

## A STUDY TO ASSESS THE LEVEL OF PARTICIPATION AND FACTORS AFFECTING PARTICIPATION IN SELECTED SUPPORTIVE ACTIVITIES RELATED TO CHILDREARING AMONG FATHERS RESIDING IN SELECTED URBAN AREAS OF MOHALI, PUNJAB

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### ABSTRACT :

**Introduction :** Role of parents in upbringing of children is crucial in forming a child's future. In the present generation of increasing nuclear families, father's role in child rearing becomes even more important in deciding the future of a child.

**Material & Method :** A non-experimental descriptive design was used. Study was conducted in selected urban areas of Mohali Punjab. 150 fathers were selected by using Non-probability convenient sampling technique.

**Result:** The finding of the present study showed that out of the total subjects, 43% of fathers were having minimal level of participation while 41% were having partial level of participation Whereas, only 15% were having maximal level of participation in selected supportive activities related to childrearing. There were some factors which affected the level of participation.

**Conclusion:** The overall findings of the study revealed that though most of the fathers had minimal level of participation in selected supportive activities related to childrearing. There were some factors which affected the level of participation.

**Keywords:** Fathers, selected supportive activities, childrearing, factors

### INTRODUCTION

Children are not just mini human creatures. Children need special care and nourishing in which both parents are equally responsible. For children, their parent's attention and love is superior to anything in the world. The positive, wide-ranging active participation of fathers in their children's life is called father's involvement. It may be manifested over cognitive, affective and behavioural domains. An involved father is one who has sensitive, warm, close, friendly, supportive, intimate, nurturing, affectionate, encouraging, comforting, and accepting relationship with his children.<sup>1</sup>

A wonderful and healthy parenting is the one which involves both mothers and fathers taking active participation in a child's life. Scientifically, it has been proven that children whose fathers have active involvement in their growing up years have fewer

behavioural problems and turn out better individuals socially and academically. The role of father is not limited to being a breadwinner for the family. His involvement influences the child's overall development including intellectual development, gender-role development and psychological development.<sup>2</sup>

Father assists to meet the basic needs of a child such as feeding, bathing, diapering as well as other child-related maintenance like preparing meals and taking the child to doctor's appointments. Fathers can also provide nurturance in the form of expressions of affection like kissing, hugging or using endearing nicknames. He provides comfort through holding the child, maintaining open communication such as responding appropriately to an infant's cries and listening to the child. When care giving or nurturing behaviours are not forthcoming from a parent, physical neglect and emotional detachment may result. Children who fail to

receive enough physical attention and emotional support are at higher risk for developing depressive and aggressive symptoms.<sup>3</sup>

### RESEARCH STATEMENT

A descriptive study to assess the level of participation and factors affecting participation in selected supportive activities related to childrearing among fathers residing in selected urban areas of Mohali, Punjab.

### OBJECTIVES

1. To assess the level of participation in selected supportive activities related to childrearing among fathers.
2. To identify factors affecting participation in selected supportive activities related to childrearing among fathers.
3. To associate the findings with selected socio-demographic variables.

### OPERATIONAL DEFINITIONS

**Level of Participation:** Level of participation refers to the involvement of fathers in selected supportive activities related to childrearing as measured by self-structured rating scale.

**Factors:** It refers to various contributory aspects that can affect the participation in selected supportive activities related to childrearing among fathers such as sense of responsibility, adequacy of skills, confidence, encouragement, physiological as well as psychological work stress and time management assessed by the self-structured checklist.

**Selected supportive activities:** A range of selected supportive activities related to basic needs of children such as physical activities ( help in bathing, changing clothes, changing diapers, preparing meals, feeding, putting child to sleep, changing wet panties and accompanying to toilet etc.) health related activities (taking child to doctor, care during sick and immunization) leisure activities (play with child, accompanies the child to park).

**Child rearing:** It refers to the process of taking care of child/children in the age group of 1-3 years in daily living activities.

**Father:** It refers to the male parent having 1-3 years old child/children

### METHODOLOGY

**RESEARCH APPROACH:** The selected research approach for this study is quantitative research approach.

**RESEARCH DESIGN:** The research design selected for the present study was descriptive non-experimental design.

**SETTING OF THE STUDY:** The study was conducted in selected urban areas (Phase-I, III, V, VI, VII, and X) of Mohali, Punjab.

### POPULATION:

In this study the accessible population is fathers having 1-3 years old child/children living in urban areas of Mohali, Punjab.

**SAMPLING TECHNIQUE:** The sample of the study were selected by using Non-Probability convenient sampling technique according to inclusive criteria as availability of subjects.

### CRITERIA FOR SAMPLE SELECTION

The inclusion and exclusion criteria used for the present study as follow:

#### Inclusion criteria: The study included fathers who:

1. were residing in selected urban areas of Mohali, Punjab
2. were having child/children in 1-3-year age group.
3. were working
4. were willing to participate in the study
5. belonged to nuclear family
6. had working spouse
7. were able to understand and communicate in Punjabi/Hindi/English

#### Exclusion criteria:

The study excluded fathers who:

1. were suffering from any psychiatric illness.
2. had child/children suffering from any physical or mental disorder.
3. had child/children not residing with them.
4. had relationship of being step father
5. were not residing with their spouse and child/children such as non-residential Indian (NRI), heavy vehicles driver etc.

## DEVELOPMENT OF TOOL

To accomplish the objectives of the study, self-structured rating scale was used to assess level of participation, self-structured checklist was used to assess the level of participation in selected supportive activities related to childrearing among fathers.

**Section-I:** Socio-demographic data: This section consisted of 14 items related to socio demographic data of fathers such as age, religion, education status, working status, working days (per week), working hours (per day), monthly family income, type of marriage, duration of marriage, mode of conception, number of children, gender of recently delivered child, total number of female children and availability of care taker.

**Section-II:** Self structured rating scale[1] This was 3-point rating scale consisted three options(always (02), sometime (01), never (00)). Total score was 32.

[2] Which included total 16 items related to physical activities, health related activities and leisure activities. physical activities, health related activities and leisure activities.

[3] No participation-00, Minimal participation-1-8, Partial participation-9-15 and Maximal participation-?16

Section-III: Self structured checklist

[1] A self-structured checklist consisted 06 factors with two options 'Yes' or 'No'. Revealing presence of factors affecting the participation if marked 'yes' option and absence of factors affecting the participation if marked 'No'.

[2] These factors were asked from fathers whose participation was below the score of 16 in the self-structured rating scale.

## RESULT

### SECTION-1: Frequency and percentage distribution according to socio-demographic variables.

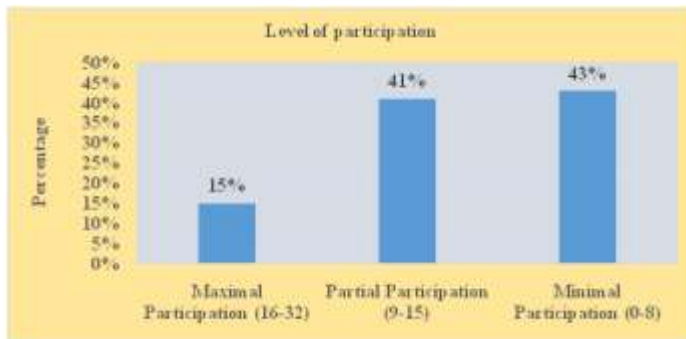
According to the age, maximum number of subjects were in the age group of 31-35 years and belongs to Hindu religion. Distribution of subjects in relation to their educational status, revealed that 53% had attained education up to secondary level. Most of the fathers 58% were self-employed. About 90% of fathers were working 6 days per week. As 54% of fathers had an income between 40,001-50,000 per month.

## SECTION II(A): Item wise analysis showing response in frequency and percentage of subjects

N=150

SR. NO	ITEMS	ALWAYS (f)%	SOMETIM E (f)%	NEVER (f)%
	<b>PHYSICAL ACTIVITIES</b>			
1.	Helping the child for waking up	(11)7%	(80)53%	(59)39%
2.	Assist in toileting activities such as changing diapers/wet panties	(8)5%	(82)55%	(60)40%
3.	Support the child while brushing teeth.	(2)1%	(99)67%	(49)33%
4.	Provide assistance to the child in bathing	(4)3%	(84)56%	(62)41%
5.	Assist the child with putting on/taking off clothes.	(2)1%	(96)64%	(52)35%
6.	Trim the child's nails.	(2)1%	(72)51%	(74)48%
7.	Assist in preparation of meals	(2)1%	(72)51%	(71)48%
8.	Assist in feeding the child	(0)0%	(71)47%	(79)53%
9.	Help the child in falling asleep	(2)1%	(91)61%	(57)38%
10.	Provide support to calm/or assist in feeding when child is crying during night	(2)1%	(87)58%	(62)41%
	<b>HEALTH RELATED ACTIVITIES</b>			
11.	Taking leave when child is sick	(8)5%	(94)63%	(48)32%
12.	Accompany the child for doctor visit during sickness	(18)12%	(109)73%	(23)15%
13.	Provide care to the child in sickness such as sponging in fever, administering medications, steam inhalation during cold etc.	(10)7%	(94)63%	(46)30%
14.	Facilitate visits to the doctor for child immunization	(8)5%	(86)57%	(55)37%
	<b>RECREATIONAL ACTIVITIES</b>			
15.	Play with child	(17)11%	(118)79%	(15)10%
16.	Accompanies the child to the park and/or for outdoor activities	(5)3%	(101)67%	(44)30%

## SECTION II: (B) Frequency and percentage distribution of level of participation in selected supportive activities related to childrearing among fathers.



## SECTION III: Frequency and percentage of factors affecting participation in selected supportive activities related to childrearing among fathers

FACTORS	YES (f)%	NO (f)%
1. All the activities given in section-II are female oriented responsibilities.	(97) 76	(30) 23
2. Lack of skills such as do not know how to put on the diaper, how to groom up the child.	(122) 96	(05) 04
3. Lack of confidence in providing child care.	(121) 95	(06) (05)
4. Inadequate encouragement received from spouse and/or family members.	(74) 58	(53) 42
5. Over exertion from daily duties at work and stressful work environment.	(80) 63	(47) 37
6. Unable to manage time judiciously to balance work commitment and family demands.	(72) 56	(55) 43

## SECTION IV: Association between the level of participation and socio demographic variables.

Based on the objective Chi-square test was used to associate the level of participation with selected socio-demographic variables. The Chi-square value shows significant association was found between the participation level and sociodemographic variables such as age, educational status, working status,

working days (per week) monthly family income, duration of marriage, mode of conception and availability of care taker, and gender of recently delivered child. No significant association was found between the level of participation and other demographic variables such as religion, working hours (per day), type of marriage, number of children and total number of female children.

## IMPLICATIONS OF THE STUDY

**Nursing practice:** Nursing staff can give a number of suggestions related to family dynamics so as to encourage the fathers to participate in child rearing activities. Maternity nurse play very important role in providing knowledge to the couple on family dynamics as well as planned parenthood.

**Nursing Education:** Nursing curriculum should provide more extensive knowledge to the nursing students regarding family dynamics after childbirth. Nursing students should be exposed to the general information about parenting issues related to child rearing.

**Nursing Administration:** Nurse administrator need to arranged some training programmes to promote responsible fatherhood, in which fathers will get adequate training on importance of their involvement in shaping the behavior of their children.

**Nursing Research:** Future researches would largely benefit from conducting more longitudinal studies because these kinds of studies would allow the researchers to gain a more evidence-based picture of paternal involvement in childrearing.

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