

Abstract

Chronic illness is an illness that is long term and is either not curable or has residual features that results in limitations in daily living requiring special assistance or adaptation in function. Families face uncertainty when they are told that their child is having life threatening chronic conditions. They undergo phases of grief.

Present study aimed at assessing the effect of planned intervention on grief and coping strategies among mothers of children with chronic illness. Objectives were

- To assess the perception of grief of mothers of children having selected chronic diseases before and after planned interventions in the experimental group
- To assess the coping strategies of mothers of children having selected chronic diseases before and after planned intervention in experimental group.
- To assess the assess the perception of grief and coping strategies of mothers of children with selected chronic diseass in control group
- To correlate the findings with selected demographic variables.

To assess the opinion of mothers regarding planned intervention

The hypothesis of the present study are

- H_{01} – There is no significant difference between the perception of grief of mothers of children with selected chronic diseases of experimental group and control group at 0.05 level of significance.

- H_{02} – There is no significant difference between the coping strategies of mothers of children with selected chronic diseases of experimental group and control group at 0.05 level of significance.
- H_{11} – There is significant difference between the perception of grief of mothers of children with selected chronic diseases of experimental group and control group at 0.05 level of significance.
- H_{22} – There is significant difference between the coping strategies of mothers of children with selected chronic diseases of experimental group and control group at 0.05 level of significance

The present study was delimited to mothers of children with selected chronic disease (leukemia and Thalassemia) and those children admitted in the selected hospitals of Pune city. Approach used for the study was Quantitative research approach with quasi experimental research design. Independent Variables were Planned intervention (Information booklet and relaxation therapy) and Dependent variables were Perception of grief and coping strategies of mothers of children having selected chronic diseases. 120 mothers of children with selected chronic diseases (60 Leukemia, and 60 Thalassemia) who fulfill the criteria were selected by using Non probability purposive sampling technique. Data were collected by using revised grief experience inventory for assessing grief and Modified tool to assess the coping strategies of mothers. Opinion of mothers regarding planned intervention were collected by using opininnare.

Pre test were conducted for the experimental and control group on first day. Information booklet was given and Relaxation therapy was taught to the mothers of experimental group. Every third day contacted the mothers and supervised relaxation therapy for one month. After one month post test has taken for both group.

Mothers of children with leukemia and Thalassemia experience severe grief. Higher levels of grief are observed in all four areas of grief. The result revealed that there is a significant reduction in the grief in the experimental group at 0.000 level. Hence the null hypothesis is rejected and alternate hypothesis is accepted.

Mothers of children with leukemia and Thalassemia have poor coping strategies. Mothers have used both problem solving and emotional coping strategy equally before intervention. The result revealed that there is a significant reduction in the grief in the experimental group at 0.000 level.

The correlation findings was done using Fisher's exact test to find out the association between demographic variables and perception of grief and coping strategies at 0.5 level of significance. The result revealed that significant correlation with diagnosis, duration of illness and gender with perception of grief. The average perception score of leukemia is more than the Thalassemia .