

## Parental stress among parents across their parenting role

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### ABSTRACT

Parental stress is a normal part of the parenting experience towards children. The result of disparity recognised by parents between child requests and their own capacities to deal sufficiently with them is called parental stress. Parental stress is the stress that related with lower emotional well-being in parents. that is parents who report more daily struggle in parenting. "Parental stress" as stress that parents experience less life satisfaction emotional distress and more negative mood. It can have damaging effects on parents, attitudes and behavior towards children. According to psychologists, "parenting 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) The present study aimed to investigate the stress among parents across gender. The study was done on 60 parents aged 20 -55, out of which 30 were males and 30 were females through purposive sampling method. Parental stress scale (Berry J.O. and Jones W.H. ,1995) to measuring stress were used to collect data. The data were analysed by Mean, standard deviation, independent sample T-test. Result proves it, there is no significant difference in the level of parental stress among parents across their parenting role (gender).

*Keywords: Parenting Stress*

Stress is ineluctable. It is a very normal experience. The individual will be unsure if they can meet the demands of their environment. Nurturing and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood is called parenting. According to psychologists, parenting 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 resource to meet them. (Deater -Deckard, 1998; Holly et al, 2019). Negative feelings towards the self or towards the child or children is often experienced in stress.

The experience of parenting any child can be stressful (Cameron et al, 1991). Parental stress, defined as parental perceptions of an imbalance between the demands of parenting and available resources (Raphel, Zhang, Liu, and Giardino, 2010). Parenting is a major form of

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stress, especially in children with special needs. Greater parenting is associated with negative outcomes of parents and their children including harsh discipline and hostility. Children from families, which are characterized by greater parenting stress, have more internalizing and externalizing problems and poorer cognitive skills. They also have more social and interpersonal difficulties. Managing parenting stress is therefore important for the well-being of parents and their children.

### *Definition of keyword*

Parental stress is the distress you experience when you feel you just can't cope as a parent. The demands of being placed on you are too high: you don't have the resource to meet them. (Deater-Deckard, 1998; Holly et al, 1991).

## REVIEW OF LITERATURE

Hayes, S.A and Watson, S.L (2012), conducted a study on the impact of parenting stress; A meta-analysis of studies comparing the experience of parenting stress in parents of children with or without Autism spectrum disorder on 13 July 2012. Comparisons between families of children with ASD versus families of TD children resulted in a large effect size. Findings of this meta-analysis suggest that parents of children with ASD experience more parenting stress than those children who have TD or another disability.

Soumya P. and Preethi B.L. (2019), conducted a study on inter-gender and intra-gender differences of parenting stress among mothers of children with special needs and normal children. Present study showed that the parents of special children had significantly higher parenting stress levels as compared to the parents of normal children and mothers of children with special need were more stressed than the mothers of normal children. It is important to address this stress as it could lead to impairments of overall quality of life in both parents and their child or children.

Hildingsson, I. and Thomas, J. (2013), conducted a study on parental stress in mothers and fathers one year after birth on 2013. The aim was to compare parental feelings and parental stress in parents one year after birth. An additional aim was to study associations between parental stress and several explanatory factors in mothers and fathers. Assessing parents' feelings and prenatal attitudes is important for understanding parental stress one year after birth.

### *Rationale*

After reviewing the literature, the researcher found that there are no studies that test parental stress among parents across their parenting role (gender). So, the researcher is trying to conduct study on this topic.

## METHODS

**Problem:** Is there any significant difference in parental stress among parents across their parenting role (gender).

**Aim:** To understand the parenting stress among the parents across their parenting role (gender).

### *Objective*

- To study the parenting stress among parents across their parenting role (mother and father).

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- To compare the mean values of parenting stress among parents across their parenting role (gender).

### *Variables*

- Independent variable: Gender
- Dependent variable: Parental stress

### *Hypothesis*

There will be no significant difference in parenting stress among parents across their parenting role (gender).

### *Research design*

The study was quantitative type and this study adopted a between group research design to determine if there is any significance difference in parenting stress among parents across their parenting role (gender).

### *Research sample*

Purposive sampling method is used for this study. The study sample was comprised of 60 parents at age range 20-60 from different parts of Kerala, out of which 30 were females and 30 were males. The sample belongs to different gender, religious family type, area of residence.

### *Sampling criteria*

#### **Inclusion criteria**

1. Willing participants through online
2. Participants from Kerala
3. Age limit 20-55

#### **Exclusion criteria**

1. Participants from other states
2. Physically or mentally retarded participants
3. Those who haven't given concern for participation

### *Tools*

Parental stress scale (Berry J.O. and Jones W.H. ,1995)

### *Procedure*

Purpose of the study was explained to the participants through online and their willingness to participate in the study was ascertained. The parental stress scale (Berry .J.O. and Jones W.H. ,1995) of 18 items were given to sample through online with proper instruction one after the other. Responses were collected from the participants. The scoring was done and interpreted according to the manual.

### *Analysis of data*

The collected data was analyzed using following statistical tests

- Mean, Standard deviation
- Independent sample test

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### *Ethical concerns*

1. Confidentiality of the obtained information have maintained throughout the study.
2. Informed consent of each and every participant was acquired.

## **RESULT**

### *Data analysis and its interpretation*

The main purpose of the present study was investigating the parenting stress among parents across their parenting role (gender). For this purpose, the investigator formulated a hypothesis. Results are given in below table.

*Table. 1 T value, mean, SD, sig value of parental stress among parents across their parenting role*

Variable	Gender	N	Mean	SD	Sig. Difference (2tailed)
Parental Stress	Male	30	46.1000	7.82282	<b>0.948</b>
	Female	30	42.9667	8.28577	

Table 1 shows that fathers have the mean value of 46.1000 on parental stress whereas mothers have the mean value of 42.9667 on parental stress. So, fathers have higher level of parental stress compared to the mothers. The significant value of parental stress among parents across their parenting role is 0.948. Which is not significant at 0.05 level of significance.

Thus, the null hypothesis is accepted thus there is no significant differences in the level of parenting stress among parents across their parenting role.

### *Major findings*

1. There will be no significant difference in stress among parents across gender.
2. Father have high level of parental stress compared to mother.

### *Limitations*

1. Sample size was small
2. Only one variable is considered
3. Sample selection was done through online so the data collected may not be reliable.

### *Scope for further study*

1. Further study can be done on large population.
2. Qualitative method can be done for improving the quality of the paper.

## **CONCLUSION**

Parental stress, defined as parental perceptions of an imbalance between the demands of parenting and available resources (Raphael, Zhang, Liu, & Giardino, 2010).

"Parental stress" as stress that parents experience not only because of child -rearing, but also due to their emotional distress, social and environmental circumstances, responsibilities and everyday life.

It is caused by structural features of society or lack of social support, financial troubles and problems with marriage. Parental stress plays an important role in abusive families. They were significantly more often low income, more frequently reported a family history of child

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abuse, had younger mother with low education and were more likely to be abusing alcohol or drugs.

The purpose of study was to determine stress among parents across gender. The parental stress scale (Berry J.O. and Jones W.H. ,1995) of 18 items were given to sample through online with proper instructions one after the other responses were collected from the participants.

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### Conflict of Interest

The author declared no conflict of interest.

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