

Short Communication Sibling Rivalry-Hands on Parental Empowerment Programme

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ABSTRACT: : Pre-Experimental study design spotting the parents, it involves in identifying to evaluate their knowledge improvement to handle the Sibling Rivalry in time. Some researchers also detected in changing the level of knowledge among parents to handle Rivalry in children within a time by sophisticated to evaluate the parents knowledge. In our opinion, changes in the emotional status of children depend on the Psychological and existential transformations and have the ability to spot the general life of parents with Parental Empowerment Program (PEP).

In the current study, formulation of brief, emotional and behavioral problems in children without parents support it leads to Sibling Rivalry and to identify the overall knowledge on sibling rivalry. Data was collected in selected areas and gathered with help of structured questionnaire by an interview method with help of implemented PEP among parents. Previous studies revealed to analyze the feasibility of this Program.

Key Words: Parental Empowerment Programme (PEP), Knowledge, Sibling Rivalry, Emotional and behavioural Problems

INTRODUCTION

In the last decay, a behavioural problem was found in children was to be 21.08% along with other emotional disorders such as Sibling Rivalry, the prevalence rate was 6.09%.¹ The structured teaching programme for parents has not been only too aimed to identify the level of knowledge on parents to handle the rivalry. Recently, many teaching programme with practice have been proposed that, in future to support parents to handle their children with emotionally.

However, the emotional status of children depends upon the parent involvement in taking care of them in fulfillment of their needs and demands. Sibling rivalry is a competition with siblings for an attention and affection of parents, associated with unusual pattern of negative feelings. Sometimes the parents taking care of other one without their knowledge it replicate with other children behavioural changes. Thus, it is useful to determine a programme to improve the parents knowledge level along with practice it in future.

Parents isolation may results for sibling rivalry. Parents often feel cut off from the world around them. When the parents are disconnected from the family, friends and activities they once enjoyed, they are parenting in isolation without the support they need to keep themselves healthy and able to nurture their children.

In the current study, we focused to conduct a programme for parents in order to identify the adequate knowledge to handle the sibling rivalry among parents and also involvement in attending the hands on PEP among parents. Elaborated structured questionnaire used to collect the data by interview method aimed to identify the level of knowledge among parents to reduce the risk of sibling abuse, emotional and behavioural problems in children and too support the parents to free from stress.

HANDS ON PARENTAL EMPOWERMENT PROGRAMME (PEP)

Sibling Rivalry: Competition with siblings for the attention and affection of parents, associated with unusual pattern of negative feelings. Onset of rivalry follows the birth of the younger one. In extreme cases there is over-hostility, physical trauma towards and undermining of the sibling, regression with loss of previously acquired skills and a tendency to babyish behavior. There is an increase in oppositional behavior with the parents, temper tantrums and dysphoria exhibited in the form of anxiety, misery or social withdrawal in children.² It affects the children with his/her discomfort, long- term disaffection, sibling abuse, psychological and physical aggression, leading to depression, anxiety and anger in later life. Even though sibling rivalry is normal in childhood developmental age but if not identifying the rivalry in

childhood, it becomes serious emotional and behavioural problem. Finally may have chance to get sibling rivalry disorders and also it can be continued till adulthood.

Parental Empowerment Programme (PEP): is an awareness program for parents to support their children and to improve the parental knowledge on handling sibling rivalry. The interventional services directed for parents and family members of children with mental health needs and also helping the parents through to provide educational information for the purpose of parents to clarify their concerns and also to teach the parents how to handle them and activate empower. So parents can more effectively address the needs of their children.³ The PEP is a training and awareness program for family peer advocate. It introduces and identify new innovative family peer advocate their role, skills need to effectively engage and empower parents to gain adequate knowledge to handle the children with rivalry and support the parents to identify an emotional and behavioural change in children.⁴

Main goal of PEP is to improve the parents knowledge regarding normal development stages of their children, parents can understand and nurture their children socially, emotional, physical and academic development. It helps the parents to explore, identify and apply their parenting assets and strengths to promote the child positive development and increase their resilience as parents. In order to reduce parents isolation by creating a bridge with other parents and connecting them with community sources and neighborhood partners for ongoing support for children.⁵

This Programme can be helpful for the parents to manage the sibling rivalry and also to prevent form emotional and behavioural problems in childhood.

Implementation of PEP, Parents are divided into 5 groups in selected areas, from each group 10 members were allowed to attend the session in alternative days. It was held once in a day. Subjects have been participated in **PEP** as three sessions. The session was continued for 9 consecutive days among group of parents in selected areas.

Session 1 Sibling rivalry experience by the parents point of view was discussed for 10 minutes and then the lecture was started about the Sibling Rivalry incidence, its meaning, causes, symptoms of sibling rivalry and how can identify the emotional problems were implemented to the group of parents for 20 minutes. At the end of the session doubts and clarification were made.

Session 2 Mothers were experienced Sibling rivalry management by own point of view was discussed for 5 minutes and then a video teaching was started about forms of Sibling rivalry, identification of sibling rivalry between two children and to manage the rivalry tricks and too conflict management was explained, at last it was implemented to the group of parents for 30 minutes. At the end doubts and queries were clarified.

Session 3 handling technique of sibling rivalry was given through a video teaching and lecture. The session was started with handling sibling rivalry do's and don'ts and manage it between two children to the group of Parents for 20 minutes. At the end of 3rd sessions dodger was provided individually to the group of parents to manage the sibling rivalry in future. At the end doubts and queries were clarified.

The PEP helps the parents to understand the developmental stage of their children to increase their knowledge about the impact of sibling abuse and to neglect their child emotional feelings and also to improve the ability to identify it, express, process and mange their child feelings. It helps to parenting practices with respect to discipline, conflict resolving problems and increasing their knowledge of nurturing and responsive parenting interactions which includes empathy, caring by parents of their children.

The **PEP** can be used for children with psychological problems like autism, conduct disorder, anxiety, attention seeking etc., also other emotional and behavioural problems. It can be applied for other medical illness such as chronic children with epilepsy, visually impaired children, premature infant and children who admitted in NICU and PICU for improvement of parental coping mechanism by stress and anxiety. In future studies can be demonstrated to improve the parent-child interactions.

CONCLUSION

Without awareness it is going to be difficult for the parents to handle their children with rivalry. Contrary to logical understanding, educational status, socio-economic status, language barrier, cultural and religious factor affect the child emotional status to handle the emotional problems parents need hands on Parental Empowerment Programme, it helps the parents to reduce their stress and to manage the sibling rivalry, also other emotional & behavioural problems of their children in future.

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