



LEVEL OF ANXIETY AMONG WORKING MOTHERS USING CHILD DAY CARE VERSUS CHILD STAY AT HOME SETTING IN SELECTED AREAS.A STUDY PROTOCOL

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ABSTRACT

Background: Working mothers suffer from extra mental stress due to double burden in workplace and child rearing. Some of the working mothers use child day care center and some working mothers use home setting for child care during their working hours to reduce their mental stress. This study was designed to assess the association between anxiety among working mothers using child day care versus child stay at home setting in selected areas. **Material And Methods:** This study is based on Quantitative research approach. Descriptive survey design conducted among 100 working mothers of whom 50 were child day care users and 50 were using home setting. The pilot study was conducted on 12 samples. Data were collected by face to face interview by using Self - Administered questionnaire of Demographic variables and Beck Anxiety Inventory. Data were analyzed using descriptive and inferential statistics. To compute the data, a master data sheet was prepared by the investigator. The collected data was analyzed in terms of frequency, mean, percentage, standard deviation, 't' test and chi square. All ethical issues were maintained strictly in different stages of the study and informed written consent was taken from each individual. **Results:** Majority of the subjects 26% were having 19 to 24 and above 36 years of age, 25% having 31 to 35 years of age and 23% having 25 to 30 years of age. Average monthly family income of the subjects 77% were having above 30001 incomes, 14% having 20001 – 30000 incomes, 7% were having 10001 – 20000 income and 2% were having below 10000 incomes. Majority of the subjects 66% having nuclear family, 28% having joint family and 6% having extended family. Majority of the subjects 89% were married, 5% were divorced, 4% were separated and 2% were widow. Mothers had significantly higher anxiety who had maid servant. Majority 78% of subjects in had low level of anxiety score, 18% in had moderate level of anxiety score and 4% in had potentially concerning level of anxiety score using child stay at home setting. Mean and SD of anxiety score was 14.96 + 9.308. Majority 88% of subjects in had low level of anxiety score, 12% in had moderate level of anxiety score and 0% in had potentially concerning level of anxiety score using child care setting. Mean and SD of anxiety score was 10.86 + 6.363. Chance of having low anxiety in mothers who were using child day care than mothers who were using home care setting. **Conclusion:** Working mothers using child stay at home setting had high level of anxiety than working mothers using child day care. Child day care center should be established with every organization to reduce the anxiety of working mothers.

KEYWORDS : Anxiety, Child Day Care , Working Mothers.

INTRODUCTION

Anxiety is a natural response to a perceived or imagined threat. Anxiety can be defined as a normal reaction to stress and can be advantageous in so many situations. Stress can affect everybody—kids, teenagers, adults and the elderly. At one point or the other, everybody goes through stress—be it household chores, relationship demands, work, children's school, education, financial situations, etc. It is by birth impulse which helps you tackle with day to day difficulties. But, if it goes on for too long, it can harm physical as well as psychological health making it difficult to handle day-to-day living. Anxiety disorders are the frequently occurring mental health disorders and affecting nearly 30% of matured persons in long run in their lifetime. Anxiety disorders may differ from normal feelings of upset or apprehensiveness and get involved in excessive concerned or uneasy. Anxiety can lead to alert us to dangers and help us for preparation and pay attention to situation. But disorders related to apprehension are treatable and a number of many effective treatments are available. Proper medical therapy aid persons leading out normal productive lives. Women are more likely to be affected than men to experience anxiety disorders.¹

Working mothers suffer from extra mental stress due to double burden in workplace and child rearing. If a working mother is worried and stressed, she may be less productive in her job and may be prone to mistakes that need to be corrected³. As families are becoming nuclear and joint families are becoming difficult to run in the cities. When mother and father are working, the responsibilities of children usually fall on the mother. Daycare may provide a certain kind of social support to families. Child daycare centers can also give comfort

mothers and can decrease to psychological worry of the employed mother.¹⁻³ The dual role of women at home and workplace negatively impacts their quality of life. The health care system demands quality services and urbanization and globalization has increased the demands of every individual to lead a satisfactory life.⁴

Objectives Of The Study

1. To assess level of anxiety among working mothers using child care setting.
2. To assess level of anxiety among working mothers using child stay at home setting.
3. To compare level of anxiety among working mothers using child day care versus child stay at home care setting in selected area.
4. To associate the anxiety levels with demographic variables of study participants in both groups

Hypothesis:

H0- There is no significant difference between the level of anxiety among working mothers using child day care versus child stay at home setting in selected area with their selected demographic variables are marital status and care giver at home

H1- There is significant difference between the level of anxiety among working mothers using child day care versus child stay at home setting in selected area with their selected demographic variables are marital status and care giver at home.

MATERIAL AND METHODS:

Study Design: Quasi experimental non-randomized control group design.

Study Setting: Selected urban areas in Nagpur Dist.

Participants: Working Mothers using child day care and working mothers using child stay at home setting available at the time of data collection.

Sample size calculation:

Cochran Sample size formula with desired error of margin:

- **Confidence Level (Z)** :- 95% = 1.96
- **Margin of Error (e)** :- 10% = 0.1
- **Sample Proportion (p)** :- 64.6% = 0.64
- **q = (1-p)** = 1-0.64 = 0.36

Cochran's Sample size formula (N0)

$$N0 = Z^2pq/e^2 = (1.96)^2(0.64*0.36)/(0.1)^2 N0 = 88.51$$

The estimated sample size was 88.51

The Sample size has been increased by 10% to meet out non-response or non-compliance.

The actual sample size $88.51 + 10\% \text{ of } 88.51 = 88.51 + 8.8 = 97.31$ The sample size is 100.

Sampling technique:

Non-probability Purposive sampling technique.

Inclusion criteria:

- Working mother who have given consent to participate in study.
- Working mothers having children in age group of 6 months to 12 year.
- Available at the time of data collection.

Exclusion Criteria:

- Working mothers those who work from home .
- Working mothers having children with critical illness

Data Collection Tool:

Section A:

It includes total 9 demographic variables like are working mothers using ,Age, ,educational qualification, occupation of mother, family income , marital status, age of children in completed years living at home or day care centre, type of family ,care giver at home.

Section B:

- Beck Anxiety Inventory (BAI)
- This scale is a self-report measure of anxiety.

Study procedure and data collection:

The study shall be conducted only after the approval of IEC. Investigators will visit the research area and will obtained the necessary permission from the concerned authorities. Working mothers who fulfill inclusion criteria shall be assigned to the study. Researcher will explain the purpose of the study, take informed written consent and anxiety level will be assessed. Validity over the questionnaire will be established for build up through both the construct & content manner to seek for the results what has intended purposely for the inferences & conclusion to measure. Reliability of the questionnaire will be calculated by using appropriate statistical test.

Data Analysis:

All results will be calculated using SPSS version 26. Overall results for the outcome variables will be listed in tables and graphs for both descriptive (Mean, mean percentage, Standard deviation), & inferential statistics (Paired t - test will be used to find the significance difference between two groups. Association results will be analyzed using chi square analysis).

Expected Results:

In that anxiety test, out of 50 subject's the child day care was majority 88% of subjects in had low level of anxiety score, 12% in had moderate level of anxiety score and 0% in had potentially concerning level of anxiety score. Mean and SD of anxiety score was $10.86 + 6.363$. Minimum anxiety score was 02. Maximum anxiety score was 27. In that anxiety test, out of 50 subject's the child stay at home setting was majority 78% of subjects in had low level of anxiety score, 18% in had moderate level of anxiety score and 4% in had potentially concerning level of anxiety score. Mean and SD of anxiety score was $14.96 + 9.308$. Minimum anxiety score was 02. Maximum anxiety score was 38. The findings of this study have implications for the further studies in Nursing.

DISCUSSION:

Findings of present study will supported by previous studies where anxiety level among working mothers using child day care and working mothers using child stay at home setting are different.

CONCLUSION:

It was statistically interpreted that the level of anxiety among working mothers using child day care versus child stay at home setting in selected areas have different level of anxiety .

Consent And Ethical Approval:

The study will be conducted after approval of Institutional Ethics Committee. Written consent will be taken from the participants for participation in the study. Throughout the Study, confidentiality will be maintained. Freedom to withdraw from the study at any point of time will be assured.

The study findings will be disseminated to participants and published in a peer-reviewed journal.

Conflict of interest:

There is no conflict of interest in this study
No any risk factors to the subjects of the study

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