

Effect of Health Care Professional's Covid duties on Mental Health of their under Five Children

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Abstract

A study was carried out to know effect of health care professional's COVID duties on mental health of their under five children, 120 Selected Under five children of Health care workers who are working in COVID wards in selected hospitals have participated in the study. The non-probability convenient sampling technique was used. Data was collected by means of Google form. The tool contains two sections: demographic data and Mental Health Assessment Rating Scale format to assess the effect of health care professional's COVID duties on mental health of their under five children. Objectives of the study were to assess the effect of health care professional's COVID duties on mental health of their under five children and to find association between selected demographic variables and mental health of under five children. The study reveals that 40% of the parents of under five children had no effect on mental health score, 57.5% had mild effect and 2.5% of parents had severe effect on mental health score. The study reveals that the tabulated 'F' values were 2.68 (df=3,116) which is less than the calculated 'F' i.e. 7.91 at 5% level of significance. There are significant relations between duration of parents of under five children is statistically associated with their mental health score. The tabulated 't' values were 1.98 (df=118) which is less than the calculated 't' i.e. 2.25 at 5% level of significance meeting with child daily among parents of under five children is statistically associated with their mental health score. The tabulated 't' values were 1.98 (df=118) which is less than the calculated 't' i.e. 3.14 at 5% level of significance. Type of family of parents of under five children is statistically associated with their mental health. The tabulated 'F' values were 2.68 (df=3,116) which is less than the calculated 'F' i.e. 7.09 at 5% level of significance. Taking care of child of parents of under five children is statistically associated with their mental health score and the tabulated 't' values were 1.98 (df=118) which is less than the calculated 't' i.e. 3.05 at 5% level of significance. Gender of under five children of parents of under five children is statistically associated with their mental health score. Hence the study concluded that there is an effect of health care professional's COVID duties on mental health of their under five children.

($r = 0.9041$), significant at 0.00 level of significance.

Keywords: Assessment; Health care; Covid duties; Mental health.

Introduction

The corona virus disease 2019 (COVID-19) outbreak was first reported in Wuhan, China, and was later reported to have spread throughout the world to create a global pandemic. As of August 18th, 2020, the corona virus had spread to more than 216 countries with at least 21,756,357 confirmed cases, resulting in 771,635 deaths globally. Several countries declared this pandemic as a national emergency, forcing millions of people to go into lockdown.

This unexpected imposed social isolation has caused enormous disruption of daily routines for the global community, especially children. Among the measures intended to reduce the spread of the virus, most schools closed, cancelled classes, and their parents are health workers and maintaining the social distancing guidelines. Education and learning of 67.6% of students are impacted globally due to corona virus in 143 countries.

The COVID-19 pandemic impact on children is a growing concern. The United Nations and its agencies (the World Health Organization and UNICEF), Indian Association For Child Mental Health and National Institute of Mental Health and Neuroscience in India warn about the broader impacts on children and call for urgent action to support the world's children amidst the pandemic which may have lasting consequences.

The COVID-19 pandemic and unprecedented control measures to prevent its spread have disrupted nearly every aspect of children's lives - their health, development, learning, behaviour and their families' economic security, including protection from violence and abuse. Given this background, there is an urgent need for action through screening to minimize the mental health issues of children in India who constitute a substantial proportion of the population.

Need of the Study

UNICEF 2020 In such a scenario, mental health service providers, parents and immediate caregivers have a major responsibility to help children in distress. For parents, it is essential to create a sense of normalcy at home by planning a package which should include play, academic activities, interaction with family members, creative writing, socialization through phone, video calls to friends and relatives. The Indian Association for Child and Adolescent Mental Health also suggests that children need reassurance that this time will pass; it is important for parents and caregivers to be calm

and proactive, letting the child feel their emotions, check in with them about what they are hearing and doing and by monitoring their own and their children's behaviour.

For parents, programs should focus on improving their parenting skills, being responsive, understanding children, protecting them from negative experiences, problem solving, and mentoring them. Prolonged exposure therapy, skill-building opportunities, and cognitively-based compassion training for older children help to develop self-esteem, self-efficacy, and goals for the future.

The need of the times is to listen, understand, reassure children, and make them feel loved and safe. Parents should closely monitor children for any signs of change in behaviour and sensitively apprising them of the situation keeping in mind their naivety will lessen the apprehension and help to tide over these tough times. Parents should spend quality time with them, regularize their daily schedule, do fun activities together to take their minds off the crisis, encourage them to do physical activity, and help them in their hobbies.

Children should be kept close to their parents and family as much as possible or at least ensuring regular contact in case of adverse circumstances (hospitalization or quarantine of parent or child). Children may need extra love and attention. The future of the world depends on how strong and resilient we raise our next generation to be. Hence the Investigator is undertaken to improve the mental and social health of their children during parental covid duties and take care to their child.

Background of the Study

The coronavirus disease (COVID-19) pandemic has multifaceted impacts on children that are psychological, mental, physical, social and cultural. 41% of India's population is less than 18 years of age, and their mental health issues cannot be neglected during the pandemic and post pandemic. These effects are not limited to health and well-being but extend to many dimensions of children's lives, their education, safety and poverty. (UNICEF, 2020a).

Children who have lost one or both parents due to the pandemic are obviously highly vulnerable. Some children may experience bereavement reactions that are complicated by not having had contact with an ill relative before they passed away, for example because of quarantine restrictions and parents who are care givers. Fear about loved ones' health and financial security can take an emotional

toll on children. Such children may experience a range of psychological issues such as anxiety, low mood, insomnia and loss of appetite. Quarantine, isolation and traumatic bereavement may also lead to post-traumatic stress disorder.

The Indian Association for Child and Adolescent Mental Health also suggests that children need reassurance that this time will pass; it is important for parents and caregivers to be calm and proactive, letting the child feel their emotions, check in with them about what they are hearing and doing, and by monitoring their own and their children's behaviour.

(Dong & Bouey, 2020). Acting upon these concerns, some agencies and professionals have come forward in different countries to provide counselling and psychosocial support services for children and young people. These services are often not well-organized and not directed towards specific needs of children. Although India has limited infrastructure and manpower for mental health services, it is providing services such as a helpline number. Hence the Investigator is undertaken to improve the mental and social health of their children during parental covid duties and take care to their child.

Title of Study

'Effect of health care professional's COVID duties on mental health of their under five children.'

Problem Statement

'A study to assess the effect of health care professional's COVID duties on mental health of their under five children.'

Objectives of the Study

- To assess the effect of health care professional's COVID duties on mental health of their under five children.
- To find association between selected demographic variables and mental health of under five children.

Operational Definition

Assessment

Assessment means the critical analysis and evaluation or judgement of the status or quality of a particular condition, situation or other subject of appraisal.⁴

In this study it means examining the effect of health care professional's COVID duties on mental health of their under five children.

Health Care Professional

According to Cambridge dictionary it means, 'someone who works in the medical profession, for example, a doctor or nurse.'⁵

In this study it means doctors, nurses works in COVID.

COVID duties

COVID means corona virus disease.⁶

Duties means task to be done as a part of one's job.⁷

In this study it means 'Health care professionals working in COVID wards'.

Mental Health

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave.⁸

In this study it means cognitive, behavioral and emotional status of under five children. Under Five Children.

Assumption

Assumption are statements that are declarative statement about a phenomenon, which are largely believed to be true even in the absence of significant facts. Health care professional's COVID duties may have effect on mental health of their under five children

Research Question

What is the effect of health care professionals COVID duties on mental health of their under five children?

Ethical Aspects

The study will proceed only after getting sanctioned by ethical committee of college. The permission will be taken from the concerned authority.

The information collection from subjects will be kept anonyms. The data generated during research process will be extensively used for benefits of the profession, patients and parents.

Research Methodology

Approach - Quantitative approach.

Design – Exploratory design.

Setting of the study – COVID wards.

Target Population: Under five children of Health care workers who are working in COVID wards at Maharashtra.

Accessible Population: Under five children of Health care workers who are working in COVID wards in selected hospitals.

Sample: Selected Under five children of Health care workers who are working in COVID wards in selected hospitals.

Sample Size: Sample size will be 120 under five children of Health care workers who are working in COVID wards.

Sampling technique: Non probability purposive sampling.

Delimitation: The study is limited to under five children whose parents are working in COVID wards.

Inclusion criteria

- Health care workers who are willing to participate in the study.
- Under five Children whose parents are working in COVID wards.
- Health care workers whose under five children are not suffering from physical or psychological abnormalities.
- Health care workers who know English language.

Exclusion criteria

- Health care workers whose children are more than 5 years of age.
- Health care workers those are not working in COVID wards.
- Health care workers whose under five children are suffering from physical or psychological abnormalities.
- Health care workers who are not willing to participate in the study.

Plan for tool preparation

- Section I: Consists of semi structured questionnaires to assess demographic data.
- Section II: Self structured Mental Health Assessment Rating Scale format.

Plan for data collection

A formal administrative permission will be

obtained from the authorities of the proposed settings. A written consent will be obtained from the participants regarding their willingness to participate in the study.

Assessment of the effect of health care professional's COVID duties on mental health of their under five children will be done by self structured Mental Health Assessment Rating Scale format.

Plan for data analysis

- Frequency and percentage distribution will be used in descriptive analysis.
- Data will be presented through pie charts, bar diagram etc.

Scope of the study

The study will reveal the effect of health care professional's COVID duties on mental health of their under five children. The study will be helpful for health care professional's to understand effect of COVID duties on mental health of their under five children.

Tools for Data Collection

1. Tool of data collection consist of two sections: Section A: consist of demographic variables of students to participate in the study. E.g. Age, Gender, Course, Name of profession, Area of Working, Covid posting duration, number of working parents, meet child daily, type of family, in absence of you whose taking care of child, age of under five child, effect of covid duties on your child, etc.

Section B: It consists of five point likert scale having statements to A study to assess the effect of health care professional's COVID duties on mental health of their under five children.'

Data Collection Procedure

- Permission was obtained from concerned authority.
- The Google form was prepared and samples were approached through Social media.
- The data collection was conducted in 10 consecutive days.

Analysis and Interpretation

This chapter deals with the analysis and interpretation of the data collected from 120 health

care professional's COVID duties on mental health of their under five children. Analysis and interpretation was done on the basis of objectives of the study. The analysis was done with the help of descriptive and inferential statistics.

Section -A

Table 1: Percentage wise distribution of mothers according to their demographic characteristics.

n=120		
Demographic Variables	No. of Health care Professionals	Percentage (%)
Age in years		
25-30 yrs	63	52.5
30-35 yrs	33	27.5
35 yrs and above	24	20
Total	120	100
Gender of Health Care Professionals		
Male	9	7.5
Female	111	92.5
Total	120	100
Name of Profession		
Doctor	6	5
Nurse	99	82.5
Other	15	12.5
Total	120	100
Area of working		
Govt Sector	63	52.5
Private Sector	57	47.5
Total	120	100
COVID posting duration		
<1 month	30	25
1-2 months	21	17.5
2-3 months	9	7.5
>3 months	60	50
Total	120	100
Number of working Parents in COVID Setting		
Single	90	75
Both	30	25
Total	120	100
Meet Child Daily		
Yes	66	55
No	54	45
Total	120	100
Type of Family		
Nuclear	81	67.5
Joint	39	32.5
Total	120	100

In Absence of you, who is taking Care of your Child

Your Partner	39	32.5
Grandparents	69	57.5
Neighbours	3	2.5
Care Taker	9	7.5
Other	0	0
Total	120	100

Age of under Five Children

Less than 1 year	27	22.5
1 year to 3 year	54	45
3 year to 5 year	39	32.5
Total	120	100

Gender of under Five Children

Male	54	45
Female	66	55
Total	120	100

Do you feel there is effect of COVID duties on your child?

Yes	87	72.5
No	33	27.5
Total	120	100

- distribution of parents with regards to their age in years the majority of the subjects 63(52.5%) were belonging to the age group of 25-30 years, 33 (27.5%) were belonging to the age group of 30-35 years, and 24(20%) were belonging to the age group of 35 years and above.
- distribution of parents with regards to their gender, the majority of the subjects 111(92.5%) were belonging to the female parent and 9(7.5) were belonging to the male parent.
- distribution of parents with regards to their name of profession, the majority of the subjects 99(82.5%) were belonging to the nurse, 15 (12.5%) were belonging to the other profession and 6(5%) were belonging to the doctors.
- distribution of parents with regards to their area of working, the majority of the subjects 63(52.5%) were belonging to the Government sector, andn57 (47.5%) were belonging to the private sector.
- wise distribution of parents with regards to their COVID posting duration , the majority of the subjects 60(50%) were belonging to the more than 3 months covid posting duration, 30(25%) were belonging to less than 1 month covid posting duration,21(17.5%) were belonging to 1-2 month covid posting duration and 9(7.5%) were belonging to 2-3 month covid posting duration.

- distribution of parents with regards to number of working parents in COVID setting, the majority of the subjects 90(75%) were belonging to the single working parents in covid setting and 30(25%) were belonging to the both parents working in covid setting.
- distribution of parents with regards to meeting with child daily, the majority of the subjects 81(67.5%) were belonging to the Nuclear family and 39(32.5%) were belonging to joint family.
- Above S table shows that, the majority of the subjects 69(57.5%) were belonging to the grandparents who is taking care of child in absence of you, 39(32.5%) were belonging to your parents who is taking care of child in absence of you, 9(7.5%) were belonging to the your care taker who is taking care of child in absence of you, 3(2.5%) were belonging to the neighbours who is taking care of child in absence of you and none were belonging to who is taking care of child in absence of you.
- Above table shows that, the majority of the subjects 54(45%) were belonging to the age of 1 year to 3 year of under five child, 39(32.5%) were belonging to age of less than 3 year to 5 year of under five child, and only 27(22.5%) were belonging to age of less than 1 year.

Section B

Assessment of Effect of Health Care Professional’s Duties on Mental Health of their under Five Children

This section deals with the assessment of effect of health care professional’s duties on mental health of their under five children. The level of mental health of under five children is divided under following heading of no effect, mild effect and severe effect.

Table 2: Assessment with Level of Mental Health.

n=120

Level of Mental Health Score	Score Range	Level of Mental Health Score	
		No of Parents	Percentage
No Effect	0-12	48	40
Mild Effect	13-24	69	57.5
Severe Effect	≥25	3	2.5
Minimum score	1		
Maximum score	28		
Mean score	13.82±6.50		

The above table shows that 40% of the parents of under five children had no effect of mental health score, 57.5% had mild effect and 2.5% of parents had severe effect of mental health score. Minimum mental health score was 1 and maximum mental health score was 28. Mean mental health score was 13.82±6.50.

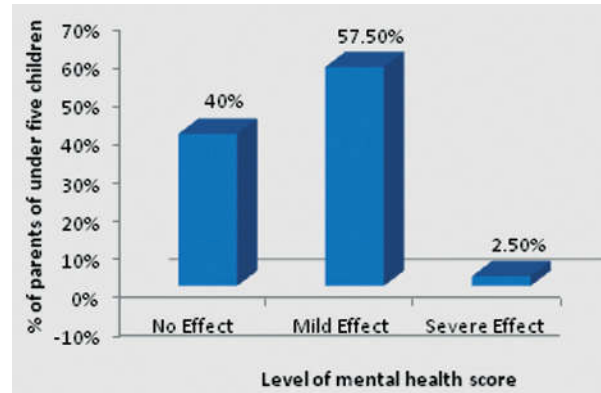


Fig.

Table 3: Item Wise Analysis of Mental Health Score.

n=120

Items	Never	%	Some Time	%	Always	%
Trouble in falling asleep	24	20	75	62.5	21	17.5
Suffered from episodes of Nightmares.	36	30	78	65	6	5
Being withdrawn from care takers or surrounding environment.	42	35	69	57.5	9	7.5
Being aggressive or irritable easily.	18	15	72	60	30	25
Complain of pain in stomach or headache without physical reason.	51	42.5	63	52.5	6	5
Having fears, being afraid to be left alone.	30	25	60	50	30	25
Clinging, depending behaviours towards parents.	27	22.5	78	65	15	12.5
New fears manifest (for instance of the dark).	36	30	75	62.5	9	7.5
Decreased interest in playing and engaging in playful activities.	36	30	69	57.5	15	12.5
Being sad.	27	22.5	78	65	15	12.5
Crying more than usual or for no apparent reason.	42	35	63	52.5	15	12.5
Developed mistrust towards caregivers.	63	52.5	51	42.5	6	5
Feeling insecure along with care taker.	57	47.5	51	42.5	12	10

Does your child show detachment from parent?	45	37.5	75	62.5	0	0
Is Introvert behaviour developed in your child?	51	42.5	51	42.5	18	15
Less command acceptance (by care giver)	30	25	90	75	0	0
Hampered daily activities? (Toilet, Tooth brushing etc.)	54	45	48	40	18	15
Changes in cognitive development.	60	50	57	47.5	3	2.5

Gender of under Five Children

Male	54	11.88±6.52	3.05	0.003
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Female	66	15.40±6.08
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Effect of COVID duties

Yes	87	16.06±5.69	7.39	0.0001
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No	33	7.90±4.50
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Above data shows the association of demographic variables like Age in years, Covid posting duration, Meeting with child daily, Type of family, Person taking care of child, Gender of under five child, and Effect of covid duties.

Section C

Association of Level of Mental Health Score of under Five Children among Parents in Relation to Demographic Variables.

Table 4: To find out the Association between effect of health care professional's COVID duties on mental health of their under five children.

n=120

Demographic Variables	Number of Parents	Chie Square	DF	P
Age				
25-30 yrs	63	14.42±5.55	1.09	0.33
NS,p>0.05				
30-35 yrs	33	13.90±7.81		
35 yrs and above	24	12.12±6.66		
COVID Posting Duration				
<1 month	30	12.20±6.54	7.91	0.0001
S,p<0.05				
1-2 months	21	17.57±4.80		
2-3 months	9	6.66±3.04		
>3 months	60	14.40±6.38		
Meeting with Child Daily				
Yes	66	12.63±7.14	2.25	0.026
S,p<0.05				
No	54	15.27±5.32		
Type of family				
Nuclear	81	15.07±6.60	3.14	0.002
S,p<0.05				
Joint	39	11.23±5.52		
Person taking Care of Child				
Your Parents	39	14±6.49	7.09	0.0001
S,p<0.05				
Grandparents	69	12.47±5.98		
Neighbours	3	18±0		
Care Taker	9	22±5.19		
Other	0	0±0		

Limitation

- The study was conducted only on child of helath care professionals.
- The sample size was small to generalize the finding of the study.
- The tool for data collection was prepared by investigator himself with the help of literature review, opinion from the experts and through his personnel experiences, further the reliability and validity was established and could be used only for this study.

Recommendations

- A similar study can be replicated on larger population for generalization of findings.
- A comparative study can be carried out to find out the knowledge and practices of child of health care professionals.
- A similar study can be conducted with the help of SIM (self instructional module) or a pamphlet or booklet.

Conclusion

After the detailed analysis, this leads to the following conclusion. The study will help to know the effect of health care professional's COVID duties on mental health of their under five children.

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