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**“A study to assess the knowledge, stress and coping patterns of grandmothers involved in child-rearing practices of children of employed mothers in selected areas of Udupi district, Karnataka.**

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## "ABSTRACT

A study to assess the knowledge, stress and coping patterns of grandmothers involved in child-rearing practices of children of employed mothers in selected areas of Udupi district, Karnataka was carried out by Mrs Reena M D'Silva in partial fulfilment of the requirement for the degree of Master of Science in Nursing at Manipal College of Nursing, Manipal University, Manipal, Karnataka.

The objectives of the study were to assess the knowledge of grandmothers involved in child-rearing practices, to assess the stress level of grandmothers involved in child-rearing practices, to assess the coping patterns of grandmothers involved in child-rearing practices and to find the association between the knowledge, stress, and coping patterns of grandmothers regarding child-rearing practices with the selected demographic variables.

The conceptual framework for the study was based on modified Sr. Callistra Roy's adaptation model. This study adopted a quantitative approach using descriptive survey design.

The tools used for the data collection were demographic profoma, knowledge questionnaire on child-rearing practices, stress scale on child-rearing practices and coping scale on child-rearing practices.

The content validity of all the tools was established by submitting it to seven experts and modifications were made as per the suggestions by the experts. All the tools were pre-tested and reliability was established. The reliability of the tool on

knowledge was established by using split half method ( $r=0.79$ ). The reliability of the tool on stress and coping was established using Cronbach's alpha and found to be reliable with the score of  $r=0.84$  and  $r=0.85$  respectively.

The analysis was done by using SPSS version 16. The study revealed that majority 121 (40.3%) of the grandmothers were in the age group of 51-60 years and 167 (55.7%) of the grandmothers educational status was primary education. About 169 (56.3%) grandmothers belonged to the income of  $\leq 10,000$ /month and 258 (86%) belonged to the joint family. Majority 254 (84.7%) of the grandmothers were staying in their own houses and 267 (89%)

of the grandmothers were taking care of one grandchild. Most 142 (47.3%) of the grandmothers were taking care of boy child. About 136 (45.4%) of the grandmothers expressed that they were having health problem and among them majority 75(55.1%) were hypertensive and majority, 248 (82.7%) of the grandmothers were not working previously.

Majority, 198 (66%) of the grandmothers had average knowledge on child-rearing practices. The mean and standard deviation in the area of nutrition is  $3.43\pm 1.15$ , growth and development  $2.83\pm 1.42$ , daily personal care  $3.46\pm 1.66$ , communication  $2.86\pm 1.00$ , immunization and prevention of accidents  $4.83\pm .996$ . The mean percentage of knowledge score ranged from 40.50% in the area of growth and development and 80.50% in the area of immunization and prevention of accidents.

Majority, 214 (71.3%) of the grandmothers experienced moderate stress on child-rearing, 48 (16%) of the grandmothers experienced mild stress and remaining 38 (12.7%) experienced severe stress. Majority, 279 (93%) of the grandmothers had high coping, whereas 21 (7%) had low coping.

There was a significant association between knowledge score and selected variables such as educational status ( $\chi^2=13.768$ ,  $p<.05$ ), family income ( $\chi^2=14.363$ ,  $p<.05$ ) and previous work experience ( $\chi^2=15.77$ ,  $p<.05$ ). There was a significant association between levels of stress with family income ( $\chi^2=17.028$ ,  $p<.05$ ). There was no significant association between levels of coping patterns with selected demographic variables.

There was a negative correlation between the levels of stress and coping patterns ( $r=-.121$ ,  $p=.037$ ) which inferred that person with good coping will experienced low stress. There was a weak positive correlation between the knowledge score and the coping patterns ( $r=.027$ ,  $p=.644$ ) which inferred that the knowledge does not have any impact on coping ability. There was statistically significant association between the levels of stress and the coping domains of distraction ( $p<.05$ ) and use of beverages ( $p<.05$ ).

The following recommendations were made based on the present study for futures research.

- A qualitative study can be conducted to assess the experiences of grandmothers on child-rearing.
- Interventional study can be conducted to reduce the stress of grandmothers on child-rearing.
- A comparative study can be conducted among the rural and urban grandmothers.
- The study may be implied on a large sample in other Talukas of Udupi district.

