



# A STUDY TO ASSESS THE LEVEL OF STRESS PERCEIVED BY THE PARENTS DUE TO SCHOOL CLOSURE DURING COVID – 19 PANDEMIC IN NEHRU NAGAR, TIRUPATI

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**Abstract:** Seventeen years ago, the emergence of SARS in China also caused has a huge impact on mental health, causing people to experience various degrees of emotional problems widespread fear and heightened emotions. Therefore, researchers can predict that the outbreak of COVID-19 will cause considerable mass hysteria such as tension, anxiety, and fear which may lead to severe psychological disorders such as acute stress disorder, post-traumatic stress disorder, depression and suicide.

**Methodology:** A non- experimental descriptive design was adopted. 100 parents of 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> school going children, were selected by using nonprobability purposive sampling technique on the basis of inclusion criteria to assess the level of stress perceived by the parents due to school closure during COVID – 19 pandemic in Nehru Nagar, Tirupati.

**Results:** Regarding the level of stress perceived by the parents due to school closure shows that majority of parents, 77% had moderate level of perceived stress, 14% had severe level of perceived stress and 9% had mild level of perceived stress. There was a statistically significant association between the level of perceived stress due to school closure during covid 19 pandemic and parent, relationship status and children going to school at 0.05 level of significance and religion at 0.01 level. The mean knowledge score was 2.05 and standard deviation 0.479 respectively.

**Conclusions:** This study demonstrates parents that were encouraged for practicing relaxation techniques, raising awareness on COVID-19 and home care management like balancing household work with attending children neediness classes, awareness on online classes, avoiding poor family functioning, and developing, planning skills to take care of children at home during school closure. Maintaining sleep hygiene among family members and family counseling to overcome perceived stress and anxiety.

## I. INTRODUCTION

In December 2019, multiple unexplained cases of pneumonia were reported in Wuhan, Hubei Province, China. Epidemiological findings revealed severe human-to-human transmission, which was later confirmed to be caused by a novel corona virus infection. The World Health Organization named it Corona Virus Disease in 2019.<sup>1</sup>

School closures were one of the earlier actions taken as the world tried to curtail the COVID – 19 outbreaks, a decision impacting nearly three – fourths of the learners worldwide. One year into the pandemic, over 200 million students still faced disruptions to their education.

**RESEARCH PROBLEM:**

**“A STUDY TO ASSESS THE LEVEL OF STRESS PERCEIVED BY THE PARENTS DUE TO SCHOOL CLOSURE DURING COVID-19 PANDEMIC IN NEHRU NAGAR, TIRUPATI.”**

**OBJECTIVES:**

1. To assess the level of stress perceived by the parents due to school closure during COVID-19 pandemic.
2. To associate the selected demographic variables with the level of perceived stress by the parents due to school closure during COVID – 19 pandemic.

**3.1 Population and Sample**

Quantitative non-experimental research approach was adopted to achieve the objectives of the study. The research design in the study is descriptive in nature with the objective of assessing the level of stress perceived by the parents due to school closure during COVID-19. The present study was conducted at Nehru Nagar, Tirupati. The setting was chosen on the basis of feasibility in terms of availability of required sample and co-operation extended by the Health Officer, Tirupati and parents.

Sample size comprised of 100, includes mother or father of school going children of 7th, 8th, 9th and 10th class, who were falling under the inclusion criteria. Sampling technique adopted for present study was nonprobability convenient sampling based on inclusion criteria.

**3.2 Data and Sources of Data**

The present study planned mainly to assess the level of stress perceived by the parents due to school closure during COVID-19 pandemic at Nehru Nagar, Tirupati. Hence the following tools were used in the study. It comprises of two sections:

**SECTION I: Demographic Variables**

It includes selected Socio demographic variables like age, gender, religion, marital status, education, occupation, type of family, family income, present living, suffering with any illnesses, exposed to COVID-19, number of children, age of children, type of school going, and how they are going.

**SECTION II: Perceived Stress Scale (Cohen)**

It consists of 10-items (PSS-10; Cohen, Kamarch, & Mermelstein, 1983) 5 point Likert Scale ranging from 0 (Never) to 4 (very often). A total PSS-10 score from 0 to 40 is presented, with higher levels of stress. Percentiles are also presented.

Scores ranging from 0 -13 low perceived stress, 14 -26 moderate perceived stress, and 27 – 40 was high perceived stress.

**3.3 Theoretical framework**

*The conceptual frame work for the present study was adopted from “Family Stress Theory” by Hill (1949).*

As early as the 1930s, Angell (1936) and Cavan and Ranck (1938) used family stress theory to study how families dealt with the loss of household income and the stress associated with unemployment. Family Stress Theory was developed by Hill (1949) in his story of wartime separation and reunion. Hill (1949) identified a roller-coaster pattern of adjustment in reunited families, which involved initial disorganization, followed by recovery, and reorganization. This roller coaster pattern can also be seen in the current COVID-19 situation given that many people lost their job during the pandemic in the U.S. Hill’s ABC-X model of family stress is the foundation of the current family stress theory. In this model, factor A refers to the stressor, which is the life even or occurrence causing a change in the family’s equilibrium. Factor B stands for the resources or strengths that are used to help people deal with stress. Factor C represents family member’s perceptions of the causal event (i.e., how they define the event). The X factor is the outcome of the stress or crisis, which follows the application of coping strategies.

**I. RESEARCH METHODOLOGY**

Quantitative non-experimental research approach was adopted to achieve the objectives of the study.

**3.1 Population and Sample**

The target population (n=100) chosen for this study includes mother or father of school going children of 7th, 8th, 9th and 10th class in Nehru Nagar, Tirupati, who were falling under the inclusion criteria.

## RESULTS:

## SECTION – I

## DISTRIBUTION OF LEVEL OF PERCEIVED STRESS AMONG PARENTS DUE TO SCHOOL CLOSURE DURING COVID 19 PANDEMIC

Table 1: Distribution of level of perceived stress among parents due to school closure during covid 19 pandemic

(n = 100)

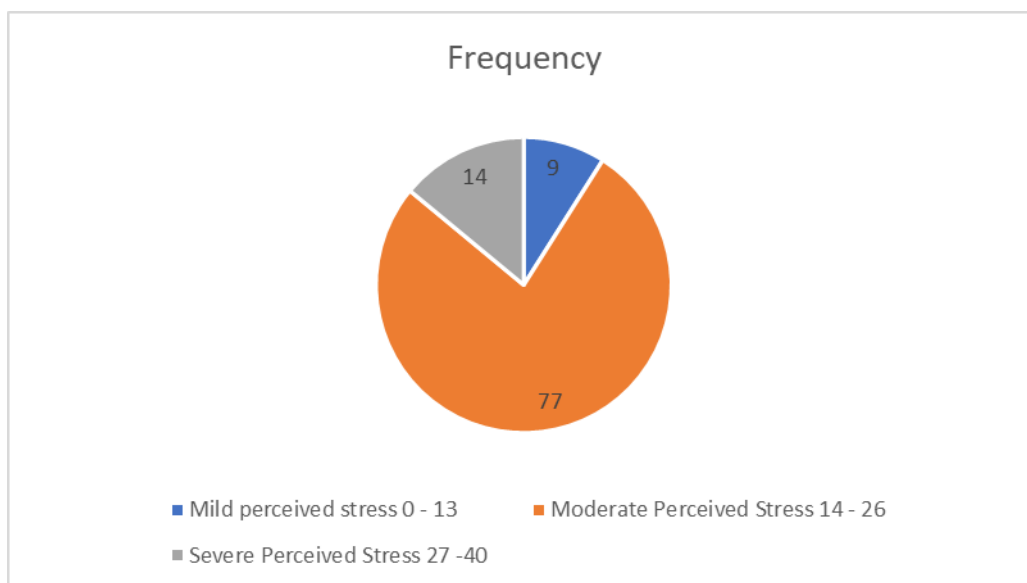


Table 1 shows that majority of parents, 9% had mild level of perceived stress, 77% had moderate level of perceived stress and 14% had severe level of perceived stress.

## SECTION – II

## DISTRIBUTION OF MEAN AND STANDARD DEVIATION ON LEVEL OF STRESS PERCEIVED BY THE PARENTS DUE TO SCHOOL CLOSURE DURING COVID-19 PANDEMIC

Table – 2 : Mean and Standard Deviation on level of stress perceived by the parents

(n=100)

CATEGORY	MEAN	STANDARD DEVIATION
Parents	2.05	0.479

The above table shows the mean value of stress perceived by the parents due to school closure during COVID-19 pandemic was 2.05, standard deviation was 0.479 respectively. there was statistically significant association between the level of perceived stress due to school closure during covid 19 pandemic with parent, marital status, children going to school at 0.05 level and 0.01 level with religion.

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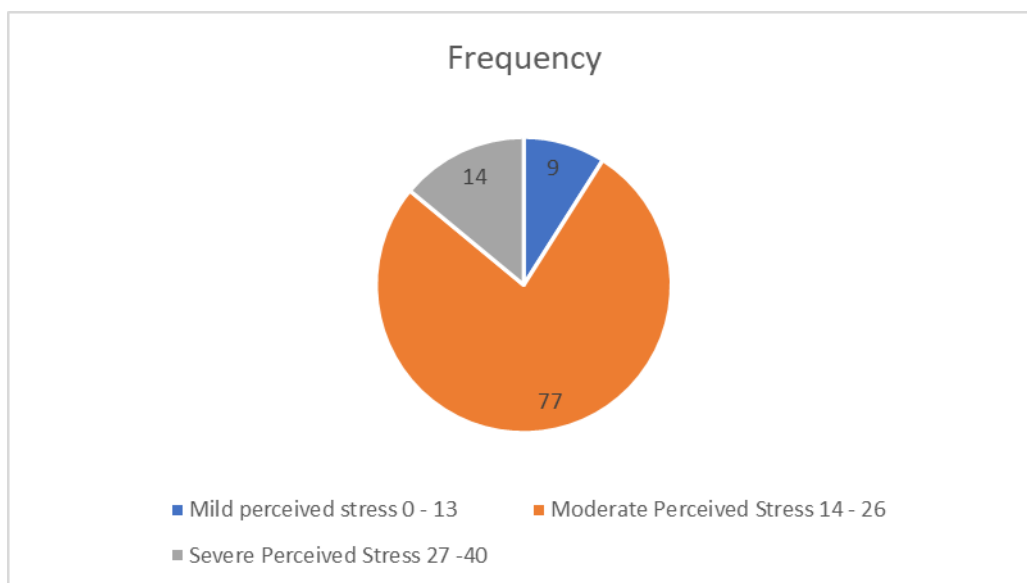


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## CONCLUSION:

The following conclusion are drawn from the findings of the study.

- Majority of parents, 9% had mild level of perceived stress, 77% had moderate level of perceived stress, and 14% had severe level of perceived stress.
- There was statistically significant association between the level of perceived stress due to school closure during covid 19 pandemic between parent, marital status, children going to school at 0.05 level and religion at 0.01 level.
- Parents were explained tips that reduce the stress. They are keep a positive attitude, accept that there are events that you cannot control, be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive, learn to manage your time more effectively, set limits appropriately and say no to requests that would create excessive stress in your life, make time for hobbies and interests, seek out social support. spend enough time with those you love.

**IMPLICATIONS:**

The implications drawn from the present study are of vital concern to health team including nursing service, nursing education, nursing administration and nursing research.

**Nursing services:**

- Evidence – based behavioral programs for parenting to grow parenting skills, which provide a sense of efficacy in reducing parenting – related stressors.
- Parents to take on a novel teaching role involving the management of multiple tasks.

**Nursing Education:**

- ❖ Incorporating mindfulness practice, timeouts to breathe, engage in self-care, and ground themselves to parents.

**Nursing Administration:**

- Nursing administrator can plan and organize multidisciplinary team approach to patients and outpatient to give counselling on healthy habits.

**Nursing Research:**

- ❖ Nursing research should focus on behavioral modifications to prevent the perceived Stress.

**Recommendations:**

- A similar study can be replicated with large sample may help to draw more definite conclusion and to make generalization.
- A similar study can be conducted by comparing the parents of school going children and college students.
- A similar study can be conducted by comparing stress perceived by the literate parents and illiterate parents.
- A study can be conducted like parents are stressed! Patterns of parent stress across COVID-19.
- A study can be conducted like parental stress and effective stress management strategies.
- A similar study can be conducted in different community settings.

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