

Original Research

A comparative study to assess awareness regarding sleep disorders in children (3-8 years) among mothers residing in rural and urban areas of Dist. Najafgarh, New Delhi with a view to develop an information booklet

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ABSTRACT:

Sleep is a basic human need and is a good quality of life and performing well during the day. Nightmares, bed wetting, sleep walking are some examples of common sleep disorders experienced by children that may affect children's development. There are quite 80 different sleep disorders found in children likewise as adults. The present study was aimed to assess the knowledge regarding sleep disorders among mothers of school children aged (3-8 years) residing in rural and urban areas of Najafgarh with a view of develop an information booklet. A quantitative approach with survey design was adopted. Purposive sampling technique was used for the study. The sample comprised of 30 mothers from rural and 30 mothers from urban area of Nazafgarh, Delhi. The tool was designed to collect the Demographic data and Self Structured Knowledge Questionnaire was administered. Collected data was analyzed by using descriptive and inferential statistics. The study revealed that in rural area 50% mothers had inadequate knowledge, 33.3% mothers had moderate knowledge and only 5% had adequate knowledge regarding sleep disorders in children. In urban area 43.3% mothers had moderate knowledge, 36.6% had adequate knowledge and only 20% mothers had inadequate knowledge regarding sleep disorders in children.

Keywords: Comparative, Assess, Awareness, Sleep Disorders, Mothers, Information booklet

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INTRODUCTION

Sleep is a complex biological process that helps people process new information, stay healthy, and re-energize. Periods of sleep and wakefulness are part of how our bodies function. When we sleep, we are unconscious, but our brain and body functions are still active. During sleep, the brain cycles through two distinct phases: rapid eye movement (REM) sleep and non-REM sleep. Not completing the full sleep process can stress your body¹.

According to Center for Disease Control (CDC) an adult needs 7 or more hours of sleep per day and a preschooler need 10-13 hours (including naps) per day whereas a college going child need 9-12 hours per day².

Getting plenty of sleep is crucial to the health and development of a young child³. However, as many as 50% of children experience sleep issues at some point in their childhood⁴.

Insomnia, Sleep apnea, Restless leg syndrome, Hypersomnia, Parasomnia, Night terrors are some of the examples of sleep disorders in children⁵.

OBJECTIVES OF THE STUDY

1. To assess awareness level of rural mothers regarding sleep disorders among the children aged 3-8 years.
2. To assess awareness level of urban mothers regarding sleep disorders among the children aged 3-8 years.
3. To compare the awareness level of rural and urban mothers regarding sleep disorders in children aged 3-8 years.
4. To develop an information booklet on sleep disorders in children aged 3-8 years.

REVIEW OF LITERATURE

Narasimhan, U., Anitha, F. S., Anbu, C., & Abdul Hameed, M. F. (2020) conducted a cross-sectional

study among 450 children visiting the pediatric outpatient department of a tertiary care hospital, Chennai, India between November 2018 and June 2019. Children with chronic illnesses and a history of physical or mental trauma in the past six months were excluded. The Sleep Disturbance Scale for Children (SDSC) was used to gather information regarding sleep disorders. Results showed that majority of the participants (72.2%) slept 9-11 hours per day. Among 46.2% of the participants the time lag between bedtime and sleep time was less than 15 minutes. Overall, sleep problems were present in 34% of the participants. History of sleep problems in infancy, absence of siblings, and parental presence while sleeping emerged as statistically significant risk factors for childhood sleep disorders ($p < 0.05$).⁶

RESEARCH METHODOLOGY

Research Approach: Non-Experimental approach

Research Design: Comparative survey design

Research variable: Awareness regarding sleep disorders in children

Settings of the study: Gopal Nagar and village Kharkhari in Najafgarh New Delhi.

Population: Mothers of children aged 3-8years.

Sample size: 30 mothers from urban area and 30 mothers from rural area

Sampling technique: Purposive sampling technique

INCLUSION CRITERIA

1. Married woman who had one or more child aged 3-8 years.
2. Married women who were residing in rural and urban areas of Nazafgarh.
3. Mothers who were available at the time of study.

EXCLUSION CRITERIA

1. Married woman who do not have any child.
2. Mothers whose children are younger than 3 years.

SECTION B- FINDINGS RELATED TO AWARENESS LEVEL REGARDING SLEEP DISORDERS AMONG MOTHERS OF CHILDREN (3-8 YEARS).

N=60

Level of knowledge	Rural		Urban	
	Frequency	Percentage	Frequency	Percentage
Adequate	5	16.6	11	36.6
Moderate	10	33.3	13	43.3
Inadequate	15	50	6	20

DATA COLLECTION PROCEDURE

Permission was taken from the ethical committee of the university and concerned authorities of Nazafgarh Area. 60 samples were selected by using purposive sampling technique. The purpose of the study was explained to the samples and the willingness to participate in the study was assured by taking written consent from each sample. After obtaining the data from the samples, information booklet was distributed to each sample. The data was analyzed by using descriptive statistics.

RESULTS

SECTION A: DESCRIPTION OF DEMOGRAPHIC VARIABLES OF SAMPLES

In rural settings; 46.6% of the samples were in between the age of 26-30 years, 40% samples were illiterate, 76.6% samples were Hindus, 40% samples were housewives, 6% samples were daily wage workers, 33.3% samples had two children, 53.3 % samples had nuclear families, 36.6% samples had family income in between rupees 15000-20000, 50% mothers had inadequate knowledge regarding sleep disorders among children, the Mean score was 8.2, Median was 9, Mode was 10, Range was 5-9 and Standard deviation was 2.2.

In urban settings; 70% of the samples were in between the age of 26-30 years, 50% samples were educated up to higher secondary, 86.6% samples were Hindus, 36.6% samples were housewives, 53.3% samples had two children, 63.3 % samples had nuclear families, 40% samples had family income in between rupees 10000-15000, 43.3% mothers had moderate knowledge regarding sleep disorders among children, the mean score was 10.2, Median was 11, Mode was 15, Range was 7-22 and standard deviation was 3.4.

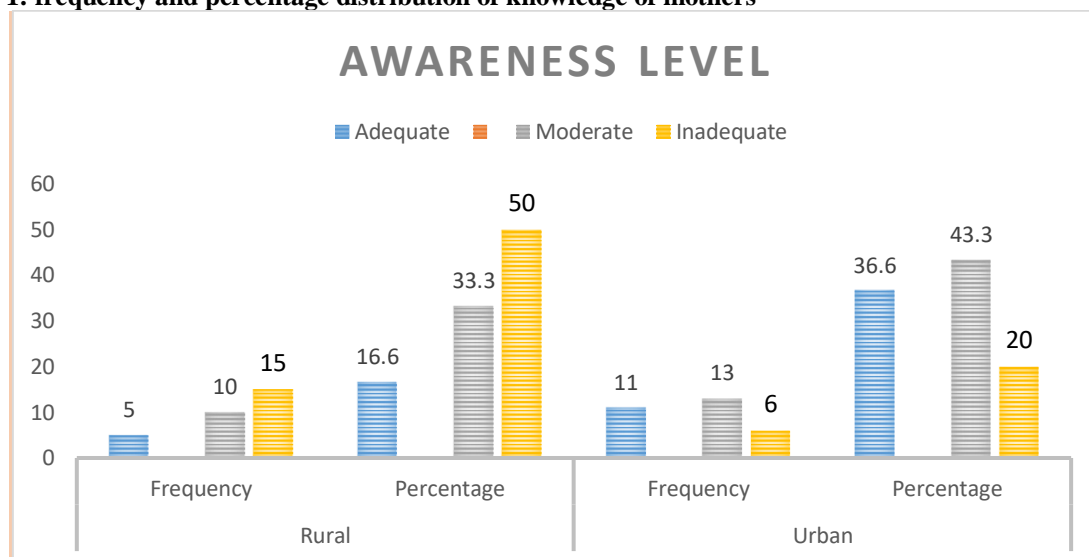
Fig. 1: frequency and percentage distribution of knowledge of mothers

Fig 1 shows that in rural area 50% mothers had inadequate awareness, 33.3% mothers had moderate awareness and only 5% had adequate awareness regarding sleep disorders in children. In urban area 43.3% mothers had moderate awareness, 36.6% had adequate awareness and only 20% mothers had inadequate awareness regarding sleep disorders in children.

DISCUSSION

- In rural areas, 46.6% of the samples were between the ages of 26-30 years and in urban areas 70% of the samples were between the ages of 26-30 years.
- In rural areas, 40% samples were illiterate whereas in urban areas 50% samples education status up to higher secondary
- In rural areas, 76.6% samples were Hindu, whereas in urban areas 86.6% samples were Hindu
- In rural areas, 40% samples were housewife. whereas in urban areas 36.6% samples were housewife
- In rural areas, 53.3 % samples were nuclear family. whereas in urban areas 63.3 % samples were nuclear family.
- In rural areas, 36.6% samples have family income between rupees 15000-20000 whereas in urban areas 40% samples have family income between rupees 10000-15000
- In rural areas, 50% mothers had inadequate awareness, whereas in urban areas 43.3% mothers had moderate awareness level regarding sleep disorders in children.
- In rural areas mean score was 8.2, median was 9, mode was 10, range was 5-9 and standard deviation was 2.2. whereas in urban areas Mean score was 10.2, Median was 11, Mode was 15, Range was 7-22 and standard deviation was 3.4.

NURSING IMPLICATIONS

NURSING EDUCATION

Nursing students can give teaching program regarding sleep disorders in rural and urban areas. The present study emphasized that mothers do not have adequate knowledge and awareness regarding Sleep disorders in children.

NURSING PRACTICE

Nurses are the backbone of health care setup in a country. The expanded role of professional nurse involves primitive, preventive, curative, and rehabilitative aspects.

NURSING RESEARCH

A few studies were conducted regarding sleep disorders among children. Comparative studies can be conducted among mothers residing at selected rural and urban areas. It will lead to the availability of new evidence based information at every level on this subject.

NURSING ADMINISTRATION

Nursing administrators may use the study findings to improve the quality of knowledge. The concept of extended role of Nursing offer many opportunities for a nurse administrator to improve the awareness regarding sleep disorders among mothers of children (3-8 years) residing at selected rural and urban areas of Dist. Najafgarh.

RECOMMENDATIONS

1. A study can be replicated on a large sample to validate the findings and make generalizations.
2. A study can be conducted to assess the prevalence of sleep disorders among children aged 3-8 years.

CONCLUSION

The study concluded that the majority of the mothers residing in urban areas has moderate knowledge regarding sleep disorders among children (3-8 years) whereas majority of the mothers residing in rural areas has inadequate knowledge. There was a need to impart knowledge and awareness regarding the same topic.

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