



## A study about stress among single parent and parenthood in Lucknow city

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### ABSTRACT

The present study is intended to examine the stress among single parent and parenthood in Lucknow city. Stress is very familiar condition faced by single parents and both parent by parent when they are unable to bear the risk involving higher home work. The study aimed to assess and compare the stress level of single parent and both parents. The study was conducted in Lucknow city. A total sample of 100, both parent sample 50 and single parent sample 50, (mother 25 sample and 25 sample father) were collected from the selected areas viz., Rajnikhand, Bangla bazaar, South city, Ruchikhand using the random sampling method. The sample comprised of 25 parents from each selected area including both of the sexes. A stress among single parent and both parents questionnaire was used to assess the stress pattern used by different areas. The study revealed that majority of respondents had stress and there was non-significant difference between both parent and parenthood.

Parenting can be very stressful. Whether you are a stay at home parent or a working parent, a single parent or a married parent, mother or father, parent of one child or several children; remaining cool, calm and full of energy can help get you through the day. Below are some simple stress management tips and relaxation exercises that have proven useful to adults whether or not they are a parent. By taking a moment to consider which stress management tools will work for you and then putting them into practice immediately will help to provide the stress management approach you are looking for and the stress relief you deserve. Single-parent family, the parent may be either the mother or father who assumes the responsibility for the children after death or divorce or the birth of an illegitimate child. Single parent family is a family where parents care for one or more children without the physical assistance of the other parent in the home. Single parenthood may vary according to local laws of different nations or region (Ellen and Boyle, 2001). A single parent usually refers to a parent who has most of the day to day responsibilities in the raising of the child or children, which would categorize them as the dominant caregiver who is not living with a spouse or partner, or those who are not married. The dominant caregiver is the parent in

which the children have residency with the majority of the time. If the parents are separated or divorced, children live with their custodial parent and have visitation with their non-custodial parent. In western society in general, following separation, a child will end up with the primary caregiver, usually the mother, and a secondary caregiver, usually the father (Deleire and Kall, 2001; David and John, 2002).

The descriptive research study has been used. For this study, a sample of 100 (50 single parent and 50 parenthood) were selected from different areas of Lucknow city named Rajnikhand, Ruchikhand, Bangla bazaar, and south city through purposive random sampling method. All the male and female age ranged between 30-56 years. So, methods and materials appropriate for the study were selected and used in distinct ways of describing and quantifying the data. Hence, to guide and maintain the validity and reliability of research outcome this section deals with the following steps:

The data were coded, tabulated and analysed using frequency, percentage and t-test was used to compare the single parent and parenthood across gender.

It was evident from the Table 1 that there was a non-significant (5% level) difference found in the mean score