

EFFECTIVENESS OF INFORMATION, EDUCATION AND COMMUNICATION MODULE TO REDUCE THE LEVEL OF GUILT COMPLEX REGARDING CHILD CARE AMONG MULTIGRAVID WORKING MOTHERS OF UNDERPRIVILEGED COMMUNITY IN SELECTED TEA ESTATES AT VALPARAI.



Nursing

Mercy Jennifer J* Ph.D Scholar, Meenakshi University, Chennai *Corresponding Author

Dr. Jain Vanitha N S Guide, Meenakshi University, Chennai

ABSTRACT

An experimental study was conducted to find out the effect of IEC module on guilt complex among multigravid working mothers (10 in experimental and 10 in control) by multistage random sampling technique at selected tea estates, Valparai. Pre test post test design adopted. Interview and questionnaire method followed to collect data regarding socio demographic variables, guilt complex of mothers and measures adopted by them to overcome guilt. Experimental group of working mothers received IEC module. Control group received no intervention. The result shows significant improvement in the knowledge of adoptive measures in post-test when compared to pre-test score among working mothers in experimental group rather than the control group ($p < 0.001$). The study concluded that IEC module is effective in reducing the guilt complex of multi gravid working mothers regarding child care.

KEYWORDS

IEC module, Guilt complex, Multigravid working mothers, Child care

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 are 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 simple random sampling technique, multigravid mothers were assigned to experimental group and control group. Formal permission was sought from the manager of the selected tea estates, Valparai. Data was collected for a period of 6 months from the multigravid mothers who met the inclusion criteria. After obtaining written consent, the multigravid mothers were randomly assigned to control and experimental group. The pretest knowledge was assessed by giving structured questionnaire to the mothers for 40 minutes. Intervention was given to samples in experimental group which includes 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 data: Majority of the working mothers were of age group 21-30, joint family, laborers, school level education, had children between 1-3 years, and had 8 hours of work. Chi square test was done to identify the homogeneity of both groups.

Effect of IEC module: In this study, the pretest score and post test

score of experimental and control group are compared

Table 1: Mean, standard deviation of pretest and post test adoptive measures regarding child care by multigravid working mothers

Guilt complex	Study Group			
	Experimental Group		Control Group	
	Mean	SD	Mean	SD
Pretest value	15.72	6.88	14.32	5.66
Posttest value	50.52	4.21	20.92	7.55
t-value	3.33	20.00		

This table shows that the pretest mean knowledge score of both the groups were nearly similar (15.72 & 14.32 respectively) whereas the posttest score of experimental group (50.52) is significantly higher than the control group (20.92). 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 multi gravid working mothers

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

S. No.	Demographic variables	Experimental group		Control group		Chi-square	p-value	significance
		No.	(%)	No.	(%)			
1	Age					1.65	0.12	NS
	a. <20 years	-	-	-	-			
	b. 20-30 years	9	90	8	80			
	c. 31 and above	1	10	2	20			
2	Education					0.37	0.72	NS
	a. Illiterate	-	-	-	-			
	b. School level	10	100	10	100			
	c. College level	-	-	-	-			
4	Type of Family					0.20	0.65	NS
	a. Joint	3	30	5	50			
	b. Nuclear	7	70	5	50			
5	Age of the child					1.14	0.27	NS
	a. 0-12 months	1	10	2	20			
	b. 1-3 years	9	90	8	80			
	c. 3-5 years	-	-	-	-			
6.	Hours of work					0.51	0.62	NS
	a. 8 hours	5	50	6	60			
	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 multigravid 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 among multigravid working mothers regarding child care. The study revealed that IEC module was effective in reducing the level of guilt complex in experimental group when compared with control group at $p < 0.001$

Conclusion

According to the results of present study, it is concluded that IEC module is effective, cost effective and best method of education and reinforcement towards reducing the level of guilt complex regarding child care

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.

References

1. Conger and Wickrama (2013) Antecedents and reactions to emotions in the United States and Japan, *Journal of Cross Cultural Psychology*, 19 (3): 267-286
2. Jones Schratler and Kuglar (2013) The guilt inventory, *Psychological Report*, 87, pp 1039-1042
3. Carla Zampatti & Jean Kittson (2010), Work-family conflict and marital quality, Mediating processes, *Journal of Social Psychology Quarterly*, 59 (1): 62-79
4. Cook & Conline (2010), Work family conflict in the Middle Eastern cultural context, *Journal of Organizational Psychology*, p 23-27
5. Naccera (2010), Utilization of the right to maternity leave and resumption of work after delivery, *A Longitudinal Prospective Study*, 155 (2): 89-92
6. Nigel Hawkers (2010), Length of maternity leave and quality of mother - infant interaction, *Child Development*, 68 (2): 364-383
7. www.guiltfamily.com