Effectiveness of parenting skills empowerment programme on family wellbeing among the parents of a selected panchayat, Kannur dist, Kerala

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ABSTRACT

Background: Family wellbeing refers to a complex subjective experience of wellness related to family life. It is a feeling blended with satisfaction and capability of an individual to perform family roles. It is a significant health indicator which reflects the domains of physical, psychological, marital, and parental and socio economic wellbeing. It constitutes awareness and empowerment components under each domain. The aim of the study was to analyze the effectiveness of parenting skills empowerment programme on family wellbeing among parents of a selected panchayat, Kannur district, Kerala state. Objectives were to assess the family wellbeing of mothers, evaluate the effectiveness of parenting skills empowerment programme on family wellbeing and association of family wellbeing with selected socio demographic variables of mothers.

Methods: An experimental pretest posttest control group design was adopted in this study. Family wellbeing was assessed using 70 item five point validated standardized scale as the perceived capability of mothers on activities related to five domains namely physical wellbeing, psychological wellbeing, marital wellbeing, parental wellbeing and socio economic wellbeing. Each domain had two components namely awareness and empowerment both together contributes wellbeing in the respective domain. The study was conducted among mothers of preschool children resides in the Pappinissery Panchayath, Kannur, Kerala. After obtaining the ethical
clearance and administrative permission, mothers were identified according to inclusion and exclusion criteria and recruited 140 mothers (70 in intervention and 70 in control group). Base line socio demographic data and family wellbeing were assessed. The intervention named Parenting Skills Empowerment Programme (PSEP) was administered in small group of mothers (10 – 15 numbers) in the intervention group in four separate sections on four days in a week with 2 to 3 hours duration in each session. PSEP includes, self care, child care, interaction with partner and care of home. The programme composed of structured teaching learning activities with lecture cum group discussion, demonstration and usage of video, charts, T shirts, songs and role play as audio visual aids. The rating of intervention was performed by collecting feedback during and after the programme and mean score obtained was 12.1+ 1.7 out of total scores of 15. The family wellbeing of mothers was assessed on first day (pretest) and 45th day (post test 1) and 90th day (post test 2) of the pretest using the Indian Family Wellbeing Scale. The study used conceptual framework based on integration of H. Mead’s symbolic interactionism, Baumarind’s parenting style theory and Bandura’s social learning theory.

**Results:** The socio demographic characteristics and pretest family wellbeing scores and quality of life scores of the mothers in the intervention and control group were homogenous. All children were immunized appropriate to the age. Majority of mothers 83% in intervention and 91% in control group were in preferable level of family wellbeing in pretest with a score range of 211 to 280. After the programme, the intervention group moved to optimum level (25%) but the control group was only 3% in optimum level. The mean overall family wellbeing score in the pretest was 239.27 ± 20.35 & 244.21 ± 17.45 in the intervention and control group respectively. There was a significant improvement in the mean scores of overall family wellbeing in
intervention group (268.44± 18.98) than control group (248.09± 16.15) in first post test. Second post test also showed remarkable increase in intervention group (263.23± 14.04) than control group (234.44± 13.33). Unpaired t value of meanscores of two groups 19.8 was highly significant (p<0.001). Analysing family wellbeing scores using RM ANOVA, obtained F ratio between group (F= 4.96, p<0.05) between time period (F= 116.96, p<0.001) and group versus interaction was (F=54.57, p<0.001) was found very highly significant. Hence this study found that the PSE programme was effective in enhancing family wellbeing of mothers. The significant improvement was observed among the awareness component of family wellbeing were intimacy, family socialisation and physical health awareness. The empowerment component had significantly increased in areas of family financial management and parental intervention. The significant domainwise increase in mean score was on marital wellbeing and parental wellbeing. All the individual domain scores were strongly correlated positively to overall family wellbeing with Karl Pearson correlation coefficient ranged between 0.6 to 0.87. There was no significant association of family wellbeing with education, occupation and income but associated significantly with partner’s residential togetherness. FW had moderately strong positive correlation with age of mothers and marital duration.

The study concludes that the parenting programme was highly significant in enhancing family wellbeing of mothers. The programme enabled the mothers to enhance awareness and empower them with parenting skills on self care, child care, interaction with partner and home maintenance. The study was found feasible and practical which could be implemented by health workers and anganwadi workers. The study recommends conduct of parenting programmes to parents of all age groups and multi method researches in the area of family wellbeing. This study recommends
integration of parenting programmes in school health and MCH programmes. The study also strongly recommends development of a family wellbeing index, family health policy in Indian contexts and family health practitioners to address issues of family interaction and budgeting needs of family as a component of health services.

**Keywords:** Family wellbeing, parenting skills empowerment programme.