



Learning Package Outcome on Sibling Rivalry Management among Parents

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Abstract

Sibling rivalry is one of humanity's oldest problems. By "sibling rivalry" we mean the antagonism or hostility between brothers or sisters which manifests it in circumstances such as in the common children's family fights. Therefore, present study aims to assess the effectiveness of Planned Teaching Program (PTP) on knowledge regarding sibling rivalry and its management among parents in selected community area. Pre experimental one group pre-test and post-test research design was selected to conduct the study. 60 Parents of siblings were selected for this study by using purposive sampling technique. Result revealed that 71.7% parents scored inadequate knowledge, 28.3% moderate knowledge in pre-test while in post-test 21.7% scored adequate knowledge level, 73.3% moderately adequate knowledge and 5% scored inadequate knowledge regarding sibling rivalry and its management. The overall mean percentage of the pre-test and post-test knowledge scores was 41.55%, and 67% respectively and mean difference was 8.650 and 't' value 26.275 was found significant. It shows that learning package was effective in improvement of knowledge level regarding sibling rivalry and its management among parents. Socio demographic variables like age, sex, religion family income, number of children and education were significantly associated with the pre-test knowledge score of the parents.

Conclusion: The study concluded that learning package was effective in improvement of knowledge level among parents about sibling rivalry.

Keyword: Sibling Rivalry; Parents; Knowledge; Effectiveness; Learning Package

Introduction

Older siblings frequently experience feelings of displacement, frustration, anger, and even unloved at the birth of a new baby. These feelings are quite normal and will usually resolve if the birth of the new baby does not

significantly interfere with or change the amount of love, affection or attention parents give to the older sibling [1]. Sibling rivalry is defined as animosity or hostility between brothers or sisters. It can take many different forms, from the typical family fights that break out when kids pull each other's hair or refuse to share a beloved toy, which test the

patience of parents everywhere, to more serious situations like the lifelong animosity between adult siblings [2]. Sibling rivalry is a type of competition or animosity among brothers and sisters, blood related or not. 82% of people in western countries have at least one sibling, and siblings generally spend more time together during childhood than they do with parents. The sibling bond is often complicated and is influenced by factors such as parental treatment, birth order, personality, and people and experiences outside the family [3]. The sibling rivalry effect a family in different ways. One of the possible negative effects of sibling rivalry is a household that, overall, has a much higher level of tension than others. If children are constantly bickering with their siblings, the parents are bound to feel the stress. It can also be effect the way that a child sees himself or herself. In many cases it is caused by jealousy [4].

Sibling rivalry is a genuine concern for many parents, and paediatric nurses are often consulted regarding this common problem and its management. Often, parents will need help in dealing with sibling adjustment to the new born. Parents frequently have questions about sibling hostility or regression and concerns about their ability to integrate another child into the family [5]. Rivalry can take many different forms, including as physical or verbal abuse, annoyance, incessant attention-seeking, or regression. When sibling rivalry is managed well, it can help children acquire social, cognitive, and interpersonal abilities that are critical to their overall growth. Inadequate competition management can result in psychological issues down the road. Sibling rivalry can be decreased by properly spacing out children and preparing older siblings for the arrival of a new sibling [6]. In worldwide 30-60% of children were affected with sibling rivalry and in 2004, in childhood 190 behavioural disorders were occurred, 1,022 cases were unspecified mental disorders [7]. About 4 million kids aged 0 to 5 experienced intense rivalry with their siblings, which results in excessive levels of competitiveness between parents and children, which can lead to sibling abuse [8].

A study conducted by Chaulagain S, et al. [9] revealed that 50% of mothers had inadequate knowledge and

remaining 50% had moderately adequate knowledge regarding sibling rivalry [9]. Nair BB, et al. [10] found that 65.6% parents had average knowledge regarding sibling rivalry and its prevention. More than half of the parents 53.1% had positive attitude towards sibling rivalry and its prevention [10]. Kanimozhi K [11] found that post-test mean score was higher than pre-test mean score on knowledge regarding management of sibling rivalry among mothers of under five children. The paired t test value were found to be highly significant than the table value at $P < 0.05$ level of significance which indicated that the structured teaching program was significantly effective in enhancement of knowledge level [11]. On the basis of review of literature and personal experience in family, researchers planned to select above topic for the present study with the objective to assess the effectiveness of learning package on knowledge regarding sibling rivalry and its management among parents.

Materials and Methods

An evaluative approach, pre-experimental research design was used in the present study. 60 parents of siblings were chosen by using purposive sampling technique that fulfilled the inclusion criteria living in Hiran Magri Sector 3, 4, 5 and 6 community areas at Udaipur, Rajasthan. The tools for the present study included socio-demographic variables and structured knowledge questionnaire used to assess the existing knowledge of parents regarding the sibling rivalry and its management. Learning package was in the form of structured teaching program regarding sibling rivalry and its management. It was based on related review of literature. The data were analysed and the hypothesis tested using descriptive statistics (frequency, percentage, mean, and standard deviation) and inferential statistics (chi-square, paired "t" test). "Split half method" (spearman brown formula) was used to test the reliability of the tool and tool was found to be reliable ($r = 0.7291$). All subjects provided an explanation of the goal, design, and results of the study prior to the administration of the instrument. It was obtained via the subjects' informed permission.

Results

S. No.	Demographic Variables	Freq.	%
1	Age of parents (in years)		
a)	Below 25 years	16	26.70%
b)	26-30 years	24	40.00%
c)	31-35 years	12	20.00%
d)	36-40 years	8	13.30%

e)	> 41 years	0	0%
2	Gender		
a)	Male	33	55.00%
b)	Female	27	45.00%
3	Religion		
a)	Hindu	44	73.40%
b)	Muslim	11	18.30%
c)	Christian	5	8.30%
4	Source of information		
a)	Electronic media	11	18.30%
b)	Print media	7	11.70%
c)	Friends or relatives	8	13.30%
d)	Health personnel	17	28.30%
e)	Others	17	28.30%
5	Occupation		
a)	House wife	6	10.00%
b)	Government employee	14	23.30%
c)	Private employee	7	11.70%
d)	Self-employee/ Business	23	38.30%
e)	Daily wages	10	16.70%
6	Family income		
a)	Less than Rs.10000	17	28.30%
b)	Rs.10001-20000	23	38.30%
c)	Rs.20001-30000	14	23.30%
d)	Rs.30001 and above	6	10.00%
7	No. of children		
a)	Two	41	68.30%
b)	Three	18	30.00%
c)	Four	1	1.70%
d)	Five and above	0	0%
8	Educational status		
a)	No formal education	4	6.70%
b)	Primary education	13	21.70%
c)	Secondary education	18	30.00%
d)	Higher Secondary	12	20.00%
e)	Graduation and above	13	21.70%
9	Family type		
a)	Nuclear family	44	73.30%
b)	Joint family	14	23.30%
c)	Extended family	2	3.30%

Table 1: Distribution of subjects according to socio demographic variables (N=60).

In Table 1, Result revealed that majority of parents 40% were in the age group of 26-30 years and 26.7% were in the age group of below 25 years. 45% were females and 55% were males. According to religion 73.4% were Hindu and 18.3% were Muslim and 8.3% were Christian. As per source of information, 28.3% received from health personnel, 13.3% from friends or relatives, and 18.3% from electronic media. 23% parents were govt. employees, 11.7% were private employees, 38.3% were self-employee, 10% house

wife and daily wages were 16.7%. As per family income, 38.3% parents family income was between 10001 to 2000/-Rs., while 28.3% parents family income was below 10000/-Rs. 68.3% of parents have 2 children and 30% parents have 3 children. As per education, 30% had secondary education, 21.7% had graduation and above and 21.7% had primary education. According to family type, 73.3% were living in nuclear family, 23.3% were living in joint family.

Knowledge level	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
a. Inadequate knowledge	43	71.70%	3	5.00%
b. Moderate knowledge	17	28.30%	44	73.30%
c. Adequate knowledge	0	0	13	21.70%
Total	60	100%	60	100%

Table 2: Pre-test and Post-test Knowledge level of the Parents regarding sibling rivalry and its management N=60.

Table 2 depicts that 71.7% parents scored inadequate knowledge, 28.3% moderate knowledge in pre-test while in post-test 21.7% scored adequate knowledge level, 73.3%

moderately adequate knowledge and 5% scored inadequate knowledge regarding sibling rivalry and its management.

Areas	Pre-Test		Post-Test		Mean Difference	't' Value	Inference
	Mean	Mean %	Mean	Mean %			
General information regarding sibling rivalry	4.8	43.63%	7.47	67.90%	2.667	14.774	S
Signs & symptoms and effects of sibling rivalry	4	44.44%	5.97	66.33%	1.967	11.947	S
Management of sibling rivalry	5.33	38.01%	9.35	66.78%	4.017	19.322	S
Overall	14.13	41.55%	22.78	67.00%	8.65	26.275	S

Table 3: Area wise pre-test and post-test score of knowledge regarding sibling rivalry and its management (n=60).

Table 3 depicts that in the pre-test the highest knowledge (mean 4.0 and mean % 44.44%) was found in area of Signs & symptoms and effects of sibling rivalry and the least score was (mean 5.33 and mean % was 38.01%) in area of Management of sibling rivalry whereas in the post test the highest knowledge (mean 7.47 and mean % was 67.9%) was found in area of General information regarding sibling rivalry and the least score was (mean 5.97 and mean % was 66.33%) in area of Signs & symptoms and effects of sibling rivalry. Above table also revealed that as per 't' value and inference, there was significant mean difference in all aspects of knowledge regarding sibling rivalry and its management among parents.

The overall mean percentage of the pre-test and post-test knowledge scores was 41.55%, and 67% respectively and mean difference was 8.650 and 't' value was 26.275 and

SD was 3.983. It shows that learning package was effective in improvement of knowledge level regarding sibling rivalry and its management among parents.

The chi square test (χ^2) was carried out to determine association between the pre-test knowledge and socio demographic variables such as age, sex, religion, occupation, and family income, number of children, education, and family type source of information. Out of which age ($\chi^2 = 11.283^*$, with 3df), sex ($\chi^2 = 5.725^*$, with 1df), religion ($\chi^2 = 10.051^*$, with 2df), family income ($\chi^2 = 24.810^*$, with 3df), no. of children ($\chi^2 = 10.757^*$, with 2df), and education ($\chi^2 = 14.378^*$, with 4df) were significantly associated with the pre-test knowledge score while occupation ($\chi^2 = 6.011^*$, with 4df), family type ($\chi^2 = 5.785^*$, with 2df) and source of information ($\chi^2 = 9.152^*$, with 1df), were found to be non-significantly associated with pre-test knowledge level of the parents.

Discussion

The present study aimed at assessing the effectiveness of planned teaching program on the level of knowledge regarding sibling rivalry among parents. The study revealed that in pre-test majority of parents, 71.7% had inadequate knowledge level and 28.3% had moderately adequate knowledge level. Our findings also supported by study results of Chandran A [12] in which 90.3% of mothers had average knowledge on sibling rivalry [12]. Nair BB, et al. [10] also revealed that 65.6 % parents had average knowledge regarding sibling rivalry and its prevention [10]. Sapna S [13] also revealed that 14% of mothers had adequate knowledge, 76% of mothers had moderately adequate knowledge and only 10% of mothers had inadequate knowledge regarding sibling rivalry.[13] A contradictory finding revealed by Kasturkar PR [14] in which 64.67% and 61.33% had good, 28.67% and 21.33% had average level of knowledge score of working and non-working mothers about sibling rivalry [14].

In post-test 21.7% scored adequate knowledge level, 73.3% moderately adequate knowledge and 5% scored inadequate knowledge regarding sibling rivalry and its management. Pal R, et al. [15] also revealed approximately similar finding in which 38.33% participants had moderate level of knowledge and 61.66%) had adequate level of knowledge regarding sibling rivalry and its prevention among fewer than five children in post-test [15]. Kanimozhi K [11] also revealed enhancement in post test score regarding sibling rivalry among mothers of fewer than five children [11].

The overall mean percentage of the pre-test and post-test knowledge scores was 41.55%, and 67% respectively and mean difference was 8.650 and 't' value was 26.275 and SD was 3.983. It shows that learning package was effective in improvement of knowledge level regarding sibling rivalry and its management among parents. Krisnana I, et al. [16] also found that booklet as health education media affects the mother's behavior in preventing and treating the sibling rivalry among children [16]. Brilliana C, et al. [17] revealed in their quasi experimental study about effectiveness of both video educational media and e-booklets on the role of parents regarding sibling rivalry in early childhood [17]. Rajeshwari S, et al. [18] and Nisha CA, et al. [19] also found the effectiveness of educational interventions in their respective research studies regarding sibling rivalry [18,19].

As per findings, age, sex, religion, family income, no. of children, and education were significantly associated with the pre-test knowledge score while occupation, family type and source of information were found to be non-significantly associated with pre-test knowledge level of the parents

regarding sibling rivalry and its management. Similar findings revealed by Chandran A [12] in which monthly family income was significantly associated with the knowledge level [12]. Kasturkar PR [14] also found that educational status and monthly family income was significantly associated with the knowledge level regarding sibling rivalry among participants [14]. A contradictory findings revealed by Chaulagain S, et al. [9] and Nair BB, et al. [10] in which all socio demographic variables were not associated with knowledge score regarding sibling rivalry [9,10].

Conclusion

Parents understanding of sibling rivalry are crucial to fostering positive changes in the parent-child dynamic. Parents can lessen the likelihood of competition by training their children to avoid comparisons, children constructive methods to receive parental and peer attention. Health care professionals can provide educational programmes to parents to help them deal with sibling rivalry in their kids.

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