



A STUDY TO ASSESS THE LEVEL OF STRESS AMONG GRANDPARENTS RAISING THEIR GRANDCHILDREN OF WORKING PARENTS IN SELECTED URBAN AREA, KALYANPUR, KANPUR

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ABSTRACT Stress generally refers two things: the psychological perception of pressure, on the one hand, and body's response to it, on the other, which involves multiple systems, from metabolism to muscle to memory. The stress that grandparents experience as repeat parents is quite different from the routine kinds of stress usually associated with raising children. Many of the grandchildren have substantial unmet physical, developmental and emotional needs and share an orientation toward and a history of family crisis that is different than the world of grandparents. The objectives of the study are assessing the level of stress among grandparents rearing their grandchildren of employed parents and to associate the level of stress with their selected demographic variables. In this research study, the research approach was quantitative research approach, research design was non experimental descriptive research design. The population was grandparents who are raising their grandchildren, selected by non probability convenient sampling technique. The sample size was 40. The study setting was Kalyanpur, Kanpur. The self-structured rating scale was used to collect data regarding level of stress among grandparents. The total mean of stress score 68.5. It was also proved that there was association found between level of stress and selected demographic variables like age of care givers, family income, type of residence, no. of grandchildren presently raising, previous occupation of caregivers and presence of any health issues for grandchildren.

KEYWORDS : Assess, Stress, Grandparents, Grandchildren, Raising, Working.

INTRODUCTION

The term grandparents mean the parents of a child's father and mother. Grandparents have always been important members of a family. The role of a parent is often very different from the role of a grandparent. Parents are the providers and disciplinarians of their children. Grandparents are much freer to enjoy and have fun with their grandchildren. A Grandparent-Grandchildren relationship is usually much simpler than that of a parent and child. Grandparents are by far the greatest providers of informal child care, yet little is known about how grandmothers view this role. Insights into grandmother's experiences have the potential to inform child and family policies. Grandparents experienced a strong bonding with their grandchild, described by grandparents as a responsive, intensive form of nurturing.¹

Today grandparents are performing complex array of functions within their families. It was not that long ago-just a few generations back-when grandchildren might not have known their grandparents'. Currently, it is not uncommon for grandchildren to not only their grandparents but to also have close, intimate relationship with them. Others have increasingly begun taking over primary care giving when their own children cannot perform the parental role due to a variety of circumstances. Clearly, grand parenting has become a complex, diversified role within families.³

Stressors associated with care giving place grandparents at risk for the development of health problems. Caring for grandchildren who come from abusive and neglectful backgrounds might be expected to present even more challenges for grandparents. If grandparents are to meet the new parenting responsibilities that have been thrust on them, they need the energy and motivation that is associated with positive physical and mental health.⁴

NEED FOR THE STUDY

A common problem between the generations is caused by grand parents who do not respect boundaries. Grandparents raising their grandchildren are faced with considerable challenges in this role including physical, emotional, health concerns, financial issues and legal concerns. In recent years, grandparents have become an important source of childcare. In fact, they are the major providers of informal child care for infants and toddlers (0-3 years) when parents are working on studying; more than half 52% of children in this age group who were in childcare are in the informal care of grandparents. An overwhelming majority of parents report being very satisfied

92.4% or satisfied 71% with grandparents care. Grandparents care is also more flexible than formal care and it usually costs nothing. Over one quarter 28% of Indian grandparents are providing direct care to their grandchildren most often on a daily basis. Just under one quarter 21% provide care several times a week. Most 67% are providing care for one or two grandchildren. Nurturing the grandchildren may be related to emotional, physical, financial, social and legal challenges which may disturb the health and quality of life of the grandparents. 2.6 million grandparents are raising their grandchildren 30% increase in the last 30 years. 1 in 10(7.8 million) grandchildren co-reside with their grandparents. Grandparents and other relatives save taxpayers about 4 billion/years foster care costs. Now-a-days both parents are working outside to maintain their family needs. Their children are rearing by their grandparents. On that time grandparents are facing stress and lots of problems. We are choosing this study because it is current issue of our society.

OBJECTIVES

To assess the level of stress among grandparents raising their grandchildren of working parents in selected urban area, Kalyanpur, Kanpur.

To associate the level of stress with their selected demographic variables.

HYPOTHESIS

- H1: There is significant level of stress among grandparents who are raising their grandchildren.
H2: There is a significant association between level of stress among grandparents who are raising their grandchildren with their selected demographic variables.

METHODOLOGY

RESEARCH APPROACH-

The research approach of this study was Quantitative research approach.

RESEARCH DESIGN-

Non experimental descriptive research design.

SETTING OF THE STUDY-

The study was conducted in Mirzapur, the Kalyanpur PHC, Kanpur.

VARIABLES-

RESEARCH VARIABLES-

Level of stress among grandparents is the research variables in the study.

DEMOGRAPHIC VARIABLES-

The selected demographic variables includes Age of caregivers, caregivers, educational status, family income, type of family, types of residence, no. of presently raising grandchildren, previous occupation of caregivers, presence of any health issue for grandchildren, presence of any health issues for grandparents.

POPULATION

TARGET POPULATION-

In this study the target population includes grandparents who are raising their grandchildren.

ACCESSIBLE POPULATION-

In this study accessible population includes grandparents who are raising their grandchildren of working parents living in Kalyanpur, Kanpur.

SAMPLE:

Grandparents both male and female residing in Kalyanpur, Kanpur.

SAMPLE SIZE: The sample size comprised of 40 grandparents.

SAMPLING TECHNIQUE:

In this study Non probability convenient sampling technique used to select the sample.

SAMPLING CRITERIA-

INCLUSION CRITERIA-

- Grandparents who are available at the time of data collection.
- Both parents are working.

EXCLUSION CRITERIA-

- Grandparents who are not willing to participate in the data collection.
- Grandparents who are not understand Hindi and English.

DESCRIPTION OF TOOL

- The tool consists of two sections. The tool will use for the study includes-
- **Section A:-** It deals with the demographic variables like age of caregivers, caregivers, educational status, family income , type of family, types of residence, no. of grandchildren presently raising, previous occupation of caregivers, presence of any health issue for grandparents, presence of any health issue for grandchildren.
- **Section B: -** Rating scale to assess the level of stress among grandparents.

Totally it consists of 20 items. The maximum score is 100 and minimum score is 20.

Score 20-40 indicates mild stress, Score 41-80 indicates moderate stress and Score 81 – 100 indicates severe stress.

TABLE 1: GRADING OF TO TOTAL STRESS SCORE

SL NO.	LEVEL OF STRESS	SCORING
1	MILD STRESS	20-40
2	MODERATE STRESS	41-80
3	SEVERE STRESS	81-100

DATA ANALYSIS AND INTERPRETATION

The data was analysed as following

SECTION A:-

The level of stress of grandparents raising their grandchildren.

SECTION B:-

Association between level of stress and demographic variables among grandparents raising their grandchildren of working parents.

SECTION A:

The level of stress of grandparents raising grandchildren.

Table No 01: Distribution the Level of stress of grandparents raising grandchildren.

LEVEL OF STRESS	FREQUENCY(f)	PERCENTAGE (%)
MILD	4	10
MODERATE	31	77.5
SEVERE	5	12.5

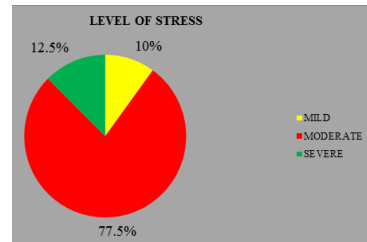


Fig No.01: Level of stress among Grand parents

The above table and figure shows the level of stress with percentage out of 40 samples 4 (10%) having mild level of stress, 31 (77.5%) having moderate level of stress and 5(12.5%) are having severe level of stress.

Table No 02: Mean and standard deviation of assessing the stress level among grandparents.

	MEAN	SD
STRESS SCORE	68.5	11

The above table shows the mean and standard deviation value of stress of grandparents raising their grandchildren was 68.5 and 11 respectively.

SECTION –B

Association between the level of stress with selected demographic variables of grandparents. Demographic variables such as Caregivers, educational status, types of family, presence of any health issue for grandparent are shows significance.

IMPLICATIONS

The present study has the several implication in nursing practice, nursing research, nursing education, nursing administration.

NURSING EDUCATION

Findings of present studies can be foundation of conducting the study on large population. Implication of study can be used for motivation for nurses to conduct research in future regarding the level of stress of grandparents. The study can be baseline for future study that build up and motivate to conduct further studies.

NURSING PRACTICE

The study creates awareness among the nurses regarding the level of stress among grandparents who are raising their grandchildren of working parents.

NURSING ADMINISTRATION

The nursing administration may allocate resource and provide motivation for further study in urban areas and rural areas. In services education can be conducted to disseminate the research findings to continue the nursing education about the stress to all nurses.

NURSING RESEARCH

The finding of the study can be utilized for conducting research to assess the level of stress among grandparents. There is need for in depth research related to assessment of stress level among grandparents related to family income, no. of presently raising their grandchildren, any health issue for grandparents. The researcher should conduct various research under the aspect of stress among grandparents and strategies can be formulated to reduce the level of stress on the standardized scientific based which will help the both young nurses and patients. The suggestion and the recommendation can be utilized in other researches conducting the further study the same field.

CONCLUSION

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental and emotional process. Majority of grandparents 10% has mild level of

stress, 77.5% has moderate level of stress, 12.5% has severe level of stress. There is association between the demographic variables is gender with level of stress.

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