



THE EFFECT OF "GUIDED REFLECTION" ON PARENTAL STRESS OF CARING CHILD WITH CHRONIC ILLNESS

Healthcare

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ABSTRACT

Background: Parenting stress, or stress directly related to the role of parent, is always associated in caring chronic ill child. Guided Reflection helps the parents to understand the current illness experience & coping and working out for the problem resolution and initiates efforts to live with problems.

Aim: To assess the effect of guided reflection for the reduction of stress among caregivers of child diagnosed with chronic illness in Pediatric unit.

Methods: Quasi experimental design was adopted where (n=15) there will be an intervention and control group, using purposive sampling technique the without randomization. Parental stress scale was used to assess the level of stress among the parents.

Results: The study shows, the pretest mean value was 52.53 with standard deviation 9.01 and post test mean value was 52.47 with standard deviation 9.08. Paired t test value is $t=0.435$ and the calculated t value is $t=12.484(p<0.05)$ and the tabulated t value indicates 1.76($p<0.05$), which is highly significant for the experimental group.

Conclusion : There are various factors like economic stress for parents as well as child, lack of social support, growth and development needs ,disease burden etc ,have been identified and certain occasions are particularly difficult with child with chronic illness, the self empowerment strategies will make them have an positive locus of control.

KEYWORDS

Guided reflection, parental stress, chronic illness

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