

## A Study To Estimate The Stress Level Of Grandparents Concerned With Raring Their Grandchildren Who Have Employed Parents At Selected Areas, Punjab

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### **ABSTRACT:**

When raising grandchildren, grandparents frequently struggle with sentiments of remorse and guilt towards their own adult child for having contributed to their grandchildren's plight. The majority of grandparents are not well equipped to deal with the rage, anguish, and despair, nor are they able to deal with their emotional responses to what has occurred. The hardship that grandparents go through as repeat parents is very different from the typical stress that comes with parenting kids. "A study to estimate the stress level of grandparents concerned with raring their grandchildren who have employed parents at selected areas, punjab." Total 100 grandparents of 50-65 years of age were taken by using purposive sampling technique. A self-structured rating scale with 22 items was used to measure the stress levels of grandparents. Collected data was analyzed by descriptive and inferential statistics.

**Key words:** Grandparents, stress, rearing, employed

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### **I. BACKGROUND OF THE STUDY**

#### **Introduction:**

Family life has always benefited from the presence of grandparents. The availability of child care is the first significant change. When both parents are working, grandparents—mostly grandmothers—are the main sources of child care for preschool-aged children, especially for infants and toddlers. Grandparents can assist parents of school-age children by picking them up from school and taking care of them when they are away from school. The second change for grandparents is when they must assume entire responsibility for raising grandchildren because their parents are unable to do so due to drug or alcohol abuse. This transition is coupled with more challenging challenges in their own life. The divorce and occasionally remarriage of the parent generation can have an impact on how grandparents interact with their grandchildren.<sup>1</sup>Grandparents provide the vast majority of informal child care, but little is known about how they regard this position. Grandparents develop close bonds with their grandchildren by being attentive to and involved in their lives <sup>2</sup>.As grandchildren age, the role of the grandparent evolves.<sup>3</sup>The drawbacks of taking care of grandchildren were feeling worn out and needing more alone time and interaction with individuals their own age. Additionally, they may struggle to control the kids, especially if there are several. Some grandparents describe having disagreements with the parents on punishment and spoiling, and occasionally these disagreements result in conflict.<sup>4</sup> The lifestyle, health, and well-being of grandparents raising grandkids change as well. The grandparents in these situations are worried about the following: social isolation since they are unable to participate in activities with their friends and peers who are their own age. <sup>5</sup>said that raising young children had an impact on their way of life, their friendships, their families, and their marriages. With custodial grandparents reporting the largest change, nearly three-fourths of all grandparents reported significant modifications to their schedules and plans<sup>6</sup>. Despite difficulties, the majority of grandparents are dedicated to providing care and locating the resources required to offer children a loving, secure home.<sup>7</sup>The situations confronted by grandparents who take on the role of their grandchildren's carers are challenging and demanding. <sup>8</sup>

#### **Objectives:**

- To estimate the stress level of grandparents concerned with raring their grandchildren who have employed parents at selected areas, Punjab.
- To find out association between research findings and selected socio demographic variables.

**Material and Method:**

To accomplish the goals of the study, a quantitative research methodology was used. A sample of 100 grandparents who met the inclusion criteria and were raising their grandchildren was drawn using the purposeful sampling technique. 22 components make up a self-structured rating scale created to measure stress. Using descriptive and inferential statistics, the study performed data analysis and data interpretation.

**II. Results:**

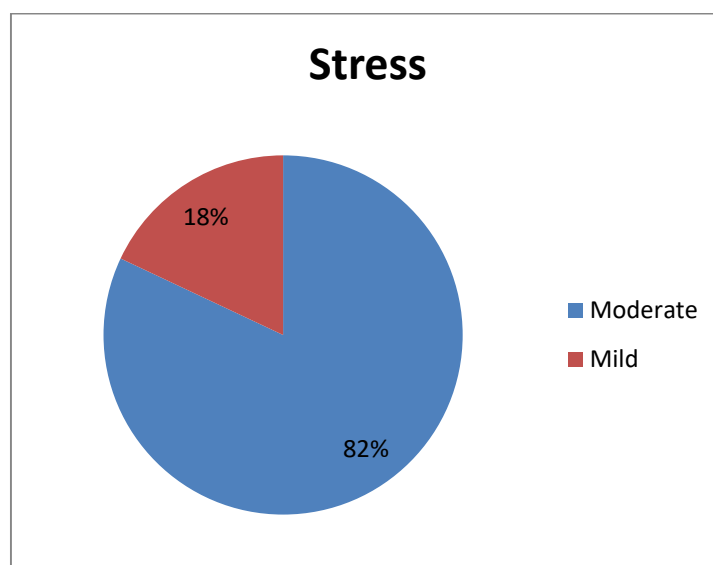
**Table 1: Frequency and percentage distribution according to demographic variables of grandparents  
N=100**

Sr.No	Socio- demographic variables	Frequency (f)	Percentage (%)
1	<b>Age in years</b>		
	50-55	48	48
	56-60	32	32
	61-65	20	20
	66-70	0	0
2	<b>Gender</b>		
	Male	44	44
	Female	56	56
3	<b>Education</b>		
	No formal education	30	30
	Primary	34	34
	Secondary	29	29
	Senior secondary	7	7
	Graduation & above	0	0
4	<b>Marital status</b>		
	Married	76	76
	Separated	2	2
	Widow/Widower	22	22
5	<b>Number of grandchildren</b>		
	1	11	11
	2	61	61
	≥3	28	28
6	<b>Place of living</b>		
	Rural	57	57
	Urban	43	43
7	<b>Monthly Family Income (in rupees)</b>		
	≤10,000	0	0
	10001-20,000	32	32
	21,001-30,000	27	27
	Above 30,000	41	41

**Table 2: Frequency and percentage distribution of stress among Grandparents  
N=100**

Level of stress	Frequency (f)	Percentage (%)
<b>Mild (0-22)</b>	20	20
<b>Moderate (23-44)</b>	80	80
<b>Severe (45-66)</b>	00	00
<b>Mean</b>	35.59	
<b>Median ±SD</b>	39.5±9.96	

**Table 2:** depicts the level of stress among grandparents. In present study, majority of grandparents 82% had moderate stress, 18% had mild stress. None of them fall into severe category of stress.



**Table 3:** Association between research findings of stress and selected socio-demographic variables  
N=100

Socio demographic variables	Level of stress		$\chi^2$ ,df, p-value
	Mild (18)	Moderate (82)	
<b>Age</b>			
50-55	6	42	3.438,2, 0.179 <sup>NS</sup>
56-60	8	24	
61-65	6	14	
<b>Gender</b>			
Male	12	32	2.597,1, 0.107 <sup>NS</sup>
Female	8	48	
<b>Education qualification</b>			
No formal education	2	28	5.869,3, 0.118 <sup>NS</sup>
Primary	7	27	
Secondary	9	20	
Senior Secondary	2	5	
<b>Marital Status</b>			
Married	12	64	9.569,2, .0008*
Separated	2	0	
Widow/Widower	6	16	
<b>No. of Grandchildren</b>			
One	1	10	6.189,1, 0.045*
Two	9	52	
Three or More	10	18	
<b>Place of living</b>			
Rural	9	48	1.469,1, 0.226 <sup>NS</sup>
Urban	11	32	
<b>Monthly family income</b>			
10001-20000	2	30	5.569,2, 0.062*
20001-30000	7	20	
Above 30000	11	30	

\*Significant p<0.05 level

NS =Non significant

### III. CONCLUSION:

On the bases of the findings of the study, it concluded that the grandparents had moderate level of stress.

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