

## Effectiveness of Parent Empowerment Programme for Mothers of Preterm Newborns Who Are Admitted in NICU, in Terms of Reducing Anxiety, Stress and Promoting Coping and Knowledge among Mothers at Selected Hospital, Puducherry

S. Rajalakshmi Baskaran<sup>1\*</sup> and S. Kalavathi Elangovan<sup>2</sup>

<sup>1</sup>Sri Lakshmi Narayana College of Nursing (SLIMS CAMPUS), Puducherry, India

<sup>2</sup>Rani Meyammai College of Nursing, Annamalai University, Tamilnadu, India.

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### ABSTRACT

Pregnancy is a unique, exciting and often joyous time in a woman's life. The cause for preterm birth in many situations is unknown, many factors appear to be associated with the occurrence of preterm birth.

Approximately 12% of babies in the United States are born preterm; 80% of these are due to preterm labor. The health issues related to late preterm includes from simple to complex which needs Neonatal Intensive Care Unit (NICU) stay. Due to this the parents especially mothers experience anxiety and stress and they possess less coping. So, the present study was undertaken.

The objectives of the study include to assess the level of stress, anxiety, coping and level of knowledge among mothers of preterm infants and to assess the effectiveness of PEP among mothers of preterm newborn and to compare and associate these levels with selected demographic variables.

**Materials and Methods:** The true experimental design was chosen and the study was done at NICU of RGW&CH, Puducherry.

**Results:** 1. With related to demographic variable, both groups are comparable and similar. 2. Before administering the intervention, the level of anxiety (98% and 100%) and stress (86% and 94%) was severe. and level of coping (72% and 78%). and was knowledge (42% and 62%) was low in both experimental and in control group respectively. 3. After undergoing Parent Empowerment Programme, the significant p value inferred that the level of anxiety in all six domains, the level of stress was significantly decreased and in relation to coping and the level of knowledge the significant p value inferred that it was significantly increased in experimental group.

**Conclusion:** Implementation of PEP reduces the level of anxiety and stress and promotes good coping and adequate knowledge.

**Keywords:** Preterm infants, Stress, Anxiety, Coping, Parent empowerment programme, Knowledge, Mothers

**Abbreviations:** TTN: Transient Tachypnea of Newborn; RDS: Respiratory distress syndrome; PPHN: Persistent Pulmonary Hypertension; RF: Respiratory Failure; NICU: Neonatal Intensive Care Unit, LBW: Low Birth Weight; PEP: Parent Empowerment Programme; RGW & CH: Rajiv Gandhi Women's and Children Hospital

**Corresponding author:** S Rajalakshmi Baskaran, Principal, Sri Lakshmi Narayana College of Nursing (SLIMS CAMPUS), Puducherry, India. E-mail: rajalakshimbaskaran2003@gmail.com

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