



A STUDY TO ASSESS THE NICU STRESSORS AND ATTITUDE AMONG THE MOTHERS OF SICK NEONATES IN SRM GENERAL HOSPITAL

Ms.Aswathy Nair^{1*}, Mrs.V. Priya², Dr.C.Kanniammal³

Article History: Received: 27.02.2023

Revised: 11.04.2023

Accepted: 31.05.2023

Abstract

The Objectives of this study is to assess the NICU stressors and attitude among the mothers of sick neonates in SRM General Hospital. The research approach was quantitative research approach and the research design adopted was Non Experimental correlational research design. The mothers of neonate admitted to the NICU were selected by non probability convenient sampling technique. The sample size for the study was 70. The data was collected using standardized tool - Parental Stressor Scale (PSS: NICU), the attitude scale lists the various attitude of a mother that arises during the hospitalization of a sick newborn which was prepared by the investigator. Twenty (20) minutes was spent to elicit data from each participant. Following data collection a learning module on NICU Stressors and coping management was given to the mothers of sick neonates. The analysis reveals that, majority of the mothers 50 (71.4%) experienced severe stress whose neonates were admitted in NICU. The overall level of attitude among the mothers of sick neonates, 64 (91.4%) of the mothers had Moderately Favourable Attitude. The subscale namely “baby looks and behaves” has the mean value 75.20 with standard deviation + 4.52 had the highest levels of stress. It is evident that there is statistically significant negative correlation ($r = -0.724$) between Stress and Attitude $p < 0.05$. Therefore, there is a need for interventional program to help the mothers to adapt to the hospitalization of the neonates to overcome the stress.

Keywords: Neonatal Intensive Care Unit, stressors, attitude, mothers, sick neonates.

^{1*}Pediatric Nursing, Nursing Tutor SRM College of Nursing SRM Institute of science and technology Kattankulathur Chennai, Chengalpattu (Dt) Tamilnadu-603203, India

²Assistant Professor, SRM College of Nursing, SRMIST, Kancheepuram- 603203, Tamilnadu, India

³Dean, SRM College of Nursing, SRMIST, Kancheepuram- 603203, Tamilnadu, India

Email: aswathyn@srmist.edu.in

DOI: 10.31838/ecb/2023.12.s2.337

1. Introduction

The birth of a baby always brings a bundle of joy for the parents. Everyone in the modern world experiences stress at least occasionally in life. It has devastating effects on individual, interpersonal and societal level. It is merely a reaction to a stimulus that disturbs physical and mental equilibrium. In other words, it is an omnipresent part of life.⁽¹⁾ On the contrary, “Congratulations on the birth” of your child is a common expression heard by many mothers after their child birth experience. Parents generally experience relief, joy, excitement, and success upon hearing their newborn's first cry. Bonding occurs in the initial few minutes and hours following birth, which is crucial for the newborn's future development. However, when a child becomes ill, particularly during the neonatal period and if the neonate is admitted to a neonatal intensive care unit (NICU) soon after birth, it poses a psychological threat to mothers and creates a stressful situation due to the lack of bonding and attachment, the altered parental role, and the sight of the NICU. This ultimately causes mothers to experience anxiety, depression, and stress.⁽²⁾ Mothers whose babies remain admitted to NICU experience many stressors due to prematurity, medical or surgical condition of neonate, stressful NICU environment, and anticipated vulnerability apart from the psychological morbidity perceived during pregnancy and perinatal transition.⁽³⁾

Objectives of The Study

- To assess the level of NICU stressors among the mothers of sick neonates
- To assess the level of attitude among the mothers of sick
- To correlate between level of NICU stressors and level of attitude among the mothers of sick neonates
- To associate between the level

of NICU stressors and level of attitude among the mothers of sick neonates with their demographic variables.

Null Hypotheses

NH1 - There will be no significant correlation between level of NICU stressors and level of attitude among the mothers of sick neonates.

NH2 - There will be no significant association between level of NICU stressors and level of attitude among mothers of sick neonates with their demographic variables.

2. Materials and Methods

Approach: quantitative research approach.

Design: Non Experimental correlational research design.

Study Variables: The study variables of the present study are NICU stressor, attitude among the mothers of sick neonates admitted in NICU.

Research setting: The study was conducted at SRM General Hospital, Chennai. A tertiary care centre with 20 NICU beds. Census of about 100- 120 per month which has 3 different levels of NICU: level I, Level II and Level III.

Tool: A standardized tool - Parental Stressor Scale (PSS: NICU), 5 – point Likert scale to assess the level of attitude of mothers of sick neonates.

Validity of the Tool/ Ethical Consideration:

Validity was obtained from the medical and nursing experts of SRM General Hospital and SRM College of Nursing. The tool was validated for the appropriateness, relevancy and accuracy of the tool. The formal approval was obtained from the Institutional Ethical Committee.

Data Collection Procedure

The research approach was quantitative research approach and the research design adopted was Non Experimental correlational research design. The mothers of neonate admitted to the NICU were selected by non probability convenient sampling technique. The sample consisted of 70 mothers of neonate admitted to the NICU of SRM General Hospital. The data was collected using standardized tool - Parental Stressor Scale (PSS: NICU), 5 – point Likert scale was used to assess the

level of attitude of mothers of sick neonates which was prepared by the investigator. The reliability of the tool was assessed with Cronbach’s alpha r values. The values for PSS: NICU Scale is 0.92, the attitude assessment questionnaire is 0.72. Twenty (20) minutes was spent to elicit data from each participant. Further which a learning module on NICU stressors coping management for postnatal mothers was given to the mothers of sickneonates.

3. Results

FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE LEVEL OF STRESSORS AMONG THE MOTHERS OF SICK NEONATES N =70

S. No.	Level of Stress	No. of mothers	Percentage %
1	Severe Stress	50	71.4
2	Extreme Stress	20	28.6

FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE LEVEL OF ATTITUDE AMONG THE MOTHERS OF SICK NEONATES n = 70

S. No.	Level of Attitude	No. of mothers	Percentage %
1	Unfavourable Attitude	0	0.0
2	Moderately Favourable Attitude	64	91.4
3	Favourable Attitude	6	8.6

CORRELATION BETWEEN THE STRESSORS OF MOTHERS AND THEIR ATTITUDE TOWARDS CARE OF SICK NEONATES n = 70

S. No.	Variables	N	Mean	SD	R value	P Value
1	Stress	70	179.60	5.835	-0.724	0.042*
2	Attitude	70	26.61	3.298		

*-Significant at 5% level **-Significant at 1% level

4. Discussion

The study findings conclude that

majority of the mothers 50 (71.4%) experienced severe stress whose neonates were admitted in NICU. The overall level

of attitude among the mothers of sick neonates, 64 (91.4%) of the mothers had Moderately Favourable Attitude. It is evident that there is statistically significant negative correlation ($r = -0.724$) between Stress and Attitude. Maternal stress is very often neglected, as attention is focused mainly on the care of sick neonates, so there is a need for interventional program to help the mothers to adapt to the hospitalization.

5. Conclusion

The study concludes that there is a need for interventional program to help the mothers to adapt to the hospitalization of the neonates to overcome the stress.

CONFLICTS OF INTEREST: No conflicts of interest. AUTHORS FUNDING: Self.

6. References

- Steedman W (2007) Stress Experienced by Parents from the Neonatal Intensive Care Unit. California: University of California Libraries; p. 1-2.
- Ricci SS (2007), Essentials of maternity, newborn and women's health nursing. Philadelphia: Lippincott Williams and Wilkins
- Heidari H, Hasanpour M, Fooladi M (2012) The Iranian parents of premature infants in NICU experience stigma of shame. *Med Arh*; 66 (1): 35-40.
- Pyhälä R, Rääkkönen K, Pesonen AK, Heinonen K, Hovi P, Eriksson JG, et al. (2009) Behavioral inhibition and behavioral approach in young adults with very low birth weight-The Helsinki study of very low birth weight adults. *Personality and Individual Differences*; 46 (2): 106-10. doi: 10.1016/j.paid.2008.09.013
- Ramezani T, Hadian Shirazi Z, Sabet Sarvestani R, Moattari M. Family-centered care in neonatal intensive care unit: A concept analysis. *Int J Community Based Nurs Midwifery*. 2014;2:268-78.
- Shaw RJ, Bernard RS, Storfer-Isser A, Rhine W, Horwitz SM. Parental coping in the neonatal intensive care unit. *J Clin Psychol Med Settings*. 2013;20:135-42.
- M Reetha (June 2021) *International Journal of Science and Research (IJSR)* ISSN: 2319-7064 SJIF (2020): 7.803 DOI: 10.21275/SR21524154505 Volume 10 Issue 6
- Gehad Ramadan Ebrahim Hamoud1 , Samar Mabrook El nahrawy Essmat Mohammed Gemeay Tanta Scientific Nursing Journal (Print ISSN 2314 – 5595) (On line ISSN 2735 – 5519) February, 2021
- Kumar N, Mallick AK. Maternal stress in neonatal intensive care unit very often overlooked by health professionals. *Ind Psychiatry J* 2020;29:130-3
- Ria Ganguly , Lipilekha Patnaik 2020 DOI: 10.4103/jehp.jehp_169_20 Assessment of stress among parents of neonates admitted in the neonatal intensive care unit of a tertiary care hospital in Eastern India , national library of medicine , pubmed.gov
- Fróes GF, Mendes ENW, Pedroza GA, Cunha MLC. Stress experienced by mothers of preterm newborns in a neonatal intensive care unit. *Rev Gaúcha Enferm*. 2020;41(esp):e20190145. doi: <https://doi.org/10.1590/1983-1447.2020.20190145>
- Mamani Das1 , Krishna Das 2020 *International Journal of Nursing and Medical Investigation* A Study to Assess the Level of Stress and Coping Mechanism among Mothers of Neonates Admitted in Neonatal Intensive Care Unit in Selected Hospitals of Guwahati, Assam
- Jagdish Varma , Somashekhar Marutirao Nimbalkar July 2019 *Indian Journal*

of Psychological Medicine 41(4)
DOI:10.4103/ijpsym.ijpsym_415_18
Colombo C, Castoldi F and Lista G.
(2019) Stress and feelings in mothers
and fathers in NICU: identifying risk
factors for early interventions.
Primary Health Care Research &
Development 20(e81): 1–7. doi:
10.1017/s1463423619000021

Miss. S.Swathi, Prof.Dr.A.Padmaja (2019)
IOSR Journal of Nursing and Health
Science (IOSR-JNHS) e-ISSN:
2320–1959.p- ISSN: 2320–1940
Volume 8, Issue 4 Ser. III. (July-Aug
.2019), PP 01-10 Assessment of
Stress and Coping among Caregivers
of Postoperative Cerebral Palsy
Children at BIRRD Hospital,
Tirupati”