



## ASSESS THE BEHAVIORAL AND EMOTIONAL PROBLEMS AMONG SCHOOL GOING CHILDREN ADMITTED IN PSYCHIATRIC WARD IN SELECTED HOSPITAL, PUDUCHERRY

**Sherin Nithya S**<sup>1</sup>

<sup>1</sup>.Asst.Prof,

Department of Child Health Nursing,  
kasturba Gandhi Nursing College,  
Puducherry -607402,  
India.

**Sumathy P**<sup>2</sup>

<sup>2</sup>.Prof, Head ,

Department of Child Health Nursing,  
kasturba Gandhi Nursing College,  
Puducherry - 607402,  
India.

**Saranya S**<sup>3</sup>

<sup>3</sup>.Asst. Prof ,

Department of Child Health Nursing,  
kasturba Gandhi Nursing College,  
Puducherry -607402,  
India.

### ABSTRACT

*Children of today are the citizens of tomorrow. Children with sound mind and sound body are essential for the future development of the country. All young children can be naughty, defiant and impulsive from time to time, which is perfectly normal. However some children have extremely difficult and challenging behavior that are outside the norms for their age children who suffer from Behavioral and Emotional disorders are at a high risk for school failure, suicide and mental health .Behavioral problems in childhood may lead to limited functional capabilities in adulthood. The importance of early detection of Behavioral and Emotional problems is being recognized worldwide. Mothers place an influencing role in developing personality. The mother has the fulfill her role both as a home maker and as an employee, making it difficult to fulfill the task of meeting the children's needs. To compare the Behavioral and Emotional problems among school children of employed and unemployed mothers will make a note to find the problems among children with their life style aspects.*

**KEY WORDS:** Behavioral problems, Emotional problems, School children, Employed mothers, Unemployed mothers.

### INTRODUCTION

Children are the basement of future world. They are like clay in the potter's hand. Handled with love and care, they become something beautiful or else they will break [1]. Every child should have tender loving care and sense of security from parents. The mother is more responsible for the integrated development of a child [2]. Children are of paramount importance in determining the future behaviors of children. Children Behavior and Emotional problems are now being recognized as clear indicator of difficulties that may

persist into later development [3].Recent evidence by WHO indicates that by 2020 childhood psychiatric disorders will rise over 50% [4]. It may be due to genetic, psychological or environmental factors of the child. A descriptive study conducted on behavior problems among 300 children in New Delhi revealed that 22% of them had Behavioral and Emotional problems [5].

Behavioral and Emotional problems in children can be a part of normal development. Such problems are often transient and may not be even noticed and



may be exhibited in certain settings and not in others. Some school children exhibit a range of deviant Behavior and emotions that may be a burden not only for parents and families, but also for teachers and people in the community. The importance of early detection of Behavioral and Emotional problems is being recognized worldwide. However, until now there has been little systematic research into childhood psychiatric disorders in the developing countries [6].

Working women will have less time at her disposal for child care. The working mother has both positive and negative impact over the child's development. Hence the researcher intended to identify Behavioral and Emotional problems of children of Employed mothers and to compare with that of Unemployed mothers [7]. Most of the women had gradually entered the work force than before. Fewer children are raised by stay-at-home mothers and more are spending prolonged hours at childcare facilities [8]. Children of the working mothers are placed in group childcare, which results in receiving less one-to-one attention and instruction. This may have significant cognitive and behavior effect in childhood. Maternal employment sometimes leads to behavioral problems in children [9].

Behavioral problems during school period are the strongest predictors of more serious problems later including delinquency, substance abuse, antisocial behavior, academic failure, and depression in the adolescent age group. A healthy growth of young children depends so closely on the emotional status of their parent and family caregivers that the Behavioral and Emotional needs of young children are best met through a holistic approach that focuses on their full environment of relationships. Early prevention strategies and efforts to identify and treat emergent Behavioral problems are likely to be more psychologically beneficial and cost effective than trying to treat emotional difficulties after they become more serious at a later age. So, in terms of time spent with the children, parents play an important role in identifying the behavioral changes in children [10].

From clinical experience, the researcher found that most of the children admitted to the pediatric ward exhibited one or the other Behavioral and Emotional problems. Hence the investigator was interested to see hospital records and the parent-reported Behavioral and Emotional problems among school children. This finding may help find the problems of children and take up necessary interventions.

## OBJECTIVES

- To assess the Behavioral and Emotional problems of school children

- To associate the Behavioral and Emotional problems with selected demographic variables.

## RESEARCH HYPOTHESES

H1 - There is difference between Behavioral, Emotional problems of children between Employed and Unemployed Mothers. H2 - There is association between Behavioral, Emotional problems of school children of among Employed and Unemployed Mothers and selected demographic variables.

## REVIEW OF LITERATURE

Sao Paulo, March (2016), done a study to assess the prevalence of behavioral problem was 23.5% the prevalence of internalizing problem was 9.7% and that of externalizing problems, 25.2%. Behavior problems were associated several maternal mental health variables, namely; presence of at least one psychiatric diagnosis (3.01, 95%), anxiety disorder (2.0, 95%), affective disorder (24, 95%), and mental health disorders due to use of psychoactive substance (OR 2.31, 95%cl 1.18-4.55). [11]

Iran J behav Sci. (2015), conducted a Meta-Analysis treatment programs for student with Attention Deficit Hyperactivity Disorder at Kerala. This study comprise of 150 samples. The study concluded that the school children with Attention Deficit Hyperactivity Disorder (ADHD) exhibited deficits in multiple components of attention and social skills that were not related to language-learning disorders and weakness in general intellectual abilities. This Meta-Analysis study showed that treatment programs reduced the attention deficit and improved the social skills in Attention Deficit Hyperactivity Disorder children and adolescents [12]

Margroet Prior et al (2015), were conducted a study on Behavior problem of school children association with socio economic status, gender, academic progress and religion of the parents in Srilanka. The study comprises of 75 parents under purposive sampling technique. The data was collected by using Rutter parent questionnaire. The study concluded that the problem rates were higher in boys and were associated with lower socioeconomic status, religion and poorer academic performance [13].

## METHODOLOGY

The research design was used for the study retrospective descriptive research design. 100 samples were selected by using purposive sampling technique. The study was conducted among mothers' children who were admitted at Psychiatric ward in a selected hospital Puducherry from 2018 September to 2019 September. Data was collected through modified



Achenbach and Rutter's children behavioral and emotional problems assessment checklist by telephonic conversations with mothers. After data collection the data were analyzed by using descriptive and inferential statistics like Frequency, Percentage, Mean, and Standard Deviation, and chi square for association .

## ANALYSIS AND INTERPRETATION OF DATA

**Table 1**(See Appendix),Reveals that the Unemployed mothers mean score is 13.22 with standard deviation of 8.044 and the Employed mothers mean score is 26.26 with standard deviation of 13.781, which is statistically significant at  $p < 0.001^{***}$  level. This result is indicating strongly that Behavioral and Emotional problems are increasing in children of Employed mothers more than the children of Unemployed mothers. **Table 2**(See Appendix),: Reveals that there was significant association between the demographic variables such as educational status of mother, occupation, monthly income, gender of the children, standard of the children and dietary pattern and Behavioral and Emotional problems the children of Employed mothers. Which is Highly statistically significant at  $p < 0.001^{***}$  level This result strongly indicating the association between the demographic variables and Behavioral and Emotional problems of Employed mothers.

## DISCUSSION

The first objective was to assess the Behavioral and Emotional problems of school children. The result reveals that the Behavioral and Emotional problems among children of Unemployed 4(8.0%) were having no Behavioral and Emotional problems, 36(72.0%) were having mild Behavioral and Emotional problems, 10(20.0%) were having moderate Behavioral and Emotional problems.

With regard to Behavioral and Emotional problems among children of Employed mothers, 1(2.0%) were having no Emotional and Behavioral problems, 20(40.0%) were having mild Emotional and Behavioral problems, 29(58.0%) were having moderate Emotional and Behavioral problems. A study was conducted to assess the Emotional and Behavioral problems of children among Employed and Unemployed mothers in Blessed Mother Teresa School at Puducherry data used in this study were collected from a mothers of children under 6-12 years of age and school with sample of 160 Employed Mothers respondents 50 and 360 Unemployed Mothers respondent are 50. Selected by simple random sampling technique. The survey used different tools such as socio-demographic Performa for Employed and

Unemployed mothers, modifies Achenbach and Rutter's children Behavioral and Emotional assessment checklist. The study reveals that the children of Employed Mothers have more Behavioral and emotional problems when compare to children of Unemployed Mothers. Employment among mothers of children with behavioral and emotional problems are attributable to multiple factors. Parental time is commonly regarded as a key determinant in healthy child development and there is still a gendered dimension with respect to the amount and quality of time that mothers spend with their children. A general change in social norms and expectations concerning parenting and children's needs has been suggested, with the emergence of a culture characterized by more intensive mothering and timeless care.

## The second objective was to associate the Behavioral and emotional problems with selected demographic variables.

Association of Behavioral and emotional problems with selected demographic variables done by using chi-square test. It reveals that there is a significant association between Behavioral and emotional problem with the demographic variables of educational status of mother, occupation of mother, monthly income, gender of child, standard of children and dietary pattern at  $p < 0.001^{***}$ , were other demographic variables such as age of mother, working hours, residential area, type of family, Employment status of spouse, religion, number of children, age of children, birth order of children and educational performance grade of children was not associated with Emotional and Behavioral problems among children of Employed Mothers.

Children suffering from behavioral, emotional and psychosocial problems demand enhanced parental attention and supervision may divert attention from other important aspects of family functioning (e.g., other children, parental relationship) and are likely to bring a host of logistical burdens such as time-consuming visits to medical and social services. Of note, these factors are associated with both behavior problems and emotional problems of children. Ultimate goal is to improve the betterment of the child's mental health to promote the all round development, so the best way is mother and child relationship and motherly bonding will help the child to come out from all the behavioral and emotional problems at their age.

## RESULTS

The investigator found that, the subjects of 100 were in the age group of 20-30 years. In 100 sample, 50 mothers were Unemployed and 50 mothers were Employed. Majority 41 (82%) of the subjects from



nuclear family. Majority 46 (92%) of the subjects from Hindu religion. Most of them living in urban area 36 (72%). The result revealed that, the children of Employed Mothers are having Behavioral and Emotional problems then the children of Unemployed Mothers. In that 1(2%) child of Employed mothers were having no Behavioral and Emotional problems, 20(40%) children were having mild Behavioral and Emotional problems, 29(58%) children were having moderate Behavioral and Emotional problems. By comparing the mean value, the children of Employed mothers (26.26%) were having moderate Behavioral and Emotional problems than the children of Unemployed Mothers (13.22%). It reveals that, there is a significance difference in the Behavioral and Emotional problems among children of Employed and Unemployed Mothers. Hence the stated research hypothesis (H1) was accepted. By association of Behavioral and Emotional problems with selected demographic variables done by using chi-square test. It reveals that there is a significant association between the Behavioral and Emotional problems with the demographic variables of mother's educational status, occupation, monthly income, gender of the child, standard of children and dietary pattern. Hence the stated research hypothesis (H2) was accepted.

## CONCLUSION

The findings of study revealed that with regard to Behavioral and emotional problems among children of Unemployed, 4(8.0%) were having no behavioral emotional problems, 36(72.0%) were having mild Emotional and Behavioral problems, 10 (20.0%) were having moderate Behavioral emotional problems. Regarding Behavioral emotional problems among children of Employed mothers, 1(2.0%) were having no Behavioral emotional problems, 20(40.0%) were having mild Behavioral emotional problems, 29(58.0%) were having moderate Behavioral emotional problems. Comparing the mean value of Behavioral and Emotional problems of children with Employed Mothers (26.26) and Unemployed Mother (13.22). Behavioral and Emotional problems are increasing in children of Employed mothers more than the children of Unemployed mothers. This study result indicates the need to be aware of the behavioral and emotional problems of school children. Screening is necessary to detect behavioral and emotional problems among the children. Therefore these conditions need early diagnosis and special attention. An awareness of the prevalence, of these problems is important to plan the mental health services for children in order to improve the quality of life for the affected children. Educational program needs to be organized to improve the

knowledge of the mothers on behavioral and emotional problems children.

## RECOMMENDATIONS

A study to assess knowledge of mothers regarding the Behavioral and Emotional problems of children in Rural and Urban areas. A study to assess the Behavioral problems among adolescent girls.

## REFERENCES

1. Vijayalakshmi K, Kumar CV, Rajamanickam H, Cherian A. Child rearing practices and psychological problems in children. *Nursing and Midwifery Research Journal* 2016 Apr; 3(2):49-51
2. Syed EU, Hussein SA, Haidry SE. Prevalence of emotional and Behavioral problems among primary school children in Karachi, Pakistan. *Int.J.Nur, Edu and research* 2 (3): July September 2014; page no: 221-223.
3. Perera H, Gunatunge C. Screening for mental health problems in urban preschool children- A pilot study. *Sri Lanka Journal of Child Health* 2015; 33 (2):39-42.
4. Duhan, Kaur P. Mental health promotion for school children. A manual for school teachers and school health workers. Regional office for the Eastern Mediterranean. *Indian Psychological Review* 2017; 122: 193-5.
5. Rai S, Malik SC, Sharma D. Behavior problems among preschool children. *Indian Pediatrics* 2017; 30(4):475-8.
6. Gururaj G, Gurish N. Prevalence of behavioural problems in children of Karnataka. *Indian Journal of Pediatrics*.2017;74(2):1095-8.
7. Statistics of working mothers. [online]. Available from: URL:<http://www.suite>
8. Dutta P. Pediatric nursing. New Delhi: Jaypee Brothers Medical Publishers; 2016.
9. Abdel MM, Rehman AA. Emotional and Behavioral problems among male Saudi school children and adolescents' prevalence and risk factors. *German Journal of Psychiatry* 2017; 1:1-9.
10. Han WJ, Waldfogel J, Brooks-Gunn J. The effects of early maternal employment on later cognitive and Behavioral outcomes. *Journal of Marriage and Family* 2018; 63(2):336-54.
11. Sao Paulo, prevalence of Behavioral and associated factors in pre school children from the city of Salvador, march 2016 volume 38.
12. Iran J behav Sci ,Self-concept, emotional maturity and achievement motivation of the adolescent children of employed mothers and homemakers, *Journal of the Indian Academy of Applied Psychology* 2015 Jan;33(1):103-10,16
13. Margrort Prior, *Journal of Indian Academy of applied psychology*, Jan-July 2015, pp.18-28



## APPENDIX

**Table 1: Comparison of Mean and Standard deviation of Behavioral and Emotional Problem of School Children**

N=100

Behavioral and Emotional problems of children	Mean	Standard deviation	't' value
Unemployed mothers	13.22	8.044	5.779***
Employed mothers	26.26	13.781	

p&lt; 0.001\*\*\*

**Table 2: Association between Behavioral and Emotional problems of school children and selected demographic variables**

N=100

Demographic variables		N	Score			Chi-square	P-value
			Mean	Median	Standard deviation		
Educational status of the mother	a) Illiterate	1	12	12	-	10.7791	0.0130
	b) Primary	20	12.9	11	8.08		
	c) Secondary	46	18.67	17	12.64		
	d) Collegiate	33	25.61	26	13.82		
Occupation of the mother	a) Homemaker	50	13.22	12.5	8.04	21.2415	0.000***
	c) Government job	44	26.16	28.5	14.36		
		6	27	28	9.34		
Monthly income of the family	a) Less than 3000	1	40	40	40	6.2945	0.0430
	b) 5000-10,000	25	14.64	14.64	11		
	c) More than 10,000	74	21.19	21.19	18.5		
Gender of the child	a) Female	54	23.69	21	12.43	13.5627	0.0002
	b) Male	46	15.11	11	12.21		
Standard of the child	a) 1 <sup>st</sup> -2 <sup>nd</sup>	1	40	40	-	6.4505	0.0397
	b) 3 <sup>rd</sup> -4 <sup>th</sup>	25	14.64	11	10.44		
	c) 5 <sup>th</sup> -6 <sup>th</sup>	74	21.19	18.5	13.29		
Diet pattern of the family	a) Vegetarian	1	-	-	-	2.8815	0.0896
	b) Non-vegetarian	99	19.94	19.94	12.91		

p&lt;0.001\*\*\*