



## Effectiveness of Information, Education and Communication module to reduce the level of guilt complex regarding child care among primigravid working mothers of underprivileged community in selected tea estates at Valparai.

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### ABSTRACT

An experimental study was conducted to find out the impact of Information, Education and Communication (IEC) module to reduce the level of guilt complex regarding child care among primi gravid working mothers (10 in control and 10 in experimental) of underprivileged community, Valparai selected by multistage random sampling technique. Pretest posttest design adopted. Interview and questionnaire method followed to collect data regarding age, education, occupation, type of family, age of child, hours of work and caretakers of child and the adoptive measures taken to reduce the level of guilt complex. Experimental group of mothers received IEC module. Control group received no intervention. The result shows the guilt complex score of experimental group was significantly lesser than control group at ( $p < 0.001$ ). The study concluded that IEC module is effective in reducing the level of guilt complex.

**KEYWORDS** : IEC module, Guilt complex, Primi gravid mothers.

### Introduction

When guilt complex is excessive or irrational, it can lead to great distress, distorted relationship and psychological problem. The individual may try to somehow acknowledge and rectify the transgression. This can be done by inhibiting the behavior, putting herself down, punishing herself, or trying to even the score by putting others ahead of herself. The individual may also try confessing, atoning, apologizing, or performing some sort of reparation.

BLS Reports (2013) noted that in 2011, women accounted for 51 percent of all persons employed in management, professional, and related occupations, somewhat more than their share of total employment (47 percent)

Journalist's resource (2012) reported that there was a surge in the workforce of women 43.3% to 58.6% in 2010 in the United States, whereas there was a fall from 79.1 to 71.2% among men in the work force. The average weekly earnings for a full time working woman in 2010 were \$669 and 81% of men median weekly income (\$824). In 2010, the median weekly income of a woman age 25 or older with a bachelor's degree or higher earned was \$986; a \$677 per week was the income of a woman with an associate's degree and \$543 for one with a high school education. Working women earned 37% of the families' income in 2009, which was a 10 percentage-point increase from 1970. The proportion of wives earning more than their spouses also has grown. In 1987, 18% of working wives earned more than their husbands; in 2009, the proportion trended up to 29%.

Cook & Conline (2010) stated that the women's effectiveness in her interactions with her child is also crucial to her own development of self esteem as parent. One area of development that has recently been the focus of research is that of mother child attachment. The rationale for such research is that maternal employment, particularly before the age of five years, may interrupt the development of the bond between mother and child. More recently, there have been articles discussing the guilt that arises from attempts to deal with the work and family, when compared to men; women possess more guilt in role performance.

Carla Zampatti & Jean Kittson (2010) stated that working women with a huge amount of responsibilities appears as everlasting chasing time. The schedule for the busy working women requires not less than being a "superwomen". Women is busy by changing baby diaper, meet important client, shop for groceries, visit mom, attend board meeting, prepare report, take baby to the doctor, cooking, cleaning, helping with homework's, take kids to their activities. Besides, working women and particularly working moms must face extra social and economical obstacles that do not make things easy to get along with. This fact adds to women responsibility at home as wives and mothers subject them to added pressure in

their active participation in public affairs and job's activities.

Nigel Hawkers (2010) noted that working women has the risk of their children becoming overweight because working women only spends the money but do not take care of the child health. On the basis of the study carries out among 13,000 women a child who is overweight is increases by about 10%. But this do not implies for a middle class children. So the link between working women and overweight children is more pronounced those who earn more.

Naccera (2010) stated that 7.13 percent of women with children are in the labor force. In 1975, only two out of every five women with a child under age 5 held a paid job. As of 2007, 63.5 percent of women with children under age 5 were in the labor force, and 60 percent of women with children under age 3 were in the labor force. Between 1970 and 1990, the number of single parent families in the United States doubled, contributing to greater demand for child care. More women are going back to work sooner after having a child, in 2007, the labor force participation rate for women of children younger than a year old was 51.5 percent.

In the light of present knowledge, the working women are feeling a guilt complex regarding child care. So the investigator felt the need to create an awareness regarding child care to working mothers through an IEC module. This will reduce the guilt complex of working mothers regarding child care.

### Materials and Methods

Quantitative research approach is followed using true experimental research design (pretest posttest design). Using multistage sampling technique, 10 primi gravid mothers were randomly assigned to experimental and 10 primi gravid mothers to control group by lottery method. Formal consent was obtained from the Manager, Jaysree Tea industries. Data was collected from October 2015 to February 2016. Inclusion criteria included primigravid working mothers who have children under five years of age. Exclusion criteria included mothers who were unwilling to participate and who had children above 5 years of age. After explanation and obtaining written consent from the primigravid mothers, they were randomly assigned to control and experimental group. The questionnaire was administered to collect data regarding age, education, occupation, type of family, age of child, hours of work and caretakers of child and the adoptive measures taken to reduce the level of guilt complex. The experimental group received intervention-IEC module. Intervention included 1 hour session of LCD power point presentation on adoptive measures of working mothers regarding child care, after which, an information booklet was given to each participant, for reinforcement. Further, reinforcement was ensured through face to face encounter and through telephone to all the study participants of experimental group. Control group received no intervention. Post test was done

after 3 months.

**Results**

Socio demographic date: Majority of the working mothers were of age group 21-30 years, were laborers with school level education, belonged to joint family, had children between 1-3 years of age, worked for 8 hours and had caretakers at home. Chi square test was done to identify the homogeneity of both groups.

Effectiveness of IEC module: In this study the pretest and post test score of experimental and control group of both primi and multi gravid are compared.

**Table 1: Mean and standard deviation of pretest and posttest adoptive measures regarding child care by primigravid working mothers.**

Guilt complex score	Study Group			
	Experimental Group		Control Group	
	Mean	SD	Mean	SD
Pretest score	8.36	1.22	8.60	1.23
Posttest score	24.84	1.46	10.32	5.08
t-value	0.27		5.95	

This table shows that the pretest mean knowledge score of both the groups were nearly similar (8.36 & 8.60 respectively) whereas the posttest score of experimental group (24.84) is significantly higher than the control group (10.32). The paired 't' test revealed that the score was significant at p < 0.001. Hence IEC module was effective in reducing the level of guilt complex regarding child care among primi gravid working mothers

**Table 2: Association between demographic variable and the adoptive measure scores of primigravid mothers**

S. No.	Demographic variables	Experimen tal group		Control group		Chi-square	p-value	signifi cance
		No.	(%)	No.	(%)			
1	<b>Age</b>							
	a. <20 years	1	10	2	20	1.65	0.12	NS
	b. 20-30 years	9	90	8	80			
	c. 31 and above	-	-	-	-			
2	<b>Education</b>							
	a. Illiterate	-	-	-	-	0.37	0.72	NS
	b. School level	10	100	10	100			
	c. College level	-	-	-	-			
4	<b>Type of Family</b>							
	a. Joint	3	30	5	50	0.20	0.65	NS
	b. Nucler	7	70	5	50			
5	<b>Age of the child</b>							
	a. 0-12 months	1	10	2	20	1.14	0.27	NS
	b. 1-3 years	9	90	8	80			
	c. 3-5 years	-	-	-	-			
6.	<b>Hours of work</b>							
	a. 8 hours	5	50	6	60	0.51	0.62	NS
	b. 10 hours	2	20	2	20			
	c. 12 hours	3	30	2	20			

The above table depicts that association between the adoptive measures by primigravid working mothers and socio demographic variables have no statistically significant association between them.

**Discussion**

The present study intended to assess the effectiveness of IEC module to reduce the level of guilt complex regarding child care between primigravid working mothers of underprivileged community. The findings revealed that IEC module was effective in reducing guilt complex and improves adoptive measures of mothers in experimental group when compared with control group at p < 0.001.

**Conclusion**

The results of present study concludes that IEC module is effective, cost effective and best method of education and reinforcement towards reducing the level of guilt complex regarding child care among the primigravid working mothers.

**Implications for practice**

Nurses play an important role in the preventive, promotive and curative aspects of health care system. Nurses should provide teaching programme to mothers in the community set up apart from incidental teaching. It is imperative to educate the working mothers who are higher in proportion and in par with the male dominant society regarding the adoptive measures of working mothers regarding child care to make nursing professional competent to meet ever changing needs of the society.

**Ethical Considerations of the present study**

Ethical clearance was obtained from Institutional Ethics Committee of Billroth hospitals and College of Nursing, Chennai. Informed consent was obtained from the subjects after explaining the study and due importance was given to maintain the confidentiality.

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