



## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING STRESS MANAGEMENT AMONG WORKING MOTHERS IN A SELECTED URBAN AREA OF SHAHJAHANPUR, U.P.

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### Abstract

#### Objective:

- To assess the level of knowledge regarding stress management among working mothers.
- To evaluate the effectiveness of a structured teaching program on level of knowledge regarding stress management among working mothers.
- To determine the association between pre-test knowledge score on stress management among working mothers with their selected demographic variables.

#### Methodology:

A Quantitative research approach with Pre-experimental one group pre-test post-test design was used as research design for the study. 60 working mothers were selected by using convenient sampling technique. The data was collected by structured knowledge questionnaire. The collected data was organized in Master Data Sheet and analyzed by using Descriptive and inferential statistics as per the objective of the study.

#### Results:

The findings of the study revealed that in pre-test score, majority of mothers 51(85%) had moderate knowledge and 09(15%) had inadequate level of knowledge whereas in post-test score, majority of the mothers 53(88.3%) had adequate knowledge and 07(11.7%) had moderate level of knowledge regarding stress management. The obtained t & p value was  $t = -47.892$ ,  $p = 0.0001$ , which reveals that there was significant difference within both the groups at pre-test and post-test scores. There was no significant association between age, educational qualification, years of experience, types of family, source of information regarding stress management whereas there was significant association between religion.

#### Conclusion:

The study concluded that most of the mothers had adequate knowledge whereas only few mothers had moderate level of knowledge regarding stress management. Hence, it was concluded that structured teaching programme, is an effective teaching method to teach the participants and also help to enhance the knowledge of the working mothers regarding stress management.

**Key Words:** Effectiveness, Structured teaching programme, Knowledge, Stress management, Working mothers, Urban area.

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## **INTRODUCTION**

Stress has been defined as anything that disrupts the physical or psychological wellbeing of a normal individual. It occurs due to the inability of the individual to cope up with the demands and pressure of the situation. Any stimulus which evokes a stress response is termed as a stressor (Lazarus, 1990). Stressors may be real or imagined, and endogenous or exogenous factors or events. The overall impact of a stressor depends upon its features and the characteristics of the affected individuals.<sup>1</sup>

In order to survive, the human body is required to continually adapt to the changing internal and external environment. At its most basic level this is known as homeostasis, whereby the human body tightly regulates its internal physiological states (e.g., body temperature, oxygen supply etc.) to keep us alive. In order to maintain homeostasis, our body releases hormones (e.g., cortisol, adrenaline, and noradrenaline) and switches on the autonomic nervous system (ANS) and the central nervous system to allow us to adapt and respond to day-to-day activities (some of which may be stressful). The release of these so-called physiological mediators (cortisol, adrenaline, and noradrenaline) and changes in immune and metabolic parameters (known as allostasis; see Sterling & Eyer 1988) are protective and adaptive as long as they switch on and switch off in a balanced way when an environmental challenge or stressor is no longer present. However, when this fails to happen and the physiological response is maintained overtime, it can become damaging for our health and well-being.<sup>2</sup>

Motherhood determines as a manifestation of the human form, the cosmic wonder of creation. Today, there are several roles' mothers may choose to fulfill/carry out. Today, most of mothers are working. They are expanding their lives to include a career and side by side, maintaining their traditional roles at home. This combination of housework and career-work is the reason why working mothers today have more stress than working fathers.<sup>3</sup>

Working mothers refers to women who are mothers and who work outside the home for income in addition to the work they perform at home in raising their children. Working mothers generally have overlapping responsibilities in multiple domains which includes home and workplace. The issues faced by them in everyday life are concerning with two positions, in family life and in professional life. Women have to take part in their role as a wife, a mother and an earner.<sup>4</sup>

Typically, working mothers with high levels of stress tend to have lower levels of subjective well-being and a negative satisfaction with life. One of the primary sources of stress working mothers is their role as both mother and employee, which can also contribute significantly to mental health issues among this group.<sup>5</sup>

According to studies from Sweden, total workload increases directly with the number of children at home for both women and men, but the rate of workload increases two to three times as great for a working mother compared with the father. Working mothers report greater stress due to complicated demands between paid work and responsibilities at home.<sup>6</sup>

A survey was conducted for working mothers who suffer stress related health problems it's showed that some mothers seem to be balancing things pretty well, the overwhelming feedback was that most mothers simply have too much to do, and this creates all sorts of problems, including health problems. A whopping 551 people out of 560 (88%) reported at least one health problem they've experienced since becoming a working mother.<sup>7</sup>

## **NEED FOR STUDY**

Stress for mothers is often found in multiple and intersecting categories, including how little time mothers have for themselves, shouldering the logistical demands of a household, and often being the family point person for family decisions, big and small. Mothers may also struggle with working from home, lack of childcare access, and medical stress related to fear of illness. A combination of these stressors may even lead to burnout or depression for stay at home mothers, mothers working a job inside or outside the home, juggling multiple jobs in addition to raising children, or having the entire household experience family stress.

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## **PROBLEM STATEMENT**

A study to assess the effectiveness of structured teaching program on knowledge regarding stress management among working mothers in a selected urban area of Shahjahanpur, U.P.

## Objectives

- To assess the level of knowledge regarding stress management among working mothers.
- To evaluate the effectiveness of a structured teaching program on level of knowledge regarding stress management among working mothers.
- To determine the association between pre-test knowledge score on stress management among working mothers with their selected demographic variables.

## OPERATIONAL DEFINITION

**Assess:** It refers to make a judgment about the nature or quality of somebody/something

**Effectiveness:** It refers to the degree to which something works well and produces the result that was intended.

**Structured teaching program:** In this study, structured teaching programme refers to a systematically developed instructional programme using instructional aids, designed to provide information on stress management.

**Knowledge:** In this study, knowledge refers to the known facts and information given by working mothers regarding stress management by responding to a structured knowledge questionnaire.

**Urban area:** In this study, urban area refers to, relating to, or designates a city or town: densely populated urban areas; living, located, or taking place in a city.

**Working mothers:** In this study, Working mothers refers to women who are mothers and who work outside the home for income in addition to the work they perform at home in raising their children.

**Conceptual Framework:** The conceptual framework of this study is based on the general system's model approach derived from Von Bertalanffy.

## REVIEW OF LITERATURE

A Literature Review is "a systematic, explicit, and reproducible method for identifying, evaluating, and synthesizing the existing body of completed and recorded work produced by researchers, scholars, and practitioners."

The literature is reviewed to summarize knowledge for use in practice or to provide a basis for conducting a study.

A literature review is a body of text that aims to review the critical points of knowledge on a particular topic of research.

**Review of literature for the study has three important concepts which have been organized under the following headings:**

- Review related to stress, stressor, incidence, prevalence, causes and effects of stress.
- Review related to knowledge on stress management.
- Review related to Effectiveness of Structured Teaching Programme on management of stress.

## MATERIALS AND METHODS:

### Research approach

A quantitative research approach was used in this research study.

### Research design

The research design adopted for the present study was Pre-experimental one group pre-test post-test design.

### Variable of the Study

**Independent variable:** -The independent variable of study was Structured teaching programme on stress management.

**Dependent variables:** - The dependent variable of study was knowledge.

### Setting of the Study

The study was conducted in urban area at mission compound in Shahjahanpur.

### Population

**Target population:** - The entire population in which the researchers are interested and to which they would like to generalize the research findings. In the present research study the target population consists of Working Mothers.

**Accessible population:** - The aggregate of cases that conform to designated inclusion or exclusion criteria and that are accessible as subjects of the study. In this study the accessible population was Working Mothers from selected urban area of Shahjahanpur.

### Sample size

The study consists of 60 Working mothers based on the selection criteria.

### Sampling technique

Convenient sampling technique was used to select the sample from the population.

### Development of the tools

It consists of two parts: -

1. **Tool I– Demographic variable:** Age, Religion, Professional Qualification, Years of Experience, Types of family and Source of Information

## 2. Tool II –Structured knowledge questionnaire:

It consists of a structured questionnaire on knowledge regarding Stress Management.

### Plan for data analysis

The analysis was planned based on objectives and hypotheses. Both descriptive and inferential statistics were planned to be used for data analysis such as:

- Descriptive statistics was used to describe the personal characteristics of the participants and data is presented in terms of number, percentage, mean and standard deviation.
- Inferential statistics was used to test the hypotheses. It was analyzed by applying Chi-square test and dependent t-test to compare the studied variables.

## Results

**SECTION- A:** Description of demographic variables of study participants.

**Table no. 1:** Frequency and percentage distribution of demographic variables of study participants.

**N= 60**

S. No.	Demographic variables	Frequency	Percentage (%)
1.	<b>Age</b>		
	a) 21-30 years	35	58.3
	b) 31-40 years	22	36.7
	c) 41-50 years	03	05
	d) Above 50	00	00
2.	<b>Religion</b>		
	a) Hindu	27	45
	b) Muslim	12	20
	c) Christian	18	30
	d) Other	03	05
3.	<b>Educational qualification</b>		
	a) 10 <sup>th</sup>	32	53.3
	b) 12 <sup>th</sup>	25	41.7
	c) Graduation	03	05
	d) Post-graduation	00	00
4.	<b>Years of experience</b>		
	a) 0-3 years	14	23.3
	b) 4-6 years	25	41.7
	c) 7-9 years	19	31.7
	d) 10 & above	02	3.3
5.	<b>Types of family</b>		
	a) Nuclear	37	61.7
	b) Joint	21	35
	c) Broken	02	3.3
6.	<b>Source of information</b>		
	a) Media	33	55
	b) Newspaper	23	38.3
	c) Family members	04	6.7
	d) No information	00	00

Table No. 1 shows frequency and percentage distribution of demographic variables of study participants & it depicts that age shows majority of the mothers 35(58.3%) were 21-30 years of age and majority of the mothers 27(45%) were hindu. Majority of the mothers 32(53.3%) had 10<sup>th</sup>

education whereas majority of the mothers 25(41.7%) had 4-6 years of experience. Majority of mothers 37(61.7%) had nuclear family and 33(55%) had media as a source of information regarding stress management.

**Table no. 2:** Frequency & percentage distribution of pre-test and post-test level of knowledge regarding stress management among working mothers.

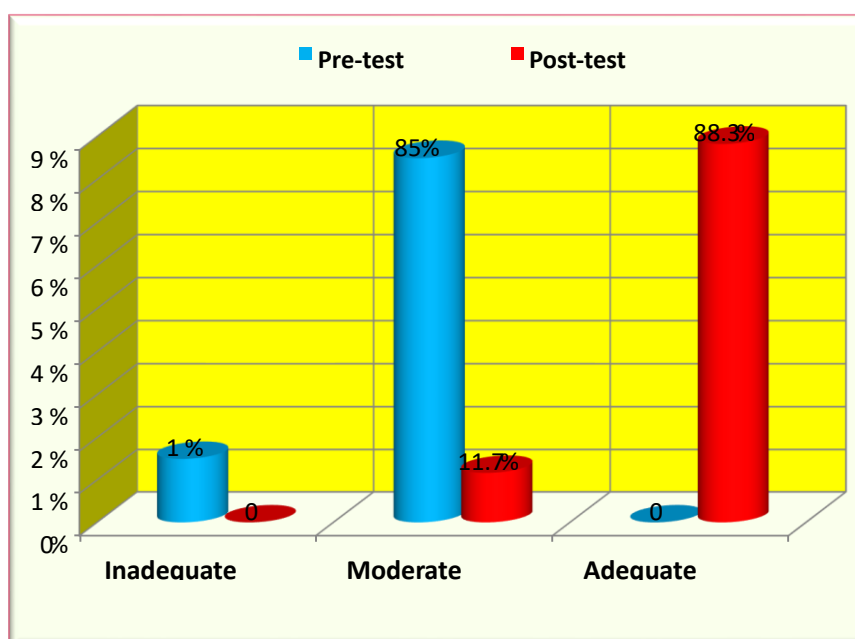
**N=60**

Level of Knowledge	Score	Pre-test		Post-test	
		Freq.	%	Freq.	%
Inadequate	15 & below	09	15	00	00
Moderate	16 to 23	51	85	07	11.7
Adequate	20 & above	00	00	53	88.3

Maximum score=30

Table no. 2 shows frequency & percentage distribution of pre-test and post-test level of knowledge regarding stress management among working mothers & it depicts that in pre-test score, majority of mothers 51(85%) had moderate

knowledge and 09(15%) had inadequate level of knowledge whereas in post-test score, majority of the mothers 53(88.3%) had adequate knowledge and 07(11.7%) had moderate level of knowledge regarding stress management.



**Figure No.1:** Cylindrical diagram showing the percentage distribution of pre-test and post-test level of knowledge regarding stress management.

**Table no. 3:** Comparison of pre and post-test interventional knowledge score regarding stress management among working mothers.

**N=60**

Level of knowledge	Mean ± SD	Mean difference	Paired 't' value	p-value
Pre-test	12.47 ± 1.935	11.02	-47.892	0.0001*
Post-test	23.68 ± 2.613			

**Dependent t- test  $t_{59} = 1.671$  at  $p < 0.05$  level of significance, \*significant**

Table no. 3 shows comparison of pre and post-test interventional knowledge score regarding stress management among working mothers & it depicts that at pre-test the mean knowledge score and SD was  $12.47 \pm 1.935$  whereas in post-test the mean knowledge score and SD was  $23.68 \pm 2.613$ . Dependent 't'-test was performed to compare the knowledge score within pre-test and post-test. The obtained t & p value was  $t = -47.892$ ,  $p = 0.0001$ .

The t-test revealed that there was significant difference within both the groups at pre-test and post-test scores.

Hence the null hypothesis was rejected and the research hypothesis was accepted. Thus it can be interpreted that structured teaching programme was effective in improving the knowledge of working mothers regarding stress management.

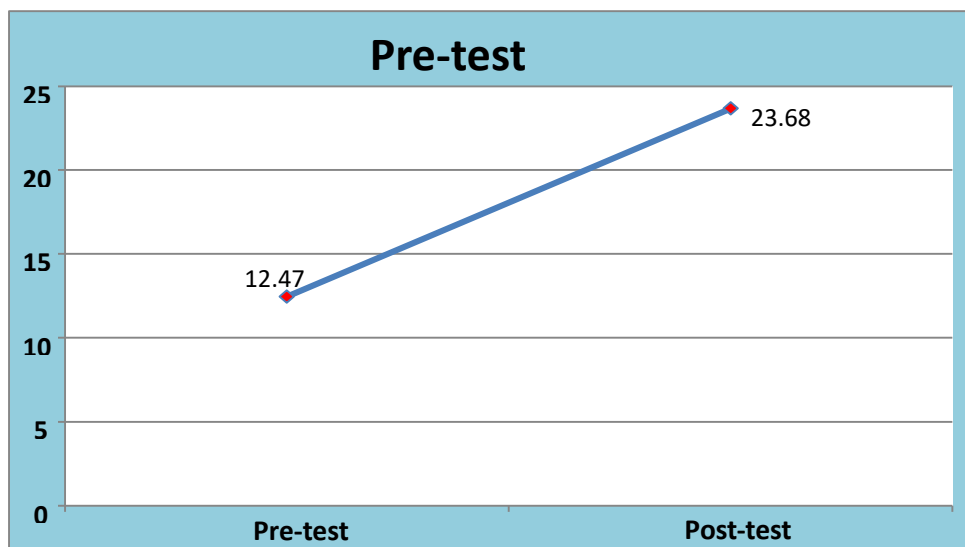


Figure No. 2: Line graph representation of estimated marginal mean value between pre-test and post-test.

Table 4: Association between pre-test level of knowledge and demographic variables among working mothers regarding stress management.

N= 60

S. No	Demographic variables	Level of knowledge		Chi-square	df	p-value
		Moderate	Inadequate			
1.	<b>Age</b>			0.718	2	0.831
	a) 21-30 years	30	05			
	b) 31-40 years	18	04			
	c) 41-50 years	03	00			
	d) Above 50 years	00	00			
2.	<b>Religion</b>			10.980	3	0.011 *
	a) Hindu	21	06			
	b) Muslim	11	01			
	c) Christian	18	00			
	d) Other	01	02			
3.	<b>Educational qualification</b>			1.059	2	0.641
	a) 10 <sup>th</sup>	26	06			
	b) 12 <sup>th</sup>	22	03			
	c) Graduation	03	00			
	d) Post-graduation	00	00			
4.	<b>Year of experience</b>			0.992	3	0.925
	a) 0-3 years	11	03			
	b) 4-6 years	22	03			
	c) 7-9 years	16	03			
	d) 10 & above	02	00			
5.	<b>Types of family</b>			0.687	2	0.791
	a) Nuclear family	32	05			
	b) Joint family	17	04			
	c) Broken family	02	00			
6.	<b>Source of information</b>			0.810	2	0.788
	a) Media	28	05			
	b) Newspaper	19	04			
	c) Family members	04	00			
	d) No information	00	00			

df<sub>1</sub>= 3.84, df<sub>2</sub>=5.99, df<sub>3</sub>=7.81 at p<0.05 level of significance Significant\*



Table no. 4 depicts the description about association between pre-test level of knowledge and demographic variables among working mothers regarding stress management. Chi square test was performed to find the association on knowledge of stress management among working mothers with their selected demographic variables. And it shows that there was no significant association between age ( $\chi^2 = 0.718$ ;  $p = 0.831$ ), educational qualification ( $\chi^2 = 1.059$ ;  $p = 0.641$ ), years of experience ( $\chi^2 = 0.992$ ;  $p = 0.925$ ), types of family ( $\chi^2 = 0.687$ ;  $p = 0.791$ ), source of information ( $\chi^2 = 0.810$ ;  $p = 0.788$ ) whereas there was significant association between religion ( $\chi^2 = 10.980$ ;  $p = 0.011$ ).

### Discussions

The main aim of the study was to assess the effectiveness of structured teaching program on knowledge regarding stress management among working mothers in a selected urban area of Shahjahanpur U.P.”.

### RECOMMENDATIONS

- The study can be conducted on a large sample by which the researcher will be able to generalize the findings.
- A study can be conducted to assess the knowledge on stress management of working mothers.
- A study can be conducted separately to assess the effectiveness of each intervention.
- A comparative study can be conducted between working mothers stress and nonworking mother’s stress of selected areas.

### SUMMARY

This chapter dealt with the summary of the study, major findings, discussion, nursing implication, limitation, recommendation and conclusion.

### CONCLUSION

The present study assessed the effectiveness of structured knowledge questionnaire on knowledge regarding stress management among working mothers. The study concluded that in pre-test score, majority of mothers had moderate knowledge and had inadequate level of knowledge whereas in post-test score, majority of the mothers had adequate knowledge and had moderate level of knowledge regarding stress management. The ‘t’ test which was computed between pre-test and post-test knowledge scores indicate a true gain in the knowledge. Hence,

it was concluded that structured knowledge questionnaire was effective as method to improve knowledge among working mothers regarding stress management.

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### CONFLICTS OF INTEREST

Regarding the publishing of this work, the authors state that they have no conflicts of interest.

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