

**A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON ANXIETY LEVEL OF MOTHERS REGARDING CARE OF PREMATURE NEONATE ADMITTED IN NEONATAL INTENSIVE CARE UNIT OF SELECTED HOSPITALS OF PUNE CITY**

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**ABSTRACT:**

**Introduction:** “Anxiety in the heart of man Causes depression But a good word makes it glad “

Anxiety is a universal phenomenon. Birth of a premature neonate is a stressful experience for a mother. Anxiety results due to lack of information. Getting the right information from right person at the right time is the demand of time.

**Material & Methods:** The present study adopted the “General System Model” as the theoretical base for the framework of the study. The research method adopted for the study was a Quasi-experimental approach and the design used was pre-test post-test control group design. A non-probability convenience sampling method was used for the selection of 60 samples for the study. Spielberg self-reporting state trait anxiety inventory, a standardized tool was used.

**Result:** In the present study, analysis showed that comparison of reduction in anxiety level of mothers in control and experiment group is highly significant. The mean score reduction in anxiety level in experiment group was 7.44 whereas mean score reduction in anxiety level in control group was 1.04.

**Conclusion:** These findings had revealed the effectiveness of Information Booklet as the mean score reduction in anxiety level in mothers of Experimental group was more as compared to the control group. Since  $p\text{-value} > 0.05$ , there was no correlation between the anxiety level of mothers with the Demographic variables. Recommendations were made based on findings of study.

**KEYWORDS:** Anxiety level, premature infants, Information booklet.

**INTRODUCTION**

**“Education is the only interest worthy the deep, controlling anxiety of the thoughtful man”**

Anxiety is a universal, primitive unpleasant feeling of tension and apprehension. It is a state where a person has a strong feeling of worry or dread, when the source is nonspecific or unknown. Strong and constant support to the mother throughout the hospitalization

especially during the time of birth of premature neonate helps the mothers to maintain their emotional stability. Mother’s anxiety and fear are linked together and give rise to stress. Awareness helps to deal and cope up with the worst expected in the best possible way. The provision of good quality information facilitates active involvement in the care and therefore may contribute to an overall increase in satisfaction. Imparting

information is an important part of the health service. The North American Nursing Diagnosis Association has recognized anxiety as one of the major areas where the nurse can play an important role to relieve the mother's anxiety. Various studies have revealed that mothers could not take care of their premature neonates due to lack of knowledge especially when the neonate is admitted in the neonatal intensive care unit (NICU). Timely interventions and information have great influence in bringing down the anxiety level of the mothers. According to Lamontage giving information at the right time will help to increase the confidence of mothers. There are various methods of providing information to mothers regarding care of premature neonate i.e through media ,counseling, training etc but the most effective method of providing information to the mothers regarding care of premature neonates during the time of admission in NICU is information booklet. If the mothers know more about prematurity ,there will be better co-operation between mothers and health care professionals in dealing with prematurity. The role of parents in the management of prematurity has always be of utmost importance. An information booklet describing who is premature neonate, causes of prematurity,

NICU, mother's role in care of premature neonate in NICU and other concept will serve to answer many questions in the minds of mothers regarding care of premature neonate there by giving them confidence to render the care to their premature neonates in NICU. Considering the above factors the investigator decided to conduct a study to assess the effectiveness of information booklet on anxiety level of mothers regarding care of premature neonate admitted in Neonatal Intensive Care Unit.

#### **RESEARCH STATEMENT**

“A study to assess the effectiveness of information booklet on anxiety level of mothers regarding care of premature neonate admitted in Neonatal Intensive Care Unit of selected hospitals of Pune city.”

#### **OBJECTIVES OF THE STUDY**

- 1) To assess the pre-test anxiety level of mothers of premature neonate admitted in Neonatal Intensive Care Unit in the Control group and Experimental group.
- 2) To assess the post-test anxiety level of mothers of premature neonates admitted in Neonatal Intensive Care Unit in the Control and Experimental group.
- 3) To compare the pre-test and post-test anxiety levels of the mothers of premature neonate admitted in Neonatal Intensive Care Unit in the Control and Experimental

group to check the effectiveness of Information Booklet.

4) To correlate the anxiety level of the mothers of the premature neonate admitted in Neonatal Intensive Care Unit with selected demographic variables.

## **OPERATIONAL DEFINITIONS**

### **Effectiveness**

It refers to the extent of reduction in the anxiety level of the mothers after administering the information booklet regarding the care of premature neonate.

### **Information Booklet**

It refers to a written material based on facts along with illustrations regarding the care of premature neonate intended to increase the knowledge of the mothers.

### **Anxiety**

It refers to uneasiness, distress, uncertainty, apprehension and worries caused due to admission of the premature neonate to the NICU of Bharati Hospital and K.E.M. Hospital of Pune city.

### **Mother**

It refers to female parent of premature neonate admitted in a NICU of Bharati Hospital and K.E.M Hospital of Pune city.

### **Premature neonate:**

It refers to one born between 24 and 37 weeks of gestation.

### **Neonatal Intensive Care**

In this study Neonatal Intensive Care Unit refers to Neonatal Intensive Care Unit of Bharati Hospital and K.E.M Hospital of Pune city.

## **MATERIALS AND METHODS**

### **RESEARCH APPROACH**

A Quasi-experimental research approach was adopted.

### **RESEARCH DESIGN**

Researcher selected the pre-test post-test control group design as the research design

### **SETTING OF THE STUDY**

This study was proposed to be conducted in Bharati Hospital and K.E.M Hospital which has the facilities for Neonatal Intensive Care Unit.

### **POPULATION**

The population of the present study comprised of mothers of the premature neonates admitted in NICU in the Bharati Hospital and K.E.M Hospitals of Pune, during the period of study.

### **SAMPLE AND SAMPLING TECHNIQUE**

Samples were selected by a non-probability convenience sampling method.

### **SAMPLE SIZE**

The sample consisted of 60 mothers of premature neonates admitted in NICU ( 30 in control group and 30 in experimental group.)

### **Sampling criteria**

The following criteria were set to select samples:

#### **Inclusion criteria**

1. Mothers of premature neonates who are admitted in Neonatal Intensive Care Unit of Bharati Hospital and K.E.M Hospital of Pune city.
2. Mothers who are willing to participate in the study.
3. Mothers who can read English or Hindi or Marathi.

#### **Exclusion criteria**

1. Mothers of premature neonates who are on ventilator /CPAP.
2. Mothers who are illiterate.

### **DESCRIPTION OF THE TOOL**

SECTION 1-Demographic Profile: This section included items seeking information on socio-demographic background i.e. age, education, occupation, income and any previous experience in NICU.

SECTION 2- Standardized tool "Spielberg self-reporting state trait anxiety inventory" was used. The tool has two sections.

Section 2(a)-STAI FORM Y-1, used for assessing the state anxiety of mothers of premature neonates on the first day of admission in NICU. It consisted of 20 questions.

Section 2(b)-STAI FORM Y-2, used for assessing trait anxiety of mothers of premature neonates on the seventh day of admission in NICU. It consisted of 20 questions.

#### **RESULT:**

The correlation of anxiety of mothers with age, education, occupation, income and any previous experience in NICU is calculated by using chi Square test. Since  $p\text{-value} > 0.05$ , there is no correlation between the anxiety level of mothers with the Demographic variables. In the present study the mean score of pretest is 48 in control group and 46.96 in posttest. This shows that there is insignificant difference in the anxiety level of mothers in pretest and posttest of control group. In the experimental group the mean score of pretest is 47.57 and posttest mean score is 40.13. This downward difference in anxiety level is because of the information booklet given to the experimental group. Comparison of reduction in anxiety level in control and experiment group is highly significant. The mean score reduction in anxiety level in experiment group is 7.44 whereas mean score reduction in anxiety level in control group is 1.04. These findings had revealed the effectiveness of Information Booklet. as the mean score reduction in anxiety level in mothers of Experimental group was more as

compared to the control group. From all of the above findings, it can be concluded that mothers were having anxiety because of lack of information. If we provide adequate information regarding their premature neonate's care, mother's anxiety will be reduced.

Phase	Reduction in anxiety level [ Mean score]	S.D	t-cal	t-table	p-Value
Experimental Group.	7.44	5.15	18.27	2.75	9.26E-18
Control Group	1.04	5.06			

Table shows t-calculated value 18.27 and t-table value 2.75 at 1% level of the significance for p value 9.26E-18 is less than 0.01.

## IMPLICATIONS

### Nursing Research

Nursing research is an essential aspect of nursing as it uplifts the profession and develops new nursing norms and a body of knowledge. Another

nursing research have been added to the nursing literature. Very few studies have been done on a similar topic. The research design, findings, and the tool can be used for the further research. There is a need for extended and intensive nursing research in the area of providing information to the mothers regarding the care of premature neonates.

### Nursing Education

Nursing education is developing rapidly in India and a nurse from our country can be found all over the world providing care and education. The education curriculum must include imparting knowledge about the use of various audio visual aids and teaching strategies such as preparations of such information booklet. The nurses educations can create awareness among student nurses about the effectiveness of communication. As the nursing have no limitations and the care should be extended from the patients to his family and relatives. Therefore Nursing education must give importance to this aspect in the curriculum and devote enough in preparing the nurses to perform their role in the effective management of anxiety in mothers by imparting appropriate information.

## NURSING ADMINISTRATIONS

The findings of the study are important to the nursing administrators. As a part of administration, the nurse administrator plays a vital role in educating clients and student nurses. The Nurse administrator can utilize this type of booklet material to enhance the knowledge of students and staff nurses. Nursing administration can depute nurses for various workshops, conferences and special courses. Health care personnel should be given an opportunity to update their knowledge periodically. They should be motivated and encouraged to provide correct information to parents about neonate's conditions. This can be done through in-services education programs. The nursing administrative can implement policies to improve the communication with the mothers and relatives. The present study shows positive result of imparting knowledge to the mothers. So policies can be implemented for imparting information related to care of premature neonate. especially mothers play a significant role.

## NURSING SERVICES

Nurses working in the NICU set up can be benefited from such researches, as it will provide more insight regarding the preventive, promotive and curative aspects of Neonate's health education. Health care personnel should be given an opportunity

to update their knowledge periodically. They should be motivated and encouraged to provide correct information related to care of premature neonate to mothers in NICU.

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