

**Parental Stress among Nurses working in selected Hospitals in Indore City.****Sonal Singh, Research Scholar, Malwanchal University Indore.****Prof.Dr.Maya E Patlia ,Research Supervisor, Malwanchal University, Indore.**

## Introduction

Raising healthy, happy children in a stressful atmosphere may be difficult at best and possibly dangerous at worst. Recent research and theories suggest that health care workers may be more likely to feel stress from being a parent than the rest of the population. It may be particularly difficult for parents who have devoted a significant amount of time and energy to their medical careers to transition to full-time parenthood. Professional stress may be more damaging to parents who work in the health care field. If they didn't get enough care as babies and toddlers, teens and adults may have emotional and social problems like depression, anxiety, and low self-esteem. Poor academic performance, drug and alcohol misuse, criminal behaviour, and even obesity and diabetes are all possible consequences. If a parent does a good job, their child will most likely grow up to be a happy, confident, accomplished student, and healthy human being who lives a long and productive life.

## Methodology

Long hours and overnights are the standard in the health care sector. The present research focused on nurses and nursing assistants who were also parents. The employment status of an employee is determined by their shift history, marital status, and the number of working parents in their household. Children must be between the ages of 0 and 2, have been born without severe difficulties, and be able to read the Hindi or English scripts in order to participate. One of the parents is heavily involved in Indore's healthcare system. Purposive sampling is performed to choose samples at random from hospitals in Indore. The survey was completed by participants on their own time. The Parenting Sense of Competence Scale may be used to determine how confident a parent is in their own skills as a parent. We could tell how stressed individuals were by using the perceived stress scale.

## Results

With a 90% response rate, 300 uniformly dispersed samples might be collected. The majority of the participants (60%) were female and aged 30 to 35; they had all finished either a bachelor's or master's degree programme in nursing. More than 60% of those polled said that their homes need two incomes since both parents work. Form a new family: Almost three-quarters (77%) of respondents across all age and gender categories feel overwhelmed by the prospect of becoming parents. More people are concerned about the difficulties of becoming parents than the responsibilities of raising and educating children. Mothers in their thirties or forties with a bachelor's degree or higher, working in health care, social services, or education, and coming from two-income families report the highest levels of stress while becoming parents. Males, on average, report lower levels of stress than women, but men, in particular, report lower levels of stress related to parenting (67% vs. 90%). Because of biological differences between the

sexes, women frequently experience greater physical and emotional changes during pregnancy and delivery than males, and as a consequence, women build stronger mother-child ties. Furthermore, mothers have been shown to be more concerned about their children than fathers ( $M = 4.22$ ,  $SD = 0.98$ ). When young individuals (ages 25–34) become parents, they face unique challenges. Inexperience, money concerns, and indecision about whether or not to pursue a paid job outside the home are all possible explanations. Those with a four-year college degree or more are more inclined to empathise with and care about their parents' concerns. Master's degree holders, on the other hand, are often better off financially while also being seen as more knowledgeable. When they can afford outside help, this may be a reasonable trade-off that relieves some of the burden. Respondents' high levels of job-related stress may be connected to their enormous caseloads and rigorous parental expectations. Parental stress was greatest in nurses ( $M = 3.89$ ,  $SD = 1.37$ ) and lowest in technicians ( $M = 5.26$ ,  $SD = 3.67$ ).

The majority of housewives ( $M = 5.11$ ,  $SD = 0.80$ ), mothers ( $M = 4.56$ ,  $SD = 0.81$ ), and young people ( $M = 4.41$ ,  $SD = 0.99$ ), reported greater than normal levels of parental stress. Examining how parenting and parenthood impact distinct demographic groups sheds further light on the issue.

Because becoming a parent and keeping a family together may be difficult, researchers examined how confident new parents were in their parenting abilities. The singleton population has the greatest perceptions of parenting ability, followed by individuals aged 18 to 24. However, those aged 25 to 35 ( $M$ ) reported a competence level of less than 3. The discrepancy between those aged 18–24 and those aged 25–34 may be explained by the former group's more sophisticated understanding of the challenges that parents experience. The 18–24 age group may still live at home with their parents, but the 25–34 age group is more likely to be independent and have job experience. Nurses, single parents, and those who do not work shifts all report lower than average happiness with parenting. The high stress levels and long hours away from home that are frequent in professions in the hotel and food service sectors may contribute to the general lack of trust in these parents' parenting skills. Nurses had the highest levels of parental stress, whereas technicians had the lowest.

## Conclusion

The healthcare industry is one of the fastest growing in the country, yet research shows that both men and mothers in the area experience stress while raising a family. When it comes to raising children and schooling them, mothers experience far more stress than males. Mothers have a stronger emotional commitment to their kids, which leads to more concern for the child's growth, in keeping with the basic differences between the sexes.

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