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## Assess the parental stress among mothers of neonates admitted in NICU

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### Abstract

**Background of the study:** The environment of the Neonatal Intensive Care Unit (NICU) serves as a significant source of Stress for parents. Neonatal units are often burdened with loud sounds, unpleasant sights and procedures, and crowds of health care professionals.

**Objectives:** To assess the parental stress among mothers of neonates admitted in NICU.

**Methodology:** Descriptive cross-sectional design was adopted to assess the parental stress among mothers of neonates admitted in NICU in selected hospitals at Nellore. A sample size of 30 mothers of neonates in NICU were selected through non probability convenience sampling. The data was collected by using parental stressor scale. The data was analyzed by using descriptive and inferential statistics.

**Results:** The majority of the mothers of neonates admitted in NICU, 18(60%) had mild stress, and 12(40%) had moderate stress.

**Keywords:** Parental stress, Mothers of neonates, NICU

### Introduction

“For Mother’s sake the child is dear and dearer is the mother for the child.”

- Samuel Taylor Coleridge

The environment of the Neonatal Intensive Care Unit (NICU) serves as a significant source of Stress for parents. Neonatal units are often burdened with loud sounds, unpleasant sights and procedures, and crowds of health care professionals.

Throughout hospitals around the world, newborns born prematurely or those that experience medical complications are admitted to Neonatal Intensive Care Units. It is stated, “Each year, over 40,000 babies are admitted to a Newborn Intensive Care Unit (NICU) in the United States” (Schwartz, Kellogg, & Muri, 2015).

Increasing number of neonatal admissions in India are due to prematurity (30%), birth asphyxia (28%), and meconium aspiration syndrome (42%) and neonatal jaundice (35%). The most common cause of death was prematurity followed by birth asphyxia. (Leibson C *et al*). Other sources of stress for parents of NICU infants have been found to be alterations in the parental role, uncertainty of the infant’s outcome, and ineffective patterns of communication among health care providers and parents. Stressful experiences can lead to barriers in parents-infant interactions that appear to have a long-term impact on parenting.

### Need for the Study

Neonatal mortality rate of India reported in 2015 is 34 per 1000 live births as per the UNICEF. The principal causes of neonatal mortality in India are sepsis, prenatal asphyxia, and prematurity. About 40% of neonatal deaths occur on the first day of life, almost half within three days and nearly three fourth in the first week.

November 12, 2010 in state level Neonatal mortality is disproportionately common among infants with very low birth weight (VLBW) (sources of stress have been identified and certain occasions are particularly difficult. These experiences impact on families in positive and negative ways, and people adopt a range of coping mechanisms.

Shinde M concluded that 57% women have mild psychological problems and 78% women are adopting coping strategies to overcome these problems.

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**Objectives**

- To assess the parental stress among mothers of neonates admitted in NICU.
- To find out the association between the parental stress among mothers of neonates in NICU with their selected socio demographic variables

**Methodology**

**Research approach**

Quantitative Research Approach

**Research Design**

Descriptive Design.

**Setting of the Study**

The setting selected for the study is Neonatal Intensive Care unit, in selected hospitals, Nellore.

**Sample**

Mothers of neonates admitted in NICU.

**Sampling Technique**

Non probability convenience sampling

**Sample Size**

The sample size of the study is 30 Mothers of neonates in NICU.

**Criteria for Sample Selection**

**Inclusion Criteria**

**Mothers of neonates**

- Who are admitted in NICU
- who are willing to participate in the study
- who knows to read English and telugu

**Exclusion criteria**

**Mothers of neonates**

- who are not willing to participate in the study
- Who doesn't know to read English and Telugu

**Description of Tool**

**The tool consists of two parts**

**Part I:** It deals with the demographic variables of mothers of neonates in NICU like Age, Sex, Marital Status, Educational Level, Occupation, Number of Children and Length of stay in Hospital.

**Part II: Parental Stressor Scale: Neonatal Intensive Unit (PSSNICU) developed by Miles and Funk (1987):** to assess the Parental Stress among mothers of neonates.

**Score Interpretation**

Mild stress	>20
Moderate stress	21-40
Severe stress	41-60

**Plan for Data Analysis**

Data analysis will be done by using descriptive statistics and inferential statistics.

**Descriptive statistics:** Frequency and percentage distribution, Mean & standard deviation

**Inferential statistics:** Chi-square test

**Findings related to parental stress among mothers of neonates admitted in NICU**

With regard to level of parental stress among mothers of neonates admitted in NICU, majority of mothers 18(60%) had mild stress, and 12(40%) had moderate stress.

**Mean and Standard Deviation of Parental Stress among Mothers of Neonates Admitted in NICU**

Parental stress among mothers of neonates	Mean	Standard Deviation
Mothers of neonates	0.23	1.17

**Association between the level of parental stress among mothers of neonates admitted in NICU with their selected demographic variables**

There is significant association between the level of parental stress among mothers of neonates admitted in NICU with their selected demographic variables such as Educational qualification, occupation and dietary pattern.

**Conclusion**

The study concluded that with regard to level of parental stress among mothers of neonates admitted in NICU, majority of mothers 18(60%) had mild stress and 12(40%) had moderate stress. Hence there is necessity for mothers to have coping strategies towards child's disease conditions.

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