

A STUDY TO ASSESS THE FAMILY SUPPORT AND WELL-BEING OF MOTHERS DURING COVID-19 PANDEMIC IN SELECTED AREA, GURUGRAM, HARYANA

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ABSTRACT

Background: The mother plays a vital role as the first care for the children. Mother mental health is an issue of critical distress. Mothers are reported to be higher risk for anxiety and depression. The implementation of measures to contain COVID-19 was estimated to negatively affect psychosocial family functioning and may have escalated the risk of depression among mothers. *Aim:* To assess the family support and well-being of under-five children's mothers during COVID-19 pandemic in selected area, Gurugram, Haryana. *Objectives:* 1. To assess the family support level of recovered mothers during COVID-19. 2. To assess the well-being level of recovered mothers during COVID-19. 3. To find the correlation between the family support level and well-being level of recovered mothers during COVID-19. 4. To determine the association between the family support level of recovered mothers during COVID-19 with their selected demographic variable. 5. To determine the association between well-being level of recovered mothers during COVID-19 with their selected demographic variables. *Methodology:* A non-experimental quantitative research approach and descriptive research design was used with purposive sampling technique was used for selecting 100 COVID-19 recovered under-five children's mothers at selected hospitals, Gurugram. Data collected using validated structured rating & Likert scales. *Result:* In this study 79% high family support level, 13% moderate family support level and 8% less family support level. 57% average well-being level, 29% good well-being level and 14% low well-being level. *Conclusion:* Significant correlation between family support and well-being level of COVID-19 recovered under-five children's mothers.

Keywords: family support, well-being, under-five children's mothers, COVID-19

INTRODUCTION

“Health is a state of complete physical, mental and social well- being, and not merely the absence of disease and infirmity”

-WHO

The COVID-19 pandemic, also known as coronavirus pandemic, is a global pandemic of coronavirus disease 2019 caused by SARS-CoV-2. The novel virus was first identified from an outbreak in Wuhan, China, in December 2019.¹

The effects of the COVID-19 pandemic on maternal and perinatal mother health are not limited to the morbidity and mortality caused directly by the disease itself. Nationwide lockdowns, disruption of health-care services, and fear of attending health-care facilities might also affected the well-being of mothers and their children. A reduction in health care seeking behavior, as well as reduced provision of maternity services.²

MATERIAL AND METHODS

Non-experimental, quantitative research approach and Descriptive research design was adopted to accomplish the study objectives. Purposive sampling technique was used to select 100 COVID-19 recovered under-five children’s mothers from Polyclinic sector 31 and Pataudi, Gurugram, Haryana. The population was mothers. Target population: Mothers of under-five children attending clinic and Accessible population: Mothers of under-five children visiting post-natal clinics and for child immunization during the period of data collection in setting. A sampling frame was prepared for those who fulfil the inclusive criteria of the study. Family support and well-being are research variable.

Development & Description of the tools.

Section A (Demographic variables): Age, marital status, child age, number of children, religion, education status, type of family, size of family members, occupational status, family income per month.

Section B (Family support level): Rating scale to assess the family support level. It includes 15 statements.

Section C (Well-being level): Likert scale to assess the well-being level. It includes 21 statements and 3 sub- categories. It includes physical well-being, psychological well-being and social well-being.

RESULTS

Table 1: Frequency and distribution of demographic variables of COVID-19 recovered under-five children’s mothers.

(N=100)

S.N.	Variables	Frequency (f)	Percentage (%)
1	Received COVID-19 Vaccination		
	a) Yes	100	100 %
2	Type of vaccines have received		
	a) Covishield	31	31%
	b) Sputnik	14	14%
	c) Covaxin	55	55%
3	Doses have received so far		
	a) Single dose	38	38%
	b) Double dose	62	62%
4	Age of mother		
	a) < 18-24 year	37	37%
	b) 25-31 year	32	32%
	c) 32-38 year	22	22%
	d) > 38 year	9	9%
5.	Marital status		
	a) Married	100	100%
6	Child age		
	a) 0-1 years	12	12%
	b) 2-3 years	42	42%
	c) 3-4 years	19	19%
	d) 4-5 years	27	27%
7	Number of Children		
	a) 1	39	39%
	b) 2	53	53%
	c) 3	8	8%
8	Religion		
	a) Hindu	52	52%
	b) Muslim	36	36%
	c) Christian	12	12%
9	Education of mother		
	a) No formal Education	31	31%
	b) Primary education	28	28%
	c) Secondary education	21	21%
	d) Senior Secondary	14	14%
	e) Graduate	5	5%
	f) Post graduate and above	1	1%
10	Type of family		
	a) Nuclear family	28	28%
	b) Joint family	72	72%
11	Size of family members		

	a) <4 family members	68	68%
	b) 5-9 family members	28	28%
	c) >10 family members	4	4%
12	Occupational status of mother		
	a) Housewife	27	27%
	b) Own business	36	36%
	c) Government Job	30	30%
	d) Private Job	7	7%
13	Family Income per month in Rs		
	a) < Rs. 10,000	3	3%
	b) Rs. 10,001-20,001	51	51%
	c) Rs.20, 002-30,002	36	36%
	d) >Rs. 30,003	10	10%

Table 2: Level of family support among COVID-19 recovered under-five children’s mothers.
(N=100)

Family support level	Range	Frequency (f)	Percentage (%)
High family support	51-75	79	79%
Moderate family support	36-50	13	13%
Less family support	15-35	8	8%

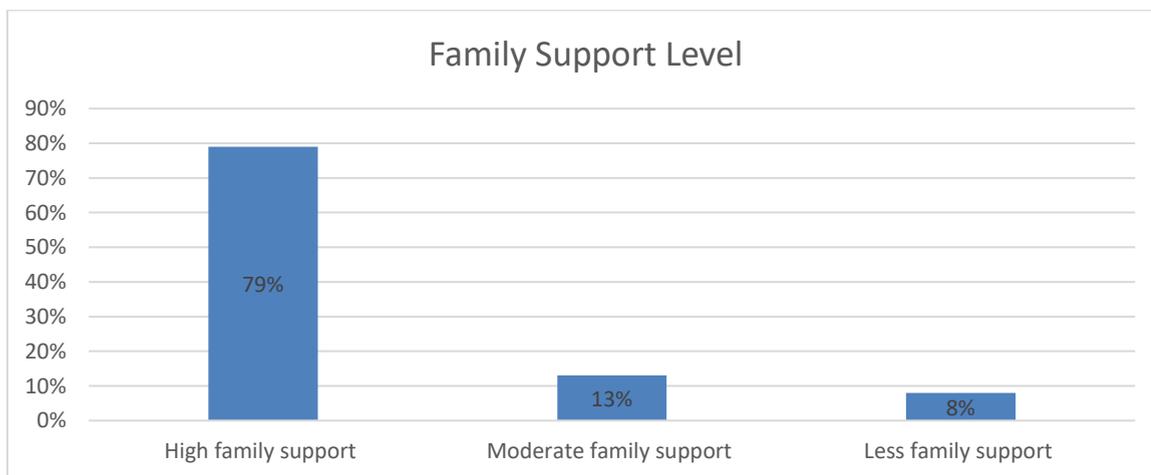


Table 3: Family support score of mothers during COVID-19 recovered mothers of under-five children.

(N=100)

Family Support Score	Mean	Median	S.D.	Maximum Score	Minimum Score	Range	Mean %
Family support	60.02	61.0	11.585	75	30	45	80.02

Table 4: Frequency (f) and percentages (%) of well-being level of recovered mothers during COVID-19.

(N=100)

Well -being level	Score	Frequency (f)	Percentage (%)
Good well-being	78-105	29	29%
Average well-being	50-77	57	57%
Poor well-being	21-49	14	14%

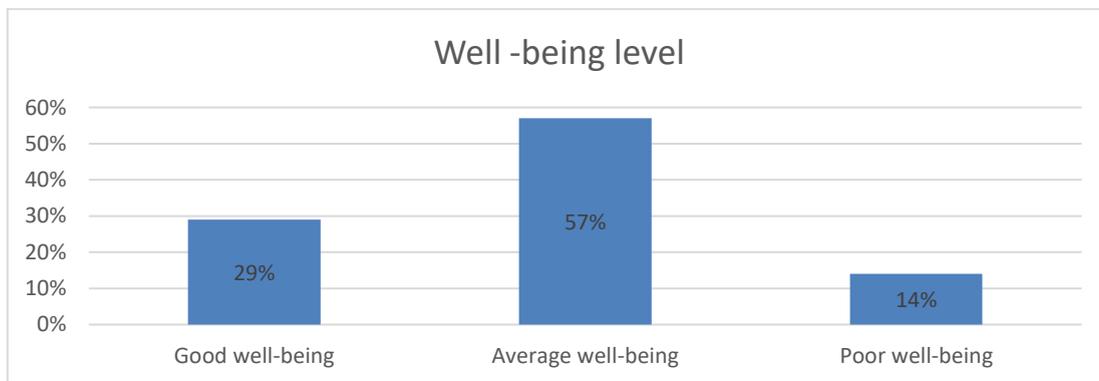


Table 5: Area wise analysis of well-being level of mothers during COVID-19 recovered mothers of under-five children.

(N=100)

Well –being Level	Maximum score	Minimum score	Mean	S.D.	Mean %
Physical well-being	28	10	21.36	4.724	61 %
Psychological well-being	33	12	25.02	5.488	71.48%
Social well-being	35	13	26.66	13.852	76.17%

**Table 6: Correlation of family support and physical well-being of mothers during COVID-19.
 (N=100)**

Variables	Mean	SD	Calculated value (r)	Table value	P value	Result
Family Support	60.02	11.585	.232*	0.632	0.020	Significant
Physical well- being	21.36	4.724				

**Table 7: Correlation of family support and psychosocial well-being of mothers during COVID-19.
 (N=100)**

Variables	Mean	SD	Calculated value (r)	Table value	P value	Result
Family Support	60.02	11.585	.246*	0.632	0.014	Significant
Psychological well-being	25.02	5.488				

**Table 8: Correlation of family support and social well-being of mothers during COVID-19.
 (N=100)**

Variables	Mean	SD	Calculated value (r)	Table value	P value	Result
Family Support	60.02	11.585	.508**	0.632	.000	Significant
Social well- being	26.66	5.454				

Table 9: Associations of family support level with selected demographic variables
(N=100)

Demographic Data		Family support level			Association with family support level				
Variables	Options	High family support	Moderate family support	Less family support	Chi Test	P Value	df	Table Value	Result
	25-31 years	25	4	3					
	32-38 years	16	4	2					
	> 38 years	7	1	1					
Child age	0-1 years	9	2	1	6.285	0.392	6	12.592	NS
	2-3 years	33	6	3					
	3-4 years	12	4	3					
	4-5 years	25	1	1					
Number of Children	1	32	4	3	1.390	0.846	4	9.488	NS
	2	40	8	5					
	3	7	1	0					
	> 3	0	0	0					
Religion	Hindu	40	8	4	1.106	0.893	4	9.488	NS
	Muslim	30	3	3					
	Christian	9	2	1					
	Others	0	0	0					
Education of mother	No formal Education	22	6	3	6.065	0.810	10	18.307	NS
	Primary education	25	2	1					
	Secondary education	17	3	1					
	Senior Secondary	10	2	2					
	Graduate	4	0	1					
	Postgraduate and	1	0	0					

	above								
Type of family	Nuclear family	20	4	4	2.252	0.324	2	5.991	NS
	Joint family	59	9	4					
	Extended family	0	0	0					
Size of family Members	<4 family members	53	9	6	1.195	0.879	4	9.488	NS
	5-9 family members	22	4	2					
	> 10 family members	4	0	0					
Occupational status of mother	Housewife	20	3	4	4.453	0.616	6	12.592	NS
	Own business	29	5	2					
	Government								
	Job	24	5	1					
	Private Job	6	0	1					
Family Income per month in Rs.	< Rs. 10,000	2	0	1	6.266	0.394	6	12.592	NS
	Rs.10,001- 20,001	38	7	6					
	Rs.20,002-30,002	30	5	1					
	>Rs. 30,003	9	1	0					

TABLE 10: Association of well-being level with selected demographic variables.

(N=100)

Demographic Data		Well- being level			Association with well- being level				
Variables	Options	Good well- being	Average well- being	Poor well -being	Chi Test	P Value	df	Table Value	Result
	25-31 years	9	16	7					
	32-38 years	7	14	1					
	> 38 years	2	4	3					
Child age	0-1 years	3	7	2	0.453	0.453	6	12.952	NS

	2-3 years	11	25	6					
	3-4 years	5	12	2					
	4-5 years	8	15	4					
Number of children	1	12	20	7	3.132	0.536	4	9.488	NS
	2	12	34	7					
	3	3	5	0					
	> 3	0	0	0					
Religion	Hindu	12	31	9	3.696	0.449	4	9.488	NS
	Muslim	12	19	5					
	Christian	3	9	0					
	Others	0	0	0					
Education of mother	No formal Education	9	20	2	8.826	0.549	10	18.307	NS
	Primary Education	8	16	4					
	Secondary Education	5	13	3					
	Senior Secondary	3	6	5					
	Graduate	2	3	0					
	Post graduate and above	0	1	0					
Type of Family	Nuclear family	4	17	7	5.508	0.057	1	3.841	NS
	Joint family	23	42	7					
	Extended family	0	0	0					
Size of family members	< 4 family members	21	37	10	3.882	0.422	4	9.488	NS
	5-9 family members	6	18	4					
	> 10 family members	0	4	0					
Occupational status of mother	Housewife	8	13	6	3.603	0.730	6	12.592	NS
	Own business	9	22	5					
	Government Job	8	19	3					
	Private Job	2	5	0					
Family Income per	< Rs. 10,000	2	0	1	6.554	0.364	6	12.952	NS
	Rs. 10,001-20,001	12	30	9					

month in Rs.	Rs. 20,002-30,002	11	22	3					
	>Rs. 30,003	2	7	1					

SUMMARY OF MAJOR FINDINGS

The aim to find out the family support level and well-being level of mothers during COVID-19 pandemic in selected area Gurugram, Haryana.

Section 1: Findings related to demographic variables of COVID-19 recovered mothers of under-five children : 100% received COVID-19 vaccination, 55% Covaxin vaccine, 62% received double dose, 37% in the age group < 18-24 years, 42% child age in the age group 2-3 years, 53% having 2 children, 52% Hindu religion, 31% no formal education, 72% from Joint family, 68%, <4 size of family members, 36% having own business, 51 % having 10,001-20,001 rs. family income per month.

Section II: Findings related to family support level of recovered mothers during COVID -19: 79% high family support, 13% moderate family support level and 8% less family support.

Section III: Findings related to well-being level of recovered mothers during COVID- 19: 57% average well-being, 29% good well-being and 14% low well-being.

Section IV: Findings related to association between the family support level of recovered mothers during COVID-19 with their selected demographic variables: Association the level of family score with selected demographic variable. Chi-square test used to associate the level of knowledge and with age, marital status, child age, number of children, religion, education of mother, type of family, size of family members occupation status of mother, family income per month. There were no significance association between the family support level and other demographic variables.

Section V: Findings related to association between well-being level of recovered mothers during COVID-19 with their selected demographic variables: Association between the level of family score with selected demographic variable. Chi-square test used to associate the level of knowledge and selected demographic variables. There were no significance association between the level of scores and other demographic variables.

Section VI: Findings related to correlation between family support and well-being of mothers during COVID-19: Karl Pearson’s coefficient correlation shows that family support increase and

physical well-being decrease, psychological well-being decreases and social well-being decrease.

DISCUSSION

100% were received COVID-19 vaccination, 55% Covaxin vaccine, 62% were received double dose, 37% were in the age group < 18-24 years, 42% child age were in the age group 2-3 years, 53% were having 2 children, 52% were Hindu religion, 31% were having no formal education, 72% were from Joint family, 68% were <4 size of family members, 36% were having own business, 51 % were having 10,001-20,001 rs. family income per month. Family support level mothers were having 79% high family support, 13% were having moderate family support level and 8% were having less family support. While comparing with study by **Shah Md. Azimul Ehsan (2021)** findings showed that most of the respondents (47%) belonged to the age range of (29-33), while more than a quarter of respondents (27%) belonged to the age range of (23-38). Very few respondents (2%) and (5%) belonged to age range (18-22) and (44-49) respectively. Approximately one third of the respondents (36%) were homemakers, 10% were government service holders, 12% were teachers, 7% were bankers, 5% were businessperson, and 16% were engaged in other profession.³

CONCLUSION

A study conducted to assess the family support and well-being of mother's during COVID-19 pandemic. The reliability of family support was 0.81 and reliability of well-being was 0.82. 79% high, 13% were having moderate and 8% were having less family support. 57% were having average wellbeing, 29% good wellbeing and 14% low well-being. The family support increase and well-being decrease of mothers during COVID-19 pandemic.

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