

Parents and Stress – Two “Relative” Terms!

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ABSTRACT

The transition to parenthood is one of the most significant transformations that the vast majority of married individuals anticipate. Although it serves as a signpost, being a parent involves unexpected responsibilities. There are social expectations about what parents should do from the moment the first child is born and most definitely by the time they return home from the hospital. Later normative shifts during a parent's profession, however, take place much more gradually as children mature into toddlers, school-age children, teenagers, and adults who eventually leave home. The adoption of parental roles occurs suddenly at some point, but parenting techniques and routines are also adopted more gradually.

Keywords: *Parents, Stress*

According to the Wall Street Journal article, “Here Comes the Baby, There Goes the Marriage” approximately two-thirds of couples see the quality of their relationship plummet within three years of the birth of a child—with the mother’s dissatisfaction leading the way, and more women filing for divorce than men. In the first five years following the birth of a first child, more than 40% of couples eventually file a divorce. According to several studies, marriages end up splitting 18 months after the birth of the first child. Clearly, couples are painfully unprepared for the demands of parenting; in fact, parenthood may be a frequent cause of separations, divorces, and failed relationships.

Why are Parents Stressed?

A married couple's life undergoes a pivotal turning point with the arrival of a child. It is a wonderful challenge as well as a source of personal fulfilment. On the other hand, societal pressure leads to a major distortion when a woman is unable to conceive a child. Having children is a sign of personal fulfilment and the foundation of societal acceptance. So, becoming a parent and the inability to conceive a kid could both be termed difficult experiences that cause stress in relationships.

Couples who are having difficulty getting pregnant also have disruptions in their emotional self-regulation processes. Reduced self-esteem, depression, or stress are just a few of the damaging consequences that long-term parenting challenges can have. This is frequently accompanied by a lower opinion of one's physical beauty, a lack of faith in one's partner, as well as diminished self-assurance, hope, and security. The inability to conceive a child

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causes a major emotional imbalance, especially for the woman, for who becoming a mother is a key factor in determining personal fulfilment and a source of social acceptance.

On the other foot, having children is linked to a couple's life falling out of order and the accompanying mental stress. Women become overburdened with the roles they are trying to balance due to the requirement to accomplish multiple jobs at once. Fatigue brought on by a lack of sleep and relaxation, as well as a lack of free time to fulfil personal needs and wants, are obstacles to daily functioning. The demands of household chores, child-rearing, and other responsibilities, which are frequently paired with professional work, can lead to tension and stress. Disrupted relationships with specific family members, particularly the partner, are another possibility.

The parent's child care behaviour is influenced by their personality, the infant's traits, and the characteristics of the environment. It is thought that these elements combine to cause parenting stress. Parenting stress can be broken down into three categories: stress brought on by the parent's personality, stress brought on by the children's traits, and stress brought on by life's circumstances. It is also noted that the most significant factor influencing parental raising stress is the stress brought on by parental features. Parental role fulfilment depends in large part on parenting effectiveness. Parents who feel confident in their ability to raise their children well are said to have a "feeling of parenting efficacy." Even if they run into issues with their kids, they are able to solve them.

Types of Parenting Stress

Parents in modern culture are under increasing amounts of pressure to raise children as they are expected to take on a growing list of responsibilities, meet increasing standards for playing the role of parent, and fulfil increasing demands on their time and energy. Hence, we categorise the types of stress as follows:

- **Normative Stressors:** - Include things that are common to daily life, such as inconveniences. long-term developmental changes that are frequently a part of family life, such as having children.
- **Non-Normative Stressors:** - Unexpected, abrupt, and dramatic events. Have a significant chance of affecting parents' and kids' life, such as natural hazards, unexpected demise, sickness, or accident, or winning the jackpot).
- **Chronic Stressors:** - Atypical situations occur over a long period of time. Difficult to change and could have a negative impact on both parents and children.

Effects of Stress on Parents

In general, stress refers to two things: the psychological experience of pressure and the body's reaction to that strain, which involves a number of systems, including the metabolism, muscles, and memory. Your body and mind must learn how to deal with the numerous levels of stress that exist. Your body and mind will become tense as a result. Being a parent is challenging, and making the proper decisions adds to the burden. Parenting stress is something that affects all parents to some degree.

Being a parent generates a wide range of strong emotions, from bliss to despair. Depending on the circumstance and the level of support you have access to, your feelings of affection, happiness, and pride can swiftly transform into emotions of rage, anger, or guilt. These emotions are very normal. Most parents occasionally experience negative emotions.

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In order to enjoy parenting and keep your child secure and joyful, it's critical to learn how to control strong emotions like rage and irritation. you'll soon realize that everyone is going through the same emotional roller coaster.

Scope and Design of this Research

This study is a scholarly contribution to the understanding of the prevailing level of stress in young couples. The findings of this study will be relevant to the understanding of what level of stress exists among young couples with or without children and what measures can be taken to reduce parental stress. In this study, we use a quantitative technique for the close-ended and a qualitative technique for the open-ended. Both quantitative techniques and qualitative techniques are used for the data and information gathered from the questionnaire. Data for this study is collected from both primary and secondary sources as from the responses to questionnaires and the secondary data includes articles, research papers, magazines, journals, periodicals and different websites. The instrument used for collecting the data was a Questionnaire. There was a set of 15 questions on different parameters was prepared, and all questions were easily understandable and multiple choice based to better understand the perception of respondents on the topic. In this study, the sample of 60 respondents was collected on the basis of a convenience sampling method. Keeping in mind the exploratory nature of the study, subjects from the two genders were selected so that respondents belonged to extreme gender role-specific and to neutral dispositions. By considering the need, nature and objectives of this research project, a survey research method has been used to verify the to find out whether there is a difference between in stress levels of males and females. To check the difference in stress among couples with children of less than 5 years of age and more than 5 years of age. In sampling techniques, we only fill out online questionnaires randomly by the general public that are the viewers of media advertisements. In the questionnaire, the questions and the format were easy and understandable for everyone.

Analysis and Interpretation of Data:

Statement 1: I often get to spend time on the things that I want to do for myself.

		I often get to spend time on the things that I want to do for myself.						
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Parental Status	No Children Yet	Count	3	2	2	9	4	20
		% Within Parental Status:	15.0%	10.0%	10.0%	45.0%	20.0%	100.0%
		% Within Statement 1	60.0%	28.6%	14.3%	34.6%	50.0%	33.3%
Parent Child/Children with less than 5 years of Age	ofCount	Count	0	3	5	7	1	16
		% Within Parental Status:	0.0%	18.8%	31.3%	43.8%	6.3%	100.0%
		% Within Statement 1	0.0%	42.9%	35.7%	26.9%	12.5%	26.7%
Parent Child/Children with more than 5 years of Age	withCount	Count	2	2	7	10	3	24
		% Within Parental Status:	8.3%	8.3%	29.2%	41.7%	12.5%	100.0%
		% Within Statement 1	40.0%	28.6%	50.0%	38.5%	37.5%	40.0%
Total	Count	Count	5	7	14	26	8	60
		% Within Parental Status:	8.3%	11.7%	23.3%	43.3%	13.3%	100.0%
		% Within Statement 1	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 65% of respondents with no children yet, 50.1% of respondents have child/children with less than 5 years of age and 54.2% of parents with child/children with more than 5 years of age believe that they are able to spend time on the things they want to do for themselves whereas 25% with no children, 18.8% parents with children less than 5 years of age and 16.6% parents with children of more than 5 years of age does not agree to the statement. From the research, it can be said that the majority of respondents believe that they are able to spend time on the

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things they want for themselves. As compared to respondents having children, the percentage of respondents with no children spending time on things they want to do is higher.

Statement 2: I often get tired from my routine by the end of the day.

		I often get tired from my routine by the end of the day.						
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Parental Status	No Children Yet	Count	0	1	3	11	5	20
		% Within Parental Status:	0.0%	5.0%	15.0%	55.0%	25.0%	100.0%
		% Within Statement 2	0.0%	33.3%	30.0%	31.4%	45.5%	33.3%
Parent Child/Children with less than 5 years of Age	Parent of	Count	0	0	2	11	3	16
		% Within Parental Status:	0.0%	0.0%	12.5%	68.8%	18.8%	100.0%
		% Within Statement 2	0.0%	0.0%	20.0%	31.4%	27.3%	26.7%
Parent Child/Children with more than 5 years of Age	Parent with	Count	1	2	5	13	3	24
		% Within Parental Status:	4.2%	8.3%	20.8%	54.2%	12.5%	100.0%
		% Within Statement 2	100.0%	66.7%	50.0%	37.1%	27.3%	40.0%
Total		Count	1	3	10	35	11	60
		% Within Parental Status:	1.7%	5.0%	16.7%	58.3%	18.3%	100.0%
		% Within Statement 2	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 80% respondents with no children yet, 87.6% respondents having child/children with less than 5 years of age and 66.7% parents with child/children with more than 5 years age believes that they get tired from their routine by the end of the day whereas 5% with no children and 12.5% parents with children of more than 5 years of age does not agree to the statement. From the research it can be said that majority of respondents believe that they get tired from their routine at the end of the day. From the respondents who agree to the statement, the percentage of parents of child/children with less than 5 years of age is highest

as compared to other respondents with different parental status.

Statement 3: I feel, I am not able to manage my responsibilities towards my family.

		I feel, I am not able to manage my responsibilities towards my family						
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total
Parental Status	No Children Yet	Count	3	7	6	3	1	20
		% Within Parental Status:	15.0%	35.0%	30.0%	15.0%	5.0%	100.0%
		% Within Statement 3	37.5%	36.8%	27.3%	30.0%	100.0%	33.3%
Parent Child/Children with less than 5 years of Age	Parent of	Count	1	5	7	3	0	16
		% Within Parental Status:	6.3%	31.3%	43.8%	18.8%	0.0%	100.0%
		% Within Statement 3	12.5%	26.3%	31.8%	30.0%	0.0%	26.7%
Parent Child/Children with more than 5 years of Age	Parent with	Count	4	7	9	4	0	24
		% Within Parental Status:	16.7%	29.2%	37.5%	16.7%	0.0%	100.0%
		% Within Statement 3	50.0%	36.8%	40.9%	40.0%	0.0%	40.0%
Total		Count	8	19	22	10	1	60
		% Within Parental Status:	13.3%	31.7%	36.7%	16.7%	1.7%	100.0%
		% Within Statement 3	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 20% respondents with no children yet, 18% respondents having child/children with less than 5 years of age and 16.7% parents with child/children with more than 5 years age believes that they are not able to manage their responsibilities toward their family whereas 50% with no children, 45.9% parents of child/children with less than 5 years of age and 37.6% parents with children of more than 5 years of age does not agree to the statement. From the research it can be said that majority of respondents believe that they are able to manage their responsibilities towards their

family and amongst them percentage of respondents with no children yet is highest.

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Statement 4: I am able to connect with my friends/relatives on regular basis.

		I am able to connect with my friends/relatives on regular basis					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status	No Children Yet	Count	2	1	5	9	3	20
		% Within Parental Status:	10.0%	5.0%	25.0%	45.0%	15.0%	100.0%
		% Within Statement 4	100.0%	12.5%	31.3%	34.6%	37.5%	33.3%
Parent Child/Children with less than 5 years of Age	ofCount	0	3	5	6	2		16
		% Within Parental Status:	0.0%	18.8%	31.3%	37.5%	12.5%	100.0%
		% Within Statement 4	0.0%	37.5%	31.3%	23.1%	25.0%	26.7%
Parent Child/Children with more than 5 years of Age	withCount	0	4	6	11	3		24
		% Within Parental Status:	0.0%	16.7%	25.0%	45.8%	12.5%	100.0%
		% Within Statement 4	0.0%	50.0%	37.5%	42.3%	37.5%	40.0%
Total	Count	2	8	16	26	8		60
		% Within Parental Status:	3.3%	13.3%	26.7%	43.3%	13.3%	100.0%
		% Within Statement 4	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 60% respondents with no children yet, 50% respondents having child/children with less than 5 years of age and 58.3% parents with child/children with more than 5 years age agrees that they are able to connect with their friends/relatives on regular basis whereas 15% with no children, 18.8% parents with children less than 5 year of age and 16.7% parents with children of more than 5 years of age does not agrees to the statement. From the research it can be said that majority of respondents believe that they are able to connect with their friends and relatives on regular basis. From the respondents who agrees to the statement

majority of them are with no children yet.

Statement 5: I feel my social interactions have reduced drastically in last few years.

		I feel my social interactions have reduced drastically in last few years					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status	No Children Yet	Count	1	2	5	9	3	20
		% Within Parental Status:	5.0%	10.0%	25.0%	45.0%	15.0%	100.0%
		% Within Statement 5	33.3%	22.2%	29.4%	36.0%	50.0%	33.3%
Parent Child/Children with less than 5 years of Age	ofCount	1	2	4	8	1		16
		% Within Parental Status:	6.3%	12.5%	25.0%	50.0%	6.3%	100.0%
		% Within Statement 5	33.3%	22.2%	23.5%	32.0%	16.7%	26.7%
Parent Child/Children with more than 5 years of Age	withCount	1	5	8	8	2		24
		% Within Parental Status:	4.2%	20.8%	33.3%	33.3%	8.3%	100.0%
		% Within Statement 5	33.3%	55.6%	47.1%	32.0%	33.3%	40.0%
Total	Count	3	9	17	25	6		60
		% Within Parental Status:	5.0%	15.0%	28.3%	41.7%	10.0%	100.0%
		% Within Statement 5	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 60% respondents with no children yet, 56.3% respondents having child/children with less than 5 years of age and 41.6% parents with child/children with more than 5 years age feels that their social interactions have reduced drastically in last few years whereas 15% with no children, 18.8% parents with children less than 5 year of age and 25% parents with children of more than 5 years of age does not agrees to the statement. From the research it can be said that majority of respondents believe that there is a

reduction in their social interactions in last few years.

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Statement 6: I am able to dedicate time to my personal hobbies on daily basis.

		I am able to dedicate time to my personal hobbies on daily basis.					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status:	No Children Yet	Count	4	5	5	5	1	20
		% Within Parental Status:	20.0%	25.0%	25.0%	25.0%	5.0%	100.0%
		% Within Statement 6	66.7%	33.3%	27.8%	33.3%	16.7%	33.3%
Parent Child/Children with less than 5 years of Age	ofCount	0	5	6	4	1		16
		% Within Parental Status:	0.0%	31.3%	37.5%	25.0%	6.3%	100.0%
		% Within Statement 6	0.0%	33.3%	33.3%	26.7%	16.7%	26.7%
Parent Child/Children with more than 5 years of Age	withCount	2	5	7	6	4		24
		% Within Parental Status:	8.3%	20.8%	29.2%	25.0%	16.7%	100.0%
		% Within Statement 6	33.3%	33.3%	38.9%	40.0%	66.7%	40.0%
Total	Count	6	15	18	15	6		60
		% Within Parental Status:	10.0%	25.0%	30.0%	25.0%	10.0%	100.0%
		% Within Statement 6	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 30% respondents with no children yet, 31.3% respondents having child/children with less than 5 years of age and 41.7% parents with child/children with more than 5 years age feels that they are able to dedicate time to their personal hobbies on daily basis whereas 45% with no children, 31.3% parents with children less than 5 year of age and 29.1% parents with children of more than 5 years of age does not agrees to the statement. From the research it can be said that majority of respondents with no children feels that they are not able to dedicate time to their personal hobbies whereas the majority of respondents with child/children of more than 5 years of age feel that they can

spend time on their hobbies.

Statement 7: I am very happy with my routine, and I don't have any complaints about it.

		I am very happy with my routine, and I don't have any complains about it.					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status:	No Children Yet	Count	4	2	4	6	4	20
		% Within Parental Status:	20.0%	10.0%	20.0%	30.0%	20.0%	100.0%
		% Within Statement 7	57.1%	20.0%	30.8%	31.6%	36.4%	33.3%
Parent Child/Children with less than 5 years of Age	ofCount	3	5	2	3	3		16
		% Within Parental Status:	18.8%	31.3%	12.5%	18.8%	18.8%	100.0%
		% Within Statement 7	42.9%	50.0%	15.4%	15.8%	27.3%	26.7%
Parent Child/Children with more than 5 years of Age	withCount	0	3	7	10	4		24
		% Within Parental Status:	0.0%	12.5%	29.2%	41.7%	16.7%	100.0%
		% within Statement 7	0.0%	30.0%	53.8%	52.6%	36.4%	40.0%
Total	Count	7	10	13	19	11		60
		% within Parental Status	11.7%	16.7%	21.7%	31.7%	18.3%	100.0%
		% within Statement 7	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. 40% of respondents with no children yet, 37.6% of respondents having child/children with less than 5 years of age and 58.4% of parents with child/children with more than 5 years of age agree that they are happy with their routine and does not have any complaints about the same whereas 30% with no children, 50.1% parents with children less than 5 years of age and 12.5% parents with children of more than 5 years of age do not agree to the statement. From the research, it is found that the majority of respondents with no children and with child/children of more than 5 years of age are happy with their routine and do not have any complaints about the same whereas the majority of

respondents with child/children of less than 5 years of age does not feel the same.

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Statement 8: I choose to do what I want in my routine life.

		I choose to do what I want in my routine life.					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status	No Children Yet	Count	4	3	5	4	4	20
		% Within Parental Status:	20.0%	15.0%	25.0%	20.0%	20.0%	100.0%
		% Within Statement 8	57.1%	37.5%	33.3%	18.2%	50.0%	33.3%
Parent Child/Children with less than 5 years of Age	Parent with	Count	2	2	4	7	1	16
		% Within Parental Status:	12.5%	12.5%	25.0%	43.8%	6.3%	100.0%
		% Within Statement 8	28.6%	25.0%	26.7%	31.8%	12.5%	26.7%
Parent Child/Children with more than 5 years of Age	Parent with	Count	1	3	6	11	3	24
		% Within Parental Status:	4.2%	12.5%	25.0%	45.8%	12.5%	100.0%
		% Within Statement 8	14.3%	37.5%	40.0%	50.0%	37.5%	40.0%
Total		Count	7	8	15	22	8	60
		% Within Parental Status:	11.7%	13.3%	25.0%	36.7%	13.3%	100.0%
		% Within Statement 8	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 40% of respondents with no children yet, 50.1% of respondents having child/children with less than 5 years of age and 58.3% of parents with child/children with more than 5 years of age agree that they choose to do what they want in their life whereas 35% with no children, 25% parents with children less than 5 years of age and 16.7% parents with children of more than 5 years of age does not agree to the statement. From the research, it is found that the majority of respondents choose to do what they want in their routine life and among them the percentage of respondents with child/children more

than 5 years of age is the highest.

Statement 9: My family members are very happy and satisfied with me.

		My family members are very happy and satisfied with me					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status	No Children Yet	Count	3	1	3	6	7	20
		% Within Parental Status:	15.0%	5.0%	15.0%	30.0%	35.0%	100.0%
		% Within Statement 9	75.0%	16.7%	37.5%	25.0%	38.9%	33.3%
Parent Child/Children with less than 5 years of Age	Parent with	Count	1	1	2	9	3	16
		% Within Parental Status:	6.3%	6.3%	12.5%	56.3%	18.8%	100.0%
		% Within Statement 9	25.0%	16.7%	25.0%	37.5%	16.7%	26.7%
Parent Child/Children with more than 5 years of Age	Parent with	Count	0	4	3	9	8	24
		% Within Parental Status:	0.0%	16.7%	12.5%	37.5%	33.3%	100.0%
		% Within Statement 9	0.0%	66.7%	37.5%	37.5%	44.4%	40.0%
Total		Count	4	6	8	24	18	60
		% Within Parental Status:	6.7%	10.0%	13.3%	40.0%	30.0%	100.0%
		% Within Statement 9	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 65% of respondents with no children yet, 75.1% of respondents having child/children with less than 5 years of age and 70.8% of parents with child/children with more than 5 years of age feel that their family members are happy and satisfied with them whereas 20% with no children, 12.6% parents with children less than 5 years of age and 16.7% parents with children of more than 5 years of age don't agree to the statement. From the research, it is found that the majority of respondents feel that their family members are happy and satisfied with them and amongst them, a percentage of respondents with

child/children less than 5 years of age is the highest.

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Statement 10: I feel extremely happy about the life I am living.

		I feel extremely happy about the life I am living.					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status	No Children Yet	Count	4	1	4	4	7	20
		% Within Parental Status:	20.0%	5.0%	20.0%	20.0%	35.0%	100.0%
		% Within Statement 10	100.0%	12.5%	44.4%	18.2%	41.2%	33.3%
Parent Child/Children with less than 5 years of Age	ofCount	0	3	3	8	2	16	
		% Within Parental Status:	0.0%	18.8%	18.8%	50.0%	12.5%	100.0%
		% Within Statement 10	0.0%	37.5%	33.3%	36.4%	11.8%	26.7%
Parent Child/Children with more than 5 years of Age	withCount	0	4	2	10	8	24	
		% Within Parental Status:	0.0%	16.7%	8.3%	41.7%	33.3%	100.0%
		% Within Statement 10	0.0%	50.0%	22.2%	45.5%	47.1%	40.0%
Total	Count	4	8	9	22	17	60	
		% Within Parental Status:	6.7%	13.3%	15.0%	36.7%	28.3%	100.0%
		% Within Statement 10	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 55% of respondents with no children yet, 62. of 5% of respondents have child/children with less than 5 years of age and 75% of parents with child/children with more than 5 years of agree that they are happy with the life they are living whereas 25% with no children, 18.8% parents with children less than 5 years of age and 16.7% parents with children of more than 5 years of age do not agree to the statement. From the research, it is found that the majority of respondents agree with the statement and amongst them, a percentage of respondents with

child/children more than 5 years of age is the highest.

Statement 11: I feel Incapable of managing personal time for connecting with friends.

		I feel Incapable of managing personal time for connecting with friends.					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status	No Children Yet	Count	1	3	9	5	2	20
		% Within Parental Status:	5.0%	15.0%	45.0%	25.0%	10.0%	100.0%
		% Within Statement 11	25.0%	30.0%	50.0%	20.8%	50.0%	33.3%
Parent Child/Children with less than 5 years of Age	ofCount	0	2	3	10	1	16	
		% Within Parental Status:	0.0%	12.5%	18.8%	62.5%	6.3%	100.0%
		% Within Statement 11	0.0%	20.0%	16.7%	41.7%	25.0%	26.7%
Parent Child/Children with more than 5 years of Age	withCount	3	5	6	9	1	24	
		% Within Parental Status:	12.5%	20.8%	25.0%	37.5%	4.2%	100.0%
		% Within Statement 11	75.0%	50.0%	33.3%	37.5%	25.0%	40.0%
Total	Count	4	10	18	24	4	60	
		% Within Parental Status:	6.7%	16.7%	30.0%	40.0%	6.7%	100.0%
		% Within Statement 11	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 35% respondents with no children yet, 68.8% respondents having child/children with less than 5 years of age and 41.7% parents with child/children with more than 5 years age agrees that they are incapable of managing personal time for connecting with friends whereas 20% with no children, 12.5% parents with children less than 5 year of age and 33.3% parents with children of more than 5 years of age does not agrees to the statement. From the research it is found that majority of respondents feels that are incapable of managing their personal time and are not able to

connect with their friends and amongst them percentage of respondents with child/children of less than 5 years of age is highest.

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Statement 12: I face Social Isolation as I am not able to devote time for social gathering

		I face Social Isolation as I am not able to devote time for social gathering					Total	
		Count	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Parental Status	No Children Yet	Count	2	6	6	4	2	20
		% Within Parental Status:	10.0%	30.0%	30.0%	20.0%	10.0%	100.0%
		% Within Statement 12	66.7%	40.0%	26.1%	26.7%	50.0%	33.3%
Parent of Child/Children with less than 5 years of Age	Parent of Child/Children with less than 5 years of Age	Count	0	2	9	4	1	16
		% Within Parental Status:	0.0%	12.5%	56.3%	25.0%	6.3%	100.0%
		% Within Statement 12	0.0%	13.3%	39.1%	26.7%	25.0%	26.7%
Parent with Child/Children with more than 5 years of Age	Parent with Child/Children with more than 5 years of Age	Count	1	7	8	7	1	24
		% Within Parental Status:	4.2%	29.2%	33.3%	29.2%	4.2%	100.0%
		% Within Statement 12	33.3%	46.7%	34.8%	46.7%	25.0%	40.0%
Total	Total	Count	3	15	23	15	4	60
		% Within Parental Status:	5.0%	25.0%	38.3%	25.0%	6.7%	100.0%
		% Within Statement 12	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 30% respondents with no children yet, 31.3% respondents having child/children with less than 5 years of age and 33.4% parents with child/children with more than 5 years age agrees that they face social isolation and are not able to devote time for social gathering whereas 40% with no children, 12.5% parents with children less than 5 year of age and 33.4% parents with children of more than 5 years of age does not agrees to the statement. From the research it is found that majority of respondents feels that they face

social isolation as they are not able to spend time for social gatherings.

Statement 13: I am not able to spend enough personal time with my spouse.

		I am not able to spend enough personal time with my spouse.					Total	
		Count	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
Parental Status	No Children Yet	Count	4	4	8	2	2	20
		% Within Parental Status:	20.0%	20.0%	40.0%	10.0%	10.0%	100.0%
		% Within Statement 13	44.4%	30.8%	47.1%	13.3%	33.3%	33.3%
Parent of Child/Children with less than 5 years of Age	Parent of Child/Children with less than 5 years of Age	Count	2	5	3	3	3	16
		% Within Parental Status:	12.5%	31.3%	18.8%	18.8%	18.8%	100.0%
		% Within Statement 13	22.2%	38.5%	17.6%	20.0%	50.0%	26.7%
Parent with Child/Children with more than 5 years of Age	Parent with Child/Children with more than 5 years of Age	Count	3	4	6	10	1	24
		% Within Parental Status:	12.5%	16.7%	25.0%	41.7%	4.2%	100.0%
		% Within Statement 13	33.3%	30.8%	35.3%	66.7%	16.7%	40.0%
Total	Total	Count	9	13	17	15	6	60
		% Within Parental Status:	15.0%	21.7%	28.3%	25.0%	10.0%	100.0%
		% Within Statement 13	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 20% respondents with no children yet, 37.6% respondents having child/children with less than 5 years of age and 45.9% parents with child/children with more than 5 years age agrees that they are not able to spend enough personal time with their spouse whereas 40% with no children, 43.8% parents with children less than 5 year of age and 29.2% parents with children of more than 5 years of age does not agrees to the statement. From the research it is found that majority of respondents with no children and with child/children of less than 5 years of age feels that they are able to spend enough time with their spouse whereas majority

of respondents with child/children of more than 5 years of age does not feel the same.

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Statement 14: I am facing some or other health issues.

		I am facing some or the other health issues.					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status	No Children Yet	Count	3	6	4	3	4	20
		% Within Parental Status:	15.0%	30.0%	20.0%	15.0%	20.0%	100.0%
		% Within Statement 14	33.3%	40.0%	22.2%	25.0%	66.7%	33.3%
	Parent Child/Children with less than 5 years of Age	Count	2	4	4	6	0	16
		% Within Parental Status:	12.5%	25.0%	25.0%	37.5%	0.0%	100.0%
		% Within Statement 14	22.2%	26.7%	22.2%	50.0%	0.0%	26.7%
Parent Child/Children with more than 5 years of Age	Count	4	5	10	3	2	24	
	% Within Parental Status:	16.7%	20.8%	41.7%	12.5%	8.3%	100.0%	
	% Within Statement 14	44.4%	33.3%	55.6%	25.0%	33.3%	40.0%	
Total	Count	9	15	18	12	6	60	
	% Within Parental Status:	15.0%	25.0%	30.0%	20.0%	10.0%	100.0%	
	% Within Statement 14	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 35% of respondents with no children yet, 37.5% respondents have child/children with less than 5 years of age and 20.8% of parents with child/children with more than 5 years of age agree that they face some or other health issues whereas 45% with no children, 37.5% parents with children less than 5 years of age and 37.5% parents with children of more than 5 years of age degree to the statement. From the research, it is found that the majority of respondents with no children do not face some or the other health

issues whereas the majority of respondents with child/children more than 5 years of age face some health issues.

Statement 15: I feel my spouse feels that we don't get to spend enough time with each other.

		I feel my spouse feels that we don't get to spend enough time with each other.					Total	
		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
Parental Status	No Children Yet	Count	4	4	9	0	3	20
		% Within Parental Status:	20.0%	20.0%	45.0%	0.0%	15.0%	100.0%
		% Within Statement 15	66.7%	23.5%	52.9%	0.0%	60.0%	33.3%
	Parent Child/Children with less than 5 years of Age	Count	0	5	4	5	2	16
		% Within Parental Status:	0.0%	31.3%	25.0%	31.3%	12.5%	100.0%
		% Within Statement 15	0.0%	29.4%	23.5%	33.3%	40.0%	26.7%
Parent Child/Children with more than 5 years of Age	Count	2	8	4	10	0	24	
	% Within Parental Status:	8.3%	33.3%	16.7%	41.7%	0.0%	100.0%	
	% Within Statement 15	33.3%	47.1%	23.5%	66.7%	0.0%	40.0%	
Total	Count	6	17	17	15	5	60	
	% Within Parental Status:	10.0%	28.3%	28.3%	25.0%	8.3%	100.0%	
	% Within Statement 15	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	

The above table analyses the stress level based on the parental status of respondents on different parameters. As per research, 15% of respondents with no children yet, 43.8% of respondents have child/children with less than 5 years of age and 41.7% of parents with child/children with more than 5 years of age feel that their spouse feels that they don't get to spend time with each other whereas 40% with no children, 31.3% parents with children less than 5 years of age and 41.6% parents with children of more than 5 years of age do not agree to the statement. From the research, it is found that the majority of respondents with no children disagree with the statement whereas the

majority of respondents with children/children of less than 5 years of age disagree with the statement.

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Finding and Suggestions

- Couples with children are getting less time to spend with their spouses as compared to those without children. Also, they feel their social interactions are comparatively very less with their friends. It is observed that there is a significant difference in stress levels among couples with children and without children.
- As per the survey, females get very less time for themselves, for their hobbies, and their friends and also, they don't get enough time with their spouse too whereas males can spend time on their hobbies, with themselves and with their friends, and relatives. From the research, it can be said that there is a difference in stress levels between males and females.
- The respondents with child/children of less than 5 years of age have complaints about their routine and are not happy about it whereas parents with children/children of more than 5 years of age are quite happy with their routine and have fewer complaints about the same. It is observed from the study that there is a difference in stress among couples with children less than 5 years of age and more than 5 years of age.

CONCLUSION

There's no denying that children are a lot of work. From the moment they're born, they require constant care and attention. As a result, it's not surprising that parents often report feeling overwhelmed and stressed out. The level of stress among parents varies. There is no one-size-fits-all when it comes to the amount of stress that parents experience. Parents with children have significantly higher levels of stress than those without children. This stress is often caused by the daily juggling of work and childcare, as well as the worry about providing for their family. Parents often feel like they're not doing enough, both for their children and at work. This can lead to feelings of guilt and anxiety. However, there are ways to manage this stress, such as by seeking support from others, taking breaks when possible, and making time for self-care. Juggling work, family, and social life - Trying to maintain some semblance of personal life can be difficult along with the worry of providing financially for their children. The thought of many parents is to give their children everything they never had, and it causes a stress.

However, it's important to remember that parenting isn't always 24/7 stress. In fact, there are plenty of joyful moments mixed in with the challenges. And, while it's true that having children can add more stress to your life, it's also true that parenting can be incredibly rewarding. Some parents find their children to be a constant source of joy and happiness, while others find them to be a constant source of anxiety and worry. There are ways to manage stress as a parent. There are many resources available to help parents manage their stress levels. Some helpful tips include staying organized, being realistic about your expectations, taking breaks when needed, and seeking out support from other parents.

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Conflict of Interest

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