



## TO ASSESS THE LEVEL OF STRESS AMONG THE MOTHERS OF LOW-BIRTH-WEIGHT BABIES IN SELECTED HOSPITALS: A STUDY PROTOCOL.

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### ABSTRACT

**Background of the Study:** Rapid changes mark the first days and weeks after a baby enters the world, both for mother and newborn as well as for their family and support people. The maternal body beings its gradual return to the non-pregnant state with variations in duration, influenced by, the choice of newborn feeding method, the woman's own unique physiology, the condition under which she is making the transition to motherhood and other factors. Stress is one of the body's responses to ever changing environment. **Objective:** To assess the level of stress among the mothers of low birth weight baby in selected hospitals. **Methodology:** Descriptive Survey design will be used. The duration of the study is one month. 100 mothers selected from hospitals by non probability purposive sampling technique. The checklist will be used to assess the level of stress among mothers. Validity and reliability of the tool will be determined with appropriate standardized methods. **Expected Result:** The findings suggest that the level of stress among mothers of low birth weight babies admitted in hospitals may vary. Limitation The study is limited to level of stress mothers of low birth weight babies in selected hospitals . **Conclusion:** The study identifies effective strategies and examines the variables like level of stress.

**KEYWORDS :** Assess, Stress, Mothers, Low birth weight baby, Hospitals.

### INTRODUCTION

*"If by saying that all men are born and equal, you mean that they are all equally born, it is true, but true is in other sense; birth, talent, labour, virtue and providence, are forever making the differences."*

**Eugene Edward** Low birth weight is a major public health problem in developing countries including India. The epidemiological observations depicted that infants weighing less than 2500 grams are approximately 20 times more likely to die than heavier babies, closely associated with fetal and neonatal morbidity and mortality. In India, 30-35% of babies are low birth weight and more than half of them are full-term babies.<sup>1</sup>

Rapid changes mark the first days and weeks after a baby enters the world, both for mother and newborn as well as for their family and support people. The maternal body beings its gradual return to the non pregnant state with variations in duration, influenced by, the choice of newborn feeding method, the woman's own unique physiology, the condition under which she is making the transition to motherhood and other factors. Whereas, the newborn is embarking on a series of rapid and remarkable changes that allow him or her not only to survive but also to thrive in the extra uterine environment.<sup>2</sup>

A study was conducted to assess the level of stress and its coping strategies among the 50 mothers of hospitalized newborns in Ludhiana. Dupinder Kaur (2016) Findings of the study showed that 54% (27) of mothers of hospitalized newborns were having moderate stress, 36% (18) of them were having mild stress and 10% (5) of them were having severe stress.<sup>3</sup>

This study was conducted by Horny, John Bowbly and D.M.Winnico H.Principles, practice of Psychiatric Nursing and Coping Strategies (2017) There are various stressors firstly, environmental stressor includes noise, pollution, traffic, and crowding, secondly physiological stressor includes illness, injury, inadequate sleep and nutrition and social stressor includes financial problems, work demands, social events, losing a loved one. On the other hand, due to any 'perceived loss', due to any illness for example:- lack of self-

concept due to not being able to work effectively that is called internal stressor. Furthermore, any loss of job due to prolonged illness which is visible and affecting the individual is a type of external stressor.<sup>4</sup>

A descriptive study was conducted Amar Mulla (2021) International Journal of Innovative Science and Research Technology Stress among Mothers Whose Neonate Admitted in NICU was done on 50 samples using Stress level modified PIP scale. The results were analyzed by using appropriate statistical tests.Majority of mothers (n=43, 86%) had severe stress level whose neonate admitted in NICU. Conclusion: Hence, it can be concluded that admission of the neonate to NICU exposes the mother to severe stress.<sup>5</sup>

This study was conducted in Taiwan Nan Jiang, Xiaofen Liu (2020) Parenting this study stress not only affects the physical and mental health of the mother, but also affects the harmony of the family. In terms of young children, excessive parenting stress will prevent the mother from raising the young children in a better way. Especially under the implementation of the universal two-child policy, the unsatisfactory population growth is also related to the mother's parenting stress. Therefore, this research selects the mothers of 0-3-year-old young children in Chongqing as the research object to survey the current situation of parenting stress of mothers of 0-3-year-old young children through questionnaires, and proposes corresponding countermeasures.<sup>6</sup>

A cross-sectional study was conducted in a tertiary care hospital of Eastern India over 2 months. Ria Ganguly, Lipilekha Patnaik, (2020) Assessment of stress among parents of neonates admitted in the neonatal intensive care unit of a tertiary care hospital in Eastern India Stress levels were assessed using Parental Stressor Scale: NICU questionnaire among 100 NICU parents (mother or father) with more than 24 h of admission. Stress was quantified using the Likert scale. In conducted study, 60.8% parents experienced severe and extreme stress level for overall stress.<sup>7</sup>

A conducted study investigating depressive symptoms in mothers of prematurely born infants Miles, M. S., Holditch-Davis, D., Schwartz, T. A., & Scher, M. (2019). The findings of this study contribute valuable insights into the mental health

challenges faced by mothers of LBW babies, highlighting the heightened vulnerability to depression in this population. Integrating this study's findings into the literature review strengthens the understanding of maternal stress among mothers of LBW infants, emphasizing the importance of addressing mental health concerns in this vulnerable population.<sup>8</sup>

### OBJECTIVES

- To assess the level of stress among mothers of low-birth weight babies in selected hospitals.
- To associate the study findings with selected demographic variables.

### ASSUMPTION

Level of stress among mothers of low birth weight babies may vary

### MATERIAL AND METHODS

**Study Design:** Descriptive Survey design will be used for this study.

**Study Setting** Selected hospitals

**Participants:** The participants will be Mothers of low birth weight babies

### Sample Size Calculation

sample=100

formula used

$$2 \sqrt{\frac{Z^2 P(1-P)}{d^2}}$$

**Sampling Technique:** Non probability purposive sampling technique.

### Inclusion Criteria

- Mothers of low birth weight babies who admitted in hospitals.
- Mothers who given consent to participate.
- Those low birth weight babies mothers who can read and write Marathi, English and Hindi.

### Exclusion Criteria

- Mothers of low birth weight Babies with congenital anomalies.
- Mothers of low birth weight Babies who are in a Critically ill.

### Variables

**Research Variable:** level of stress

### Demographic Variables:

The variables are age, religion, type of family, educational status, occupation, monthly income of family, member of social group, birth weight of baby, length of stay in the hospital.

### Data Collection Tool

Section A: Socio-demographic data Section Section B: rating scale to assess level of stress

### ASSESS LEVEL OF STRESS

#### Study Procedure and data collection

It is a precise systematic gathering of information relevant to the research purpose or the specific objective or hypothesis of the study. the procedure for data collection is not a mechanical process that can be carefully planned prior to initiation.

The study shall be conducted only after the approval of Institutional Ethical Committee (IEC). Investigators will visit

the research area and will obtained the necessary permission from the concerned authorities. Mothers of low birth weight babies who fulfill inclusion criteria shall be assigned to the study. Researcher will explain the purpose of the study, take informed written consent and a self-administered questionnaire will be used to obtain socio-demographics of participants and rating scales will be administered to the participants.

Validity over the rating scales will be established for build up through both the construct & content manner to seek for the results what has intended purposely for the inferences & conclusion to measure. Reliability of the questionnaire will be calculated by using appropriate statistical test.

### Statistical Analysis

All results will be calculated using SPSS version. Overall results for the outcome variables will be listed in tables and graphs for both descriptive (Mean, mean percentage, Standard deviation), & inferential statistics (Paired t - test will be used and Association results will be analyzed using chisquare analysis).

### EXPECTED RESULTS

The findings suggest that there is different levels of stress among mothers of low birth weight babies admitted in hospitals.

### DISCUSSION:

According to the premise, the level With a p-value of.0001, the regression analysis revealed

### CONCLUSION

The study identifies correlation and association between stress and demographic variables among the mother of low birth weight baby in selected hospitals.

### Consent And Ethical Approval

The study will be conducted after approval of Institutional Ethics Committee. Written consent will be taken from the participants for participation in the study. Throughout the Study, confidentiality will be maintained. Freedom to withdraw from the study at any point of time will be assured.

The study findings will be disseminated to participants and published in a peer-reviewed journal

### Conflict Of Interest

There is no conflict of interest in this study. No any risk factors to the subjects of the study.

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