



## A STUDY TO ASSESS THE ANXIETY LEVEL OF PARENT OF NEONATE ADMITTED IN NICU AT SELECTED HOSPITAL INDORE (M.P.)

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**ABSTRACT** Baby "Newborn" and "Babyhood" redirect here. For other uses, see Baby (disambiguation), Newborn (disambiguation), and Babyhood (disambiguation). An infant (from the Latin word infants, meaning "unable to speak") is the more formal or specialized synonym for "baby", the very young newborn of a human. The term may also be used to refer to juveniles of other organisms. Parents' stress is known to further increase when their infant's NICU stay is prolonged since they are perceived as visitors rather than parents of their infants, for long periods. Statistical analyzes demonstrated that the mean (Mean  $\pm$  Standard Deviation) existed anxiety score of parents of neonates admitted to NICU found to be 88.77 $\pm$ 14.37 points at assessment stage.

**KEYWORDS :** (Anxiety, Parent, Neonate, NICU etc.)

### INTRODUCTION

Parenting style is a psychological variable which signifies the various approaches that parents adopt for upbringing of their neonate. These approaches convey qualitative messages rather than quantitative. Parenting style indicates parents' responses to their neonate through predetermined behavior patterns. —Parenting practices are specific behaviors, while parenting styles represent broader patterns of parenting practices. According to the developmental psychologist's parent-child relationship may vary in different developmental phases where the relationship between parent and neonate such as bonding changes. Such relationship may encounter major challenges during neonate who feeding and desiring freedom is sometimes justifiable and sometimes unjustifiable.

Meeting the needs of parents of children hospitalized in neonatal intensive care unit (NICU) is increasingly being recognized as important factor related to their future parenting as well as child clinical outcome. Having a child admitted to a NICU creates stressful situation for parents. Parents of and infant admitted to NICU are faced with high technology environment that inhibits normal parenting activities. Parents of child admitted to the NICU typically responding to the crisis of sudden illness of the child of the gravity planned major surgery. Parents of children in NICU experience interruption of family normal activities and their parental responsibilities.

### OBJECTIVES OF THE STUDY

- To assess the anxiety level of parents of neonates admitted in NICU, selected hospital, Indore (M.P.).
- To find out the association between anxiety levels of parents with selected demographic variable.

### HYPOTHESIS OF THE STUDY

$H_{01}$  - There will be no significant association between anxiety level of parents of neonates with their selected demographic variables.

$H_{a1}$  - There will be significant association between anxiety level of parents of neonates with their selected demographic variables.

### RESEARCH METHODOLOGY

A quantitative evaluative research approach was used for the study. Non-Experimental Descriptive Research Design was selected for the study. The samples were recruited by non-probability purposive sampling technique. The total number of samples was 60 with Modified Spielburger State-Trait Anxiety scale. Main study was conducted in the Medicare and SAIMS hospital of Indore, according to inclusive and exclusive criteria. Informed consent from the parents were obtained prior to data collection process and collects the data in the form of analysis. Then going for analysis and interpretation of data with inferential statistics like chi-square, mean median, standard deviation etc.

### RESULTS

1. Frequency and percentage distribution of selected sample characteristics.

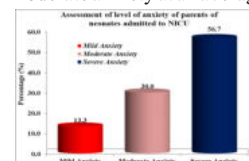
Demographic variables	Frequency (N)	Percent (%)
Age of parents in years-		
A. 19-24 years	20	33.3
B. 25-29 years	16	26.7
C. 30-34 year	14	23.3
D. > 34 year	10	16.7
Educational Qualification of Parents-		
A. Primary/Middle School	16	26.7
B. High School/Secondary	24	40.0
C. Higher Secondary	11	18.3
D. Graduate and above	9	15.0
Working Status of Parents-		
A. Working	41	68.3
B. Non-working	19	31.7
Monthly Family Income of parents-		
A. 5000/- to 10000/-	18	30.0
B. 10001/- to 15000/-	21	35.0
C. 15001/- to 20000/-	19	31.7
D. >20000/-	2	3.3
Place of delivery of Neonates-		
A. Government Hospitals	28	46.7
B. Private Hospitals	32	53.3
Total	60	100.0

### 1. Assessment of anxiety of parents of neonates admitted to NICU-

Parameter	Variable	Scattering of Mean	Minimum	Maximum
		Mean $\pm$ SD		
Baseline Information	Score of Anxiety	88.77 $\pm$ 14.37	54	106

Statistical analyzes demonstrated that the mean (Mean  $\pm$  Standard Deviation) existed anxiety score of parents of neonates admitted to NICU found to be 88.77 $\pm$ 14.37 points at assessment stage.

The moderate anxiety found to be existed among those patients who scored from 61 to 90 points as per State-Trait Anxiety Inventory (STAI) scoring assessment. However, the assessment of anxiety score of parents of neonates admitted to NICU indicated that the mean score of parents of neonates admitted to NICU found to be 88.77 points which clearly reflected that all of the parents had observed approximately with moderate anxiety at an average.



**Fig – 1 Bar diagram highlights the levels of anxiety among parents of neonates admitted to NICU**

## CONCLUSION

Assessment of categories to judge the improvement in anxiety of parents of neonates admitted to NICU have allocated on the basis of total score (120, 100.0%) on scale which further divided into three subdivisions. However, the mild category of anxiety of parents of neonates admitted to NICU was assigned to those parents of neonates admitted to NICU who had scored marks from 25.0% to 50.0% while moderate category of anxiety allocated to those parents of neonates admitted to NICU who scored marks from 50.8% to 75.0% whereas severe category of anxiety were assigned to those parents of neonates admitted to NICU who had scored marks between 75.8% and 100.0%. Assessment of existed anxiety of parents of neonates admitted to NICU reported that the level of anxiety of large chunk of parents of neonates admitted to NICU found to be severe and which can be easily measured by analyzing the test scoring.

## LIMITATIONS

- The study was confined to small sample selected by purposive technique.
- The study lacked the control and experimental group to allow testing for reducing level of anxiety with or without the distribution of leaflet containing anxiety relieving measures as deep breathing exercise.
- The study was limited to only assessing the level of anxiety among mothers of neonates admitted in NICU.
- The samples were not taken at a single period of time since the study was based on the number of neonates admitted in NICU.

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