

Psycho-Social Correlates of Risk and Protective Factors among Primi Parous and Multi-Parous Women amidst COVID-19

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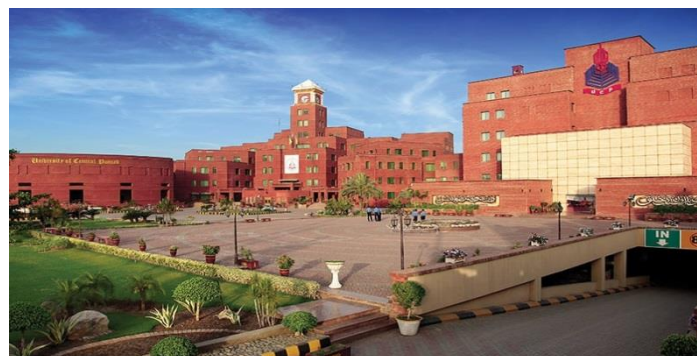
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Abstract

Since the beginning of the year has added toll to the role and responsibilities played by mothers. Mother is considered the nucleus of the house. Her role is considered to be the most rewarding yet it holds most serious obligations. House-hold chores, feeding and educating children, housekeeping and emotional health of family are in their routine list to be addressed by her regardless of her own health and challenges. Pandemic ceased normal life in every possible capacity and added toll to mother's role. Mothering one and at times more than one children in collectivist culture impacted the health, psychological well-being and behaviours of mothers during lockdown. This research was conducted to investigate the difference among primiparous and multiparous women amidst lockdown regarding level of perceived social support and fatigue they experienced. The current research employed purposive sampling and cross-sectional correlational research design. The data was collected from sample of n= 200 mothers, (n=100) primiparous mother and (n=100) multiparous. Mothers other than COVID-19 positive, financial crisis or recent trauma were approached for current research. Data was collected with the help of Google forms and analyzed through Statistical Package of Social Sciences (SPSS) analysis. Scales used for the purpose of this research are as follows: Multi-dimensional Assessment of Fatigue Scale and Multidimensional Assessment of Perceived Social Support Scale used to access selected variables and COVID-19 Concern. Statistical analysis of Pearson Product Moment correlation revealed there is a significant inverse relationship between social support sub-scales and fatigue. Independent sample t-test indicated that multiparous mothers experience higher fatigue as compared to primiparous mothers. These findings help to understand the amount of fatigue and sleep disturbance experienced by two types of mothers and social support is more helpful to reduce fatigue and mitigate challenges posed by COVID-19. The role of social support has magnified during pandemic in mitigating the stress and burnout experience by mothers. The identification of vulnerability is crucial to protect mothers during COVID-19.

Keyword: primi-parous women, multiparous women, sleep, family support, perceived social support.



Biography:

Uzma Ilyas, Senior Lecturer at University of Central Punjab, Lahore. She is a seasoned professional and academician for last almost 13 years. She served at different designations including Clinical Psychologist at SOS Children's Village, Lahore and Head of Department Psychology at Lahore Garrison University, DHA

Speaker Publications:

1. "The Predictors of Relational Turbulence and Mental Health among Infertile Women"
- 2 "Infodemic vs Pandemic: Role of Social Media"

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