

To See the Effect of Parenting Daily Hassles During Covid-19 Pandemic in Indian Context: A Pilot Study

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ABSTRACT

Parenting in the time of covid 19 pandemic was specifically taxing as parents find themselves in a difficult situation with young, energetic and active children locked down within the house. The study was “To see the effect of parenting daily hassles during Covid-19 pandemic in Indian context”. Sixty subjects were selected as per inclusion and exclusion criteria. Parenting daily hassles scale was used to find the intensity and frequency of daily Hassle. Study revealed that percentage of mean frequency and intensity score were 54.1% & 62.5% respectively independent sample t test was used to find the significance. Intensity has the p value of 0.00. The Daily hassle can be managed by rehabilitative personnel using various stress releasing and time management techniques.

Keywords: Parenting Daily Hassles, Intensity, Frequency, COVID-19 Pandemic

The outbreak of the novel coronavirus disease 2019 (COVID-19) which began in Wuhan, China in December 2019 was classified by the World Health Organization 2021 as a pandemic, a situation that has persisted for more than a year.

Parenting in the time of such a pandemic can be specifically taxing as parents now find themselves in a difficult situation with young, energetic and active children locked down within the house. School closures, working remotely from home, physical distancing is a lot to navigate for anyone, and more so for parents, who are struggling with uncertainties about the future, balancing work and child care. Parents also need to ensure food, financial, and health security for themselves and their household, and the stress may render some situations and emotions difficult to cope with. Consequently, such difficult conditions at home may deplete personal resources and the ability to manage stress effectively, thereby increasing the risk of parental burnout³.

Parenting is not only complex and challenging as it can involve experiences of joy, affection, and positive energy, but it can also be demanding and stressful. The demands of childcare and

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the pressure of performing adequate socialization roles as parents can result in aversive emotional reactions by parents, conceptualized as parental stress².

Recent reports acknowledge the COVID-19 pandemic's impact on family routines and dynamics, but less is known about how it has impacted on parent's psychological well being. Hence, while mobility restrictions and social isolation associated with the lockdown are successful in reducing the spreading of COVID-19, they represent a serious concern for families' psychological well-being⁴.

The purpose behind this survey is "To see the effect parenting daily hassles during covid-19 pandemic in Indian context". The Coronavirus Disease 19 (COVID-19) has swept the globe causing new and unexpected challenges and mandatory stay-at-home in order to disrupt families daily routines. During this phase, parents found themselves in a challenging situation with young, energetic children confined within the house which affected the daily routine of parents and increased the Hassle in daily tasks that is why it was felt to do this study. The objective of the study was: To assess the frequency and intensity of parenting daily hassles in Indian context during covid 19 pandemic.

METHODOLOGY

Research Design: observational study

Sample Size: 60 subjects selected

Method of Sampling: Convenient Sampling

Place for the study: Community

Inclusion Criteria

- Parents of children who were between the ages of 5 to 11 years old.
- School going children who are confined to at home.
- parents who are working from home.
- parents who are employed as homemakers.
- The subject should be of Indian origin.

Exclusion Criteria

- Working parents not confined to home.
- The homes which are having helping assistance for 24 hours.
- Single parents.
- Parents who are presently not living with their children.
- Parents with psychiatric problems.
- Parents of children with disabilities.

Withdrawal Criteria

Parents who want to withdraw at any point of time during study.

Material used

- Parenting Daily Hassles Scale
- Pencil, Pen, Eraser

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Outcome measure

PARENTING DAILY HASSLES: Permission was taken from the Author. The parenting daily hassles were measured by Parenting Daily Hassles Scale: (Crnic and Greenberg, 1990) that is completed by parent. The PDH Scale comprises 20 items that briefly describe discrete events that involve challenging child behavior or various tasks associated with parenting. Item examples included "being nagged or whined to," "continually cleaning up the same messes," "difficulty getting privacy," "kids resist or struggle over bedtime," and so on.

Each item on the scale is rated for the frequency with which it occurs (a 4-point scale from "rarely" to "constantly"), and the intensity with which the parent perceives the event as a hassle (a 5-point scale from "no hassle" to "big hassle"). Two major scores are derived corresponding to each of the major scales: a Frequency Scale score obtained by summing the frequency ratings of the 20 items, and an Intensity Scale score obtained by summing the hassle ratings of the 20 items.

These scales have adequate internal consistencies, with alpha coefficients of .81 for frequency and .89 for intensity. Further, the two scales are highly correlated ($r = .78$)⁹.

Procedure

Total 60 subjects were selected on the basis inclusion and the exclusion criteria. The participants were explained the objective of the study in their understandable language and written consent was taken by the same. The questionnaire were filled by the subjects. These questionnaires used were Parenting Daily Hassles Scale and the scoring of the questionnaire was calculated by the investigator and was statistically analyzed using statistical test.

Data Analysis

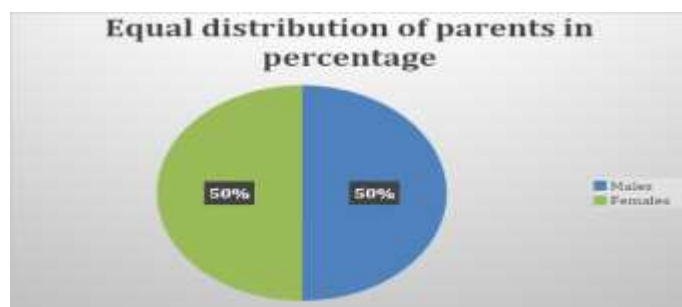
Data analysis was accomplished with the following software, statistical package for the social science (SPSS) for window, (version 20.0 IBM SPSS Inc. Chicago, IL), and Microsoft Excel (Professional Edition 2010; Microsoft crop, Redmond, WA) was used for the preparation of master chart. Independent sample t test were used for significance levels

RESULTS

Sixty parents were selected on the basis of convenience in which 50% were male and 50% were females as reflected in Table1 and Graph1.

Table 1: Equal distribution of subjects as per gender in percentage

Parents	N(60)	Percentage
Mothers	30	50
Fathers	30	50



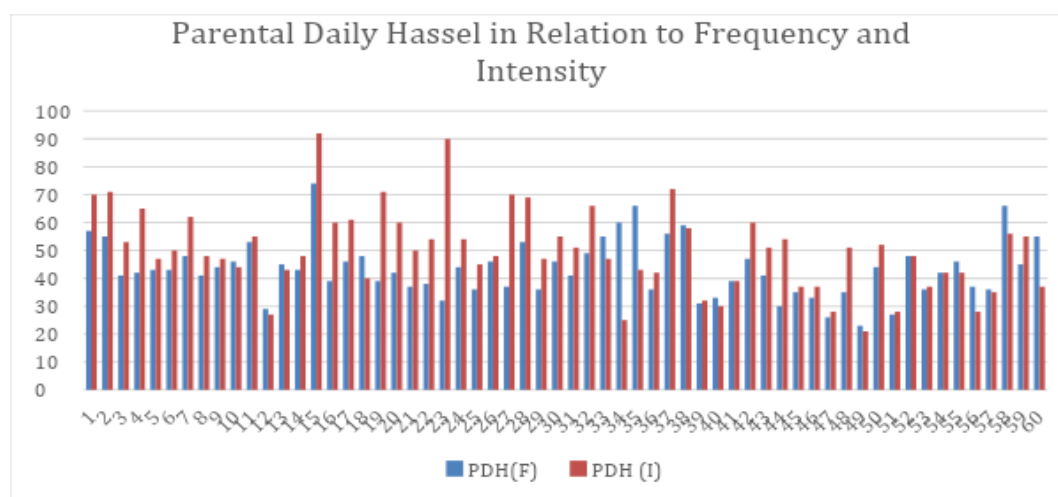
Graph1: Pie chart: percentage of subjects selected in the study

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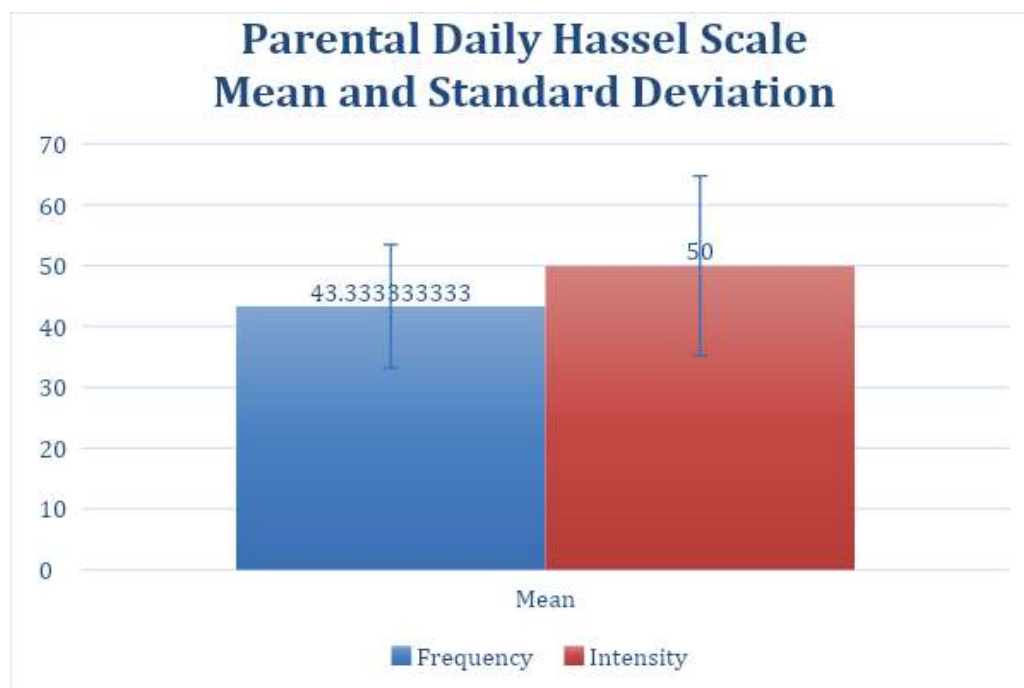
When the mean and standard deviation were calculated for parenting daily hassles on the scale of 0-80, in relation to frequency and intensity (PDHF & PDHI). It was found that intensity scores were higher than frequency by 6.7 points and standard deviation by 4.62 respectively . as illustrated in Table 2 & Graph 2&3. Mean value of frequency was 43.3 and mean value of intensity is 50 so we can analysis in percentage. So, outcome is parental daily Hassel in frequency is 54.1% whereas parental Hassel in intensity is 62.5% during covid 19 pandemic phase.

Table 2: Mean and standard deviation of daily Hassle of parents

Parents	N	Mean	Percentage	Standard Deviation
PDHF	60	43.33	54.1%	10.15
PHDI	60	50	62.5%	14.77



Graph 2: Bar graph: Measurement of frequency and intensity of parents on parent Hassle scale



Graph 3: Parental Daily Hassles Scale: Mean and Standard Deviation

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Independent sample t test was applied to find out the significance:

Parental daily Hassle scale in relation to intensity was having significance value (0.00) as compared to frequency as reflected in Table 3.

Table 3: t test static value and significant values

Independent Samples t Test		
Parental daily Hassle Scale	t-test for Equality of Means	Sig.(2-tailed)
	t	
PDHF (frequency)	.581	.563
PDHI(Intensity)	3.796	.000*

**Significant at 0.05 level*

DISCUSSION

The purpose of this study was to find out the parental hassle during covid 19 in relation to frequency and intensity in parents of Indian context. parents of children who were between the ages of 5 to 11 years old were selected for the study. Total 60 subjects were selected for study after considering inclusion and the exclusion criteria. The questionnaire used was Parenting Daily Hassles Scale.

The result of the study were that parental Hassels in relation to frequency and intensity were calculated on the scale of 0-80. Parental daily hassles mean frequency values were 43.33, were as mean of intensity were 50 so the inference was that 54.1percent of parental daily Hassles in relation to frequency were there whereas intensity were having the scores of 62.5 percent during covid 19 pandemic in Indian context. Significance were calculated using independent sample t test having highly significant values in intensity whereas frequency scores were having more range than 0.05. The following studies are in support of the results: **Katherine stover, Janetee Pelletier in 2020 et.al**⁵ conducted a study on does full-day kindergarten reduce parenting daily hassles. The aim of the study was to examine differences in the daily hassles reported by parents of half-day and full-day kindergarten students following the phased-in implementation of full-day kindergarten in Ontario. The results of the study indicated that overall, parents of children enrolled in full-day kindergarten reported similar levels of daily hassles to parents of children in half-day programs. Additional analyses of demographic factors indicated that full-day kindergarten was related to lower levels of daily hassles for parents who worked full-time. **Tomoko N. Arimura in 2008**⁶ conducted a study on Daily routines, parenting hassles, and social support: the role that early childhood services play in parents and children's daily life. Analyses indicated that service integration is associated with lower levels of daily parenting hassles, greater satisfaction with some forms of support, and greater levels of continuity in children's days. **Coplan in 2003**⁷ conducted a study on parenting daily hassles, child temperament, and social adjustment in preschool. The aim of the study was to explore the relations between child temperament, parenting daily hassles, and children's social adjustment in preschool. The results of the study indicated parenting daily hassles predicted child externalizing problems beyond the contribution of child temperament characteristics. As well, child temperament interacted with parenting hassles in the prediction of adjustment outcomes. **Coroline Suzanne Almand et al in 2002**⁸ conducted a study on parenting daily hassles and parents of children with disabilities: relationships to maternal efficacy, maternal satisfaction, and social support. The aim of the study was to investigate the moderation role of social support in the proposed relationships between parenting daily hassles and maternal efficacy and maternal satisfaction. The result of the study revealed that the quantity of social supporters that a mother had significantly

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moderated the negative relationship between parenting daily hassles and maternal efficacy. **Keith A. Crnic, Cathryn L. Booth et al in 1991**⁹ conducted a study on mothers' and fathers' perceptions of daily hassles of parenting across early childhood. Daily hassles of parenting were assessed in three groups of mothers and fathers with children 9-12, 18-24, and 30-36 months old, along with measures of social support, social cognitive level, and parental satisfaction. The results of the study indicated that reported hassles were significantly greater with increasing child age, although fathers and mothers did not differ in the overall amount of hassle they perceived.

CONCLUSION

The study was focused on 54.1 percent of parental Daily Hassles in relation to frequency whereas intensity was having the scores of 62.5 percent during covid 19 pandemic in Indian context. Being rehabilitative personnel, the focus is to plan the day to reduce the intensity of parenting daily hassles by using Relaxation Techniques, a technique for managing stress, achieving deep relaxation. Simple techniques such as time management and activity scheduling can also be employed to address the intensity and frequency of parenting daily hassles. Therefore, we will investigate how psychosocial tasks and psychosocial frames of reference can reduce the parenting daily hassles caused by the COVID-19 pandemic. The limitation of the study was that of small sample size as it was the pilot study.

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Conflict of Interest

The author(s) declared no conflict of interest.

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