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A study to compare the quality of life, child adjustment and social support of only child and child with siblings in selected schools of Udupi district.

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"ABSTRACT

A research study entitled, "A study to compare the quality of life, child adjustment and social support of 'only child' and 'child with siblings' in selected schools of Udupi district" was conducted by Ms Arline Tency D' Souza, as partial fulfillment of the requirement for the degree of Master of Science in Nursing at Manipal College of Nursing, Manipal Academy of Higher Education, Manipal, Karnataka.

The purposes of the study were, to identify and compare the differences as well as the similarities on quality of life, child adjustment and social support among children belonging to eighth, ninth and tenth standard and who are the only child for their parents with those of children who have siblings.

The conceptual framework of the study was based on quality of life developed by Wilson and Cleary in the year 1995, which was revised by Ferrans and Zerwic in the year 2005 to facilitate quality of life in the field of nursing and health care system. A quantitative approach with comparative survey design was adopted for the study. A sample of 372 children, 186 who were only child for their parents and 186 children with siblings were chosen from the selected high schools of Brahmavar and Karkala blocks of Udupi District using stratified random sampling technique.

The instruments used for data collection were: Demographic proforma, standardized KIDSCREEN-52 for assessing quality of life (QOL), child adjustment scale developed by the investigator for assessing child adjustment and the standardized Social Support Scale for Children for assessing social support. Content Abstract

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validity of the demographic proforma and child adjustment scale were established by giving the tools to nine experts. Pretesting was done among 10 high school students, five in each group of only child and child with siblings. Reliability of the tools was established by using Cronbach's Alpha. The reliability coefficient of the KIDSREEN-52 ($r = .98$), Child Adjustment Scale ($r = .82$) and Social Support Scale for Children was ($r = .96$). The pilot study was conducted among 60 children, (30 children in each group of 'only child' and 'child with siblings') and the study was found to be feasible. Descriptive and inferential statistics were used to analyze the data. The

findings of the study revealed that among 372 children, most of the 'only child' 86 (46.2%) and 'child with siblings' 86 (46.2%), were aged 14 years. Majority of the 'only child' 81(43.5%) and 'child with siblings' 81(43.5%), studied in class ninth. Majority 95 (51.1%) of the 'only child' and 96 (51.6%) of 'child with siblings' were males. Majority of the 'only child' 127(68.3%) and 'child with siblings' 110 (59.1%) were living in nuclear families.

With regard to the quality of life, there was statistically significant difference found in the self-perception domain ($p < .05$) and the financial resources domains ($p < .05$) when 'only child' and 'child with siblings' were compared.

In the other domains of QOL such as, physical wellbeing, psychological wellbeing, moods and emotions, autonomy, parents and peers, there was no statistically significant difference ($p > .05$) found when 'only child' and 'child with sibling' were compared.

Abstract

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There was a statistically significant difference in the social support ($p < .05$) of only child and child with siblings'; specifically in the area of sibling ($p = .001$) and peer ($p = .017$). Findings revealed that siblings and peers are the sources of social support to the children.

The study concluded that the quality of life of 'only child', in the domains of self-perception and financial resources was higher compared to the 'child with siblings'. Both, 'only child' and 'child with siblings' were similar in the area of their adjustment at school, at home, with their parents, with friend/peers and with the teachers. 'Child with sibling' experienced better social support when compared to 'only child'.

Based on the findings of the present study recommendations were made for future studies that can be replicated in a larger sample."