



## STRESS AND COPING OF MOTHERS OF LEUKAEMIC CHILDREN

## Nursing

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## ABSTRACT

The present study was undertaken to determine the stress and coping strategies of mothers of leukaemic children. The objectives of the study were to determine the level of stress among mothers of leukaemic children, to assess the coping strategies of mothers of leukaemic children and to find out association between stress and coping with selected demographic variables.

**Methodology:** A quantitative, non experimental descriptive survey was adopted. Study was conducted among 40 mothers of leukaemic children. Non probability sampling technique was used. Demographic data was collected by structured questionnaire prepared by the investigator. Stress of mothers was assessed by Paediatric Inventory for Parents (PIP) in four domains -communication, emotional, medical care and role function. Coping strategy was assessed by Coping Health Inventory for Parents (CHIP) which describes the coping of mothers in three subscales-maintaining family integration, maintaining social support, and understanding medical situation.

**Results:** Majority of mothers (52.50 %) of children with leukaemia reported significantly higher stress level (stress score >150) and they were having only average coping (coping score <91). No significant association was found between stress and coping with selected demographic variables.

## KEYWORDS

Leukaemia , Mothers, Stress and Coping strategy

## INTRODUCTION.

Leukaemia is the most commonly diagnosed cancer in children under 14 years of age (Greaves 2012).

The international agency for research on cancer (GLOBOCAN) project has predicted that India's cancer burden will nearly double in the next 20 years from a slightly over a million new cases in 2012 to more than 1.7 million by 2035.(Ferlay .J. 2012).

In spite of the significant increase in survival rate, paediatric cancer is associated to a social representation of death, incurability, losses and intense suffering. (Rodrigues 2000).

The life threatening nature and its invasive treatment cause emotional stress for family members. (Sloper Patricia 2000).

Diagnosis of leukaemia can be very devastating and stressful. Frequent hospitalization and painful treatment causes stress in parents especially mothers. Treatment of leukaemia is of long duration, painful and invasive. It requires frequent hospitalisation. Frequent hospitalisation, physical side effects and limitation in daily activities cause stress in children and parents.(Yours A. G.2013).

Distress level of parents of children with cancer is higher than parents of children with other chronic diseases like diabetes mellitus .(Rami Masa Deh 2015).

Mothers are more likely to report higher levels of stress than fathers, and parents with fewer years of formal education and lower socio-economic status were likely to experience traumatic experience at any time.(Norberg.A.L.2005).

Parents use various coping strategies to face stressful situation ranging from hospitalization and aggressive treatments with side effects to the threat of death.(Sutan 2017)

Investigator's personal experience also revealed that mothers are having higher stress and lack of coping. Hence this study was undertaken.

**Title of the study:** A study to assess the stress and coping strategy of mothers of leukaemic children undergoing treatment in a selected tertiary hospital in Kerala.

## OBJECTIVES OF THE STUDY

1. To assess the level of stress among mothers of leukaemic children.
2. To determine the coping strategies of mothers of leukaemic children.

3. To find out association between stress and coping strategies of mothers of leukaemic children.

## METHODS AND MATERIALS

**Research approach:** Quantitative approach

**Research design:** Non experimental descriptive survey

**Data collection :** Demographic data of mothers and children were collected by using structured questionnaire prepared by the investigator.

Mother's level of stress is assessed by Paediatric Inventory for Parents (PIP) which consists of four domains- communication, emotional, medical care and role function. The score range from 42 (mothers having no stress) to 210 (mothers having severe stress). It also described the frequency of stress event (F) and the difficulty of stress event (D).

Coping of mothers was assessed by Coping Health Inventory for Parents. (CHIP). This tool contains three subscales- maintaining family integration, maintaining social support and understanding medical information. The score ranges from 0 (not helpful) to 135 (maximum helpful).

## Data analysis

Collected data were analyzed by using descriptive and inferential statistics. Out of 40 mothers, 23 (57.50%) belonged to age group 31-40 years, 34 (85%) were having high school education, 21 (52.50%) were daily wagers, 23 (57.50%) belonged to Hindu religion. Mean stress score was 153.8 with standard deviation 13.80. Mothers experienced maximum stress in emotional dimension. Mean coping score was 70.08 with standard deviation 7.88. Mothers of all children were having moderate coping strategy.

**Table 1: Frequency distribution and percentage of mothers of leukaemic children based on level of stress**

Level of stress	Difficulty		Frequency	
	f	%	f	%
Mild	50-100	0	0	0
Moderate	101-150	19	47.50	20
Severe	151-210	21	52.50	80

**Table 2: Frequency distribution and percentage of mothers of leukaemic children based on coping strategy**

Coping Score	f	%
Poor ( Below 45)	0	0
Average ( 46-90)	40	100
Good ( 91-135)	0	0

## DISCUSSION

Level of stress and coping strategy was assessed in this study. For collecting data Paediatric Inventory for Parents (PIP) and Coping

Health Inventory for Parents (CHIP) were used. Findings depict that majority of mothers (52.50%) were having higher stress (Score more than 150) and 47.50% were having moderate stress. (Stress score above 100). All the mothers were having average coping. Study emphasizes a need for intervention to reduce stress and for effective coping of parents of leukaemic children especially mothers since they are the primary care provider

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