objective questions was used as a tool to assess the level of stress of the parents of newborn in NICU. Parents of the newborn who fulfills the given criteria were selected as a sample.

Sample size n = $DEFF * Np (1-p) / [d^2 / z^2 / 2 * (N-) + p(1-p)]$

- Confidence level : 95%
- Confidence interval : 5%

- Population size : 50
- At 95% confidence level the sample size (n) 30

SAMPLING CRITERIA:

A.INCLUSION CRITERIA

The study includes Parents who are

- Having newborn at Neonatal Intensive Care Unit.
- Able to read/understand - Tamil or English.
- Available at the time of data collection.
- Willing to participate in the Study

B.EXCLUSION CRITERIA

The study excludes parents who were

- Not willing to participate in the study.
- Parents Language Other Than Tamil-English.

RESEARCH TOOL:

There are Two sections (A&B) in Research tool, in which Section A includes selected demographic variable & Section B includes the Structured Interview Schedule to assess the stress of the parents of admitted newborn in Neonatal Intensive Care Unit.

SCORING & INTERPRETATION:

S.NO	SCORE	PERCENTAGE	DESCRIPTION
1	1-69	<50%	Low level of stress
2	70-105	50-75%	Moderate level of stress
3	106-140	>75%	High level of stress

DATA COLLECTION PROCEDURE:

- The data was collected for the period of two weeks. The written informed consent was obtained from the research participants. Permission letter was obtained from the HOD of Pediatric nursing, UG committee and Human Ethical committee.
- Descriptive statistics like frequency distribution, percentage, mean, standard deviation & inferential statistics like chi square was used to analyze the data.
- Parents of new born admitted in neonatal intensive care unit attending the counseling by the neonatologist as a routine. Additional counseling session was arranged to the parents, if they found with high level of stress during the data collection period.

RESULTS:

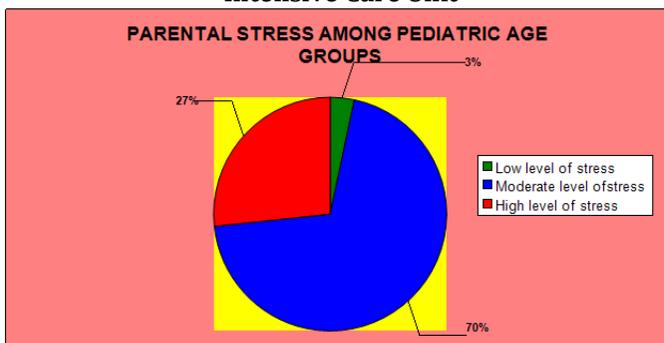
TABLE -1:Frequency And Percentage Distribution Of Demographic Variable Of The Newborn Admitted In Neonatal Intensive Care Unit:

SL.NO	CHARACTERISTICS	CATEGORY	FREQUENCY	PERCENTAGE	X ² & P VALUE
1.	GESTATIONAL AGE	(a) Preterm	13	43.3%	(P) 5.99 >1.8(X ²) Accepted at 0.05 level
		(b) full term	17	56.7%	
2.	AGE OF THE BABY	(a) 1-10 days	19	64%	(P) 9.49 > 3.17(X ²) Accepted at 0.05 level
		(b) 11-20 days	7	23%	
		(c) 21-30 days	4	13%	
3.	GENDER	(a) Male	18	60%	(P) 9.21 > 8.69 (X ²) Accepted at 0.01 level
		(b) Female	12	40%	
4.	BIRTH WEIGHT	(a) Normal weight (above 2.5kg)	14	46.6%	(P) 12.59 >2.82 (X ²) Accepted at 0.05 level
		(b) Low weight (1.5-2.5kg)	12	40%	
		(c) Very low Weight (1 - <1.5kg)	2	6.7%	
		(d) Extremely Low weight (<1 kg)	2	6.7%	

TABLE - 2: Frequency, Percentage Distribution, Mean And Standard Deviation Of Parents Having Newborn At Neonatal Intensive Care Unit (NICU)

CHARACTERISTICS	CATAGORY	FREQUENCY	PERCENTAGE (%)	MEAN	STANDARD DEVIATION
PARENTS HAVING NEWBORN AT NICU	Low level of stress	1	3.3%	94.3	14.05
	Moderate level of stress	21	70%		
	High level of stress	8	26.7%		
	TOTAL	30	100%		

FIGURES 1:Percentage Distribution On Stress Level Of Parents Having Newborn At Neonatal Intensive Care Unit



DISCUSSION: It is observed that most of the parents of the newborn admitted at neonatal intensive care unit had 70% were belongs to moderate level of stress, 27% of them high level of stress and 3% of them low level of stress. It was observed that the mean and standard deviation aspect of parents of newborn with stress level. Overall mean in stress aspects parents having newborn found to be 94.3 and standard deviation as 14.05. The association between demographic variables in relation with the level of stress of the parents of newborn. It shows that monthly income had some significant association with stress level aspects at p value < 22.732 level of significance.

CONCLUSION:

Neonatal intensive care unit (NICU) is a highly stressful environment to most of the parents. Having the newborn admitted to a NICU is difficult for parents. Parents of newborn admitted in Neonatal Intensive Care Unit, experience multiple stressors related to preterm birth, medical condition of the baby, complexity of the NICU environment and perceived vulnerability of the Newborn, in addition to stressors associated with the normal transition process to parenthood. There are only a few studies of this kind done in India. Hence this study was taken to determine the clinical and socio demographic factors leading to stress of the parents whose newborn were admitted in NICU of a selected tertiary care hospital.

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