

A study to Assess the stress among working parents in Madhya Pradesh

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Introduction

Parenting stress (the stress of raising a child) makes successful parenting more difficult and has a negative impact on children's development. According to current logic and research, parenting stress may be higher among health care professionals.

Parents who are highly educated health care professionals may find it more difficult to shift to a new parenting role after a higher level of participation in a career. Work-related stressors may result in greater parenting stress among health care practitioners.

Inadequate parental functions during infancy and early childhood can contribute to physical and mental health difficulties, as well as social and emotional problems in adolescents and adults, such as emotional and social development, depression and anxiety disorders, and low self-esteem. Other issues that may arise include poor academic performance, substance abuse, criminal behaviour, and even physical health issues like as obesity and diabetes. Proper parenting approaches, on the other hand, can help children and adolescents grow up healthy, boost their life satisfaction, self-esteem, strong academic performance and even academic achievements over the following 26 years, and maintain good physical health.

Materials and Methods

There is a lot of overtime in the healthcare profession. This research focused on parents who work in the health care business in some capacity, such as as doctors, nurses, or technical support personnel. Additionally, if the family is a single-income, double-income, or single-parent household is determined by the type of work they undertake. Participant selection was based on the following factors: Children under the age of two; children born full-term with no known difficulties; children whose parents worked in the Madhya Pradesh health care industry; children whose participants could read Hindi or English. Samples from several Indore hospitals are selected using a method known as purposeful sampling. A self-administered questionnaire was used. Assessment of parenting self-efficacy is done using the Parenting Sense of Competence Scale (PSOC). The self-perceived stress scale was used to measure stress..

Findings and Discussion

A response rate of 80% was obtained from the 300 total samples collected. Participants ranged in age from 24 to 35, with 70% having graduated from a nursing school and 20% having graduated from a nursing college and been married. Over two-thirds of those surveyed lived in two-income homes, and more than half of those surveyed had to work shifts in order to make ends meet.

Anxiety that parents feel about their children

Over 70% of participants across all demographic groups expressed feeling anxious about becoming a parent and raising children. More people worry about becoming parents than they do about really being a parent, which entails raising and instructing one's children. Mothers (aged 25-34, with a college or bachelor's degree, single 46 percent, in the medical and social work 67 percent and education 49 percent sectors, and a double-income household 67 percent) were found to be the most stressful when it comes to becoming a parent, according to demographic characteristics.

Parenting is the area in which fathers have the least stress compared to moms (. Pregnant women, who worry about breast-feeding and experience changes in their physical appearance, as well as mothers who are naturally more attached to their own children, are the ones who have seen the most evident alterations. Compared to fathers, mothers are found to be more stressful in the role of a parent (70 percent) (30 percent). When it comes to becoming parents, people between the ages of 24 and 35 are likely to feel substantial levels of stress due to a lack of prior experience, financial concerns, and the considerations of being a working mother or housewife. College and bachelor degree holders should have a better understanding of the challenges that parents will face, resulting in a larger level of worry. People with Master's degrees may be considered more competent, but they also tend to be better paid. When they're in a better financial position, they may be able to exchange part of the load for external assistance.

Many doctors report high levels of stress as a result of their busy job schedules and their own lofty expectations of their own parental responsibilities. Workers in nursing (80%) and technicians (20%) were found to have the highest levels of stress in parenting, respectively, according to a survey.

Homemakers reported the highest levels of stress in their parenting roles, followed by mothers (, and the 24-35 age group came in third.) Each demographic group's stress levels when becoming a parent and raising children are examined in order to better understand the problem.

Perceived ability to raise a child

As a result of parental stress, the amount of perceived parental competence was examined. Singles and those in their early twenties had the lowest level of parental competence, according to a new study. As for the 25 to 34-year-olds, they were found to be incompetent. It is possible that parents' awareness of the challenges they face explains the age gap between 18-24 and 25-34. Younger adults (18-24 years old) may still be living at home with their parents, who can help them with day-to-day responsibilities. The 25-34 age group, on the other hand, should have more work experience and therefore be more mature.

Participants who were doctors (single parents, or those who didn't work shifts) rated lower parenting competency than the national norm. The heavy workload of the hospitality and food and beverage industries, with long working hours, and the fact that a single parent bears all of the duty may be to blame. Parenting is stressful for the Nurses segment, while the Technicians and other vocational groups reported the lowest level of stress.

Conclusion

Despite the skyrocketing economic condition, fathers and mothers of health care professionals report feeling anxious about becoming parents, according to new research. Studies show that raising and teaching children is much more stressful for mothers than it is for men. This is possibly due to the underlying differences between men and women, when mothers are more committed to their child and hence more concerned with their growth..

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