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PARENTAL STRESS AMONG PARENTS DURING COVID-19 PANDEMIC

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Abstract : Many parents have high level of Parental stress during the lockdown period. Parents had to manage their children at home from school 24 h a day and, at the same time, most of them had to start smart-working from home, still carrying out their children's school commitments. Many parents also had to manage difficulties and pain related to having sick or dead relatives, having had wages reductions, or in some cases, having lost their work. Parental stress, defined as parental perceptions of an imbalance between the demands of parenting and available resources (Raphael, Zhang, Liu, & Giardino, 2010). Parenting stress is a normal part of the parenting experience. It arises when parenting demands exceed the expected and actual resources available to the parents that permit them to succeed in the parent role. The present study was aimed to investigate the level of Parental Stress among parents across their gender during covid-19 pandemic. **METHOD:** The study was done on 100 parents out of 50 males and 50 females were selected through purposive sampling technique. Parental Stress Scale (Berry and Jones, 1995) was used to collect data. Data were analyzed by using mean, standard deviation and independent sample t-test. **RESULT:** Result of study proved that there is no significant difference in the level of Parental Stress among parents across their gender during covid-19 pandemic. Fathers have high level of Parental stress when compared to mothers

Key terms : Parental stress

INTRODUCTION

During the lockdown period many parents have high level of Parental Stress. This study helps to understand the significant difference in the level of Parental stress among parents across their gender during covid-19 pandemic. Parental stress is the distress you experience when you feel you just can't cope as a parent. The demands being placed on you are too high. You don't have the resources to meet them (Deater-Deckard 1998; Holly et al 2019). All parents experience parenting stress to some extent regardless of their educational levels and the income and social support available to them. The sources of parenting stress include major life events, such as child illness, marital decomposition, and parental unemployment, as well as the cumulative daily hassles of childrearing. Although COVID-19 is not the only global public

health challenge to threaten society, it will likely have long-term negative impacts on today's children and families. Stress is associated with lower emotional well-being in parents. That is, parents who report more daily hassles in parenting and/or more major life events describe themselves as having less life satisfaction and more negative mood and emotional distress. There is some evidence that stress from daily hassles relates more strongly than does stress from major life events, but stress from each of these sources contributes to lower emotional well-being. In addition to the negative impact on their own emotional well-being, parents with high stress also report a less positive outlook on parenting and less satisfaction in the parental role. Furthermore, they tend to experience less pleasure in and enjoyment of their children. Not surprisingly, they report lower feelings of self-efficacy in the parenting role; that is, they feel less competent in carrying out their parental responsibilities and less confident that their efforts will have a positive impact on their children.

Definition of key terms

Parental Stress is the experience of distress or discomfort that results from demands associated with the role of parenting (Deater-Deckard, 1998)

Review of literature:

J. Jay Miller, Morgan E. Cooley, Brittany P. Mihalec-Adkins (2020) conducted a study on Examining the Impact of COVID-19 on Parental Stress: A Study of Foster Parents. The focus was to understand how foster parents' parenting-related stress levels have changed over the course of the COVID-19 pandemic, including the role of socio demographic characteristics in Exacerbating risk for increased stress. Participants were electronically surveyed about their pre- and post-pandemic parenting-related stress, using an adapted version of the parenting stress scale. Nine-hundred and ninety foster parents (N=990) participated in the study.

Mona, M. Barakat, Rehab, E. Mohamed (2019) conducted a study on Relationship between Parent Stress, Psychological Well-Being and Coping Strategies among Parents with Down Syndrome children. The focus was to assess the levels of parents stress, psychological well-being, and coping Strategies among parents with Down syndrome children, and investigate the relationship between parents Stress, psychological well-being, and coping strategies among parents with Down syndrome children. A descriptive correlational design was utilized to fulfill the aim of this study. Setting: The study was conducted at genetic outpatient in specific children hospital in Benha City, Kaluobia Governorate, which is affiliated to the Ministry of Health. Sample: Purposive sampling of 50 parents with Down syndrome children was recruited.

Susan a. Esdaile, kenneth mark greenwood conducted study to explore the comparison of mothers' and Fathers' experience of parenting Stress and attributions for Parent-child interaction outcomes. Parenting Attribution Test (Bugental et al., 1989; Bugental and Shennum, 1984), Abidin's (1990) Parenting Stress Index (PSI) and modified version of the CIS (the M-CIS; Esdaile and Greenwood, 1995b) was used asses the study of 78 parents (n = 53 mothers; n = 25 fathers). Comparisons were made between data from mothers and fathers in this study as well as with previously collected data on 202 mothers (Esdaile and Greenwood, 1995a; 1995b) and 23 fathers of children who were not disabled. Each variable was subjected to a separate two factor completely randomized design ANOVA comparing the responses of mothers and fathers and parents of disabled and non-disabled children.

Rationale

After reviewing of literature researcher found that there is no research related with Parental stress among parents across their gender during covid-19 pandemic so that researcher is trying to research on this topic. Researcher is hopeful of finding this valuable information so as to enable researcher and others to know some information about Parental stress among parents.

METHODS

Problem :

Is there any significant difference in the level of Parental stress among parents across their gender?

Aim:

To investigate the level of Parental stress among parents across their gender during covid-19 pandemic.

Objectives:

1. To study the level of Parental Stress among parents across their gender
2. To compare the significant difference in the level of Parental stress among parents across their gender.

Variables :

Independent variable : Gender

Dependent variables : Stress

Hypothesis :

There will be no significant difference in the level of Parental Stress among parents across their gender.

Research Design :

The study was the quantitative type and used a between group research design to determine the level of Parental Stress among parents and if there is a significant difference in the level of stress across their gender during covid-19 pandemic.

Research Sample:

Purposive sampling method was used for this study. The study was done on 100 parents out of which 50 were males and 50 were females. The sample was equally taken from the population by the basis of gender.

Sampling criteria:

Inclusion criteria:

1. Willingness of participants via online
2. Parents

Exclusion criteria

1. Parents with mental retardations

Tools:

- Parental Stress Scale (Berry and Jones 1995)

Procedure:

Purpose of the study was explained to the participants through online and their willingness to participate in the study was ascertained. Parental a Scale (Berry and Jones) was given to the sample through online with proper instruction. Responses were collected from the participants. The scoring for the assessment was done and interpreted according to the manual.

Analysis of the data:

The collected data were analysed using following statistical test:

- Mean, standard deviation
- Independent sample t- test.

Ethical issues:

- Data collected has been used only for research purpose.
- Confidentiality of the obtained information was Maintained throughout the study.
- Informed Online consent was taken from the samples.
before collecting the data.

RESULT

Data Analysis and Interpretation

The aim of the study was to find the parental stress among parents with chronic ill child. The study consisted of 100 parents out of which 50 were males and 50 females. For the purpose of the study the investigator formulated a hypothesis, and the results are shown below.

Table 1, Mean, standard deviation and t-test on parental stress among parents across their gender.

Variable	Parental Role	N	Mean	Standard Deviation	Sig. (2 Tailed)
Parental Stress	Father	50	42.2600	9.23571	0.480
	Mother	50	41.0400	7.92815	

Table 1 shows that mean, standard deviation and t-test on parental stress among parents across their gender, the result shows that fathers have the mean value of **42.2600** in parental stress whereas the mothers have **41.0400**. Fathers have high level of Parental stress when compared to the mothers. Significant value of Parental stress is **0.480** which is not significant at 0.05 level of significance. So, the null hypothesis accepted thus there is no significant difference in the level of Parental stress across their parenting role.

Summary and Conclusion

Parental Stress (According to Deater-Deckard (1998)) is the experience of distress or discomfort that results from demands associated with the role of parenting. The aim of the study was to find significant difference in the level of Parental stress among parents across their parenting role. The sample was chosen through purposive random sampling on 100 parents out of 50 were males and 50 were females. The tool of the study was Parental Stress Scale (Berry and Jones). Data analysed by using mean, S. D, independent Sample t-test, Levene's test for equality of variance.

Major findings

- There is no significant difference in the level of Parental stress among parents across their gender.
- Fathers have high level of Parental stress as compared to mothers.

Limitations

- Sample size was small.
- Since the study was conducted by online survey, the seriousness with which participants answered the questions cannot be verified.

Implications

As the results of study indicate that fathers have higher level of Parental stress compared to mothers. We can develop some intervention plan for the diminution of the Parental stress for the father counterpart.

Scope for the study

- Further research can be done on larger populations.
- Qualitative research method can be used for improving the quality of the study.

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