

## A descriptive study to assess the psychosocial issue among Mothers of Hospitalized Children in a selected Hospital, Bangalore, with a view to develop leaflet.

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### **Abstract**

A study to assess the psychosocial issues among Mothers of Hospitalized Children. In this descriptive study, mothers of hospitalized children in the paediatric medical ward of Indira Gandhi Institute of Child Health Bengaluru were selected. The sample size was 100, selected by convenience sampling technique. Data collection tool was a two-part structured Likert scale. The first part included demographic information of the patients. The second part included items regarding anxiety, stress and social factors. After the study an informative and educative leaflet on coping strategies was given to the sample. The data was analysed by using descriptive and inferential statistics. The results revealed that among 100 mothers of hospitalized children at IGICH Bengaluru, the mean score of psychosocial issues is 42.71 with SD of 6.641. Study concluded that majority 69% of respondents had faced moderate psychosocial issues, 22% of mothers faced severe psychosocial issues and 9% of the subjects faced mild psychosocial issues. The study revealed the vulnerability of mothers during the child's hospitalization. The mental health of the mothers was disturbed. So, it became imperative on the part of the mental health professionals and team to think in terms of promotion of mental health and prevention of such problems in mothers.

### **KEY WORDS:**

Psychological issue's, mother, stress, anxiety, social issues, & hospitalization.

### **Introduction:**

A child's illness and hospitalization are particularly difficult and most often an unpredictable situation in a family's lifecycle. The level of stress of a parent of a hospitalized child depends on many factors, such as the psychological characteristics of the child and the parent, the child's health condition, and support from the family and medical staff.

Parents transitioning from a regular caregiver to a child's inpatient caregiver

might experience severe stress and anxiety over the child's health, which is completely understandable if it deteriorates to the point that the child requires hospitalization.

An important part of the assessment of the psychosocial impact of organ transplant surgery on children is a consideration of how organ transplant surgery affects the psychosocial functioning of the parents of transplant recipients. Given the life threat that child

transplant recipients frequently face and the demands of careful postoperative care, it is understandable that parents of such children might experience tremendous emotional stress, which, in turn, might compromise their own emotional health and ability to provide needed care for their children.

Parents experienced health problems such as chronic fatigue, sleeping problems, weakness, gaining or losing weight, headache, back pain, muscle strain, indigestion, and muscle cramps during treatment at the hospital <sup>5</sup>. Mothers being the primary caregiver, exhibit unfeigned involvement in the treatment of their sick children than the fathers and are therefore become victims to a higher risk of Psychosocial stress and PTSD as compared to the fathers.

### **Research design:**

Research design is a set of logical steps taken by the researcher to assess the research problem. It is the overall plan for how to obtain answers to the questions being studied and handling some of the difficulties encountered during the research process. It determines how the data will be collected and when intervention is given, if any, how it has to be implemented and how results are to be interpreted.

A Non-experimental, descriptive design was used to assess the psychosocial issues among mothers of hospitalized children. The design is adopted as it is virtue of situation, the schematic representation of the study is shown in figure.

### **Research variables:**

Variables are characteristics or attributes which can take more than one value or has different values which the researcher observed or measured in a natural setting without manipulating and establishing cause and effect relationship.

### **Contributing variables:**

Contributing Variables are attributes or characteristics of study. In this study, age qualification, income, no of children, age of the admitted child, gender of the child, no of times the child admitted to the hospital.

### **Research settings:**

The present study was conducted at selected Paediatric hospital Bengaluru. The criteria of selection of setting were done according to the geographical proximity, feasibility of conducting the study and availability of samples of mothers in a selected Paediatric hospital, Bengaluru.

### **Population:**

The population referred to as target population, which represents the entire group or all the elements like individuals who meet inclusion criteria in the study. In this study, the accessible population includes mothers of hospitalised children in a selected paediatric hospital, Bengaluru.

### **Sample:**

Sample refers to the subset of population, selected to participate in the particular study. It is the portion of population which represents the entire population.

In the present study, the sample is selected from Paediatric hospital Bengaluru, and the sample size selected was 100.

**Sample technique:**

Sampling is the process of selecting representative units of a population for the study in research. Purposive Sampling technique which is a non-probability sampling found appropriate for the study and is used the same for study.

**Sampling criteria:**

It involves selecting cases that meet some predetermined criterion of importance.

**Inclusion criteria:**

- ✓ Mothers of hospitalized children.
- ✓ Mothers those who are willing to participate.
- ✓ Available at the time of the study.
- ✓ others who are able to read and write Kannada and English.

**Exclusion criteria:**

- ✓ Mothers who are not available at the time of study.
- ✓ Mothers who are not interested in participating.
- ✓ Mothers of hospitalized children with terminal illness.
- ✓ Mothers who are illiterate.

**Psychosocial issues among mothers of hospitalized children**

N= 100

	Min	Max	Mean	SD
Psychosocial issues	31	60	42.71	6.641

The above table-11 indicates that overall mean scores for Psychosocial issues among mothers is 42.71 with the standard deviation of 6.641.

**Level of psychosocial issues among mothers of hospitalized children**

N = 100

Sl. No	Level of Psychosocial issues	F	%
1	Mild	9	9.0 (%)
2	Moderate	69	69.0(%)
3	Severe	22	22.0 (%)

**Conclusion:**

it is concluded that the majority of the subjects had faced moderate psychosocial issues, and 22% of them faced severe psychosocial issues. Hence bringing awareness and providing educative and informative leaflet on effective coping strategies to mothers of hospitalized children is very much essential for mental health.

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