

# The Parenting Stress, Social Support, Re-Birth Intention of Mother with Infant or Child

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## Purpose & Background

Low birth rate is related to the existence of nation, and it causes many kinds of social problems.

If the birth rate of Korea continues at the current level, it will weaken global competitiveness of industry. As a result, the younger generation will have to shoulder the burden of supporting the older generation, and the overall crisis of the social welfare system will hit the nation.

As our society is rapidly becoming an aging society, consciousness of crisis on low birth rate in Korea has increased.

To increase the birth rate, an active political, economic and social involvement should be carried out. However, it is very difficult to increase birth rate through policy because birth rate is affected by complex factors.

Currently, the social participation of the married woman becomes enlarged. But most of married women have to take on the major responsibilities of parenting.

Social support could protect individuals from negative stress. If social support is abundant, it could be felt less threatened and overcome through emotional support and actual help.

In addition, husband's support is the main factor to be able to decrease psychological tensions from parenting stress.

Therefore, we should identify mother's needs. We should establish a policy to suit their own desires by analyzing the factors to affect their birth intention.

## Method

### Study design :

This study was performed to examine the correlation among the parenting stress, social support and re-birth intention of married women with infant or child.

### Participants :

The participants in the study 123 married women with infant or child in D city, Korea.

### Procedure :

A self-administered questionnaire survey was carried out for 123 mothers between March 01 and April 01, 2011 in Daegu-city of Korea.

We got permission of survey them after we explained the purpose and the method of our study.

## Result

Among the parenting stress scores, parental distress score as the sub-items of the parenting stress was significantly different according to the sex composition of children ( $p < 0.05$ ). Parental distress of mother with each other different genders children was higher than parental distress of mother with same gender children ( $p < 0.05$ ).

The re-birth intention rate of married women with infant or child was 31.7%.

In bivariate analysis, re-birth intention rate was higher as the mother was younger ( $p < 0.05$ ), in the mothers who had job ( $p < 0.05$ ), in the mothers who had only one child ( $p < 0.01$ ), and in the mothers who had only girl or girls ( $p < 0.01$ ).

In multiple logistic regression analysis, the variables affecting re-birth intention were the gender composition of children and number of child ( $p < 0.05$ ). Re-birth intention of the mother who had only girl infant or children was higher than re-birth intention of the mother who had boy and girl infant or children. And re-birth intention rate was lower as number of child was increasing.

In correlation of re-birth intention, parenting stress and social support parental distress as sub-item of parenting stress and re-birth intention were negatively correlated ( $p < 0.05$ ). The parental distress and dysfunctions between parents and children as sub-item of parenting stress were negatively correlated with social support ( $p < 0.01$ ). And Children's difficult characteristic as sub-item of parenting stress showed significant negative correlation with husbands' cooperation as social support ( $p < 0.05$ ).

The major reasons why they avoided giving birth were 'economic burden', followed by 'to bring up present child well', 'not to want more children', 'to be subjected to individual and marital relation', and 'non-confidence in playing a role of parents'.

The reasons of the subjects intending to give births were 'to need siblings for their child', 'to be pleased to see their children grow', 'to achieve family plan', and 'to be asked by family seniors' in order.

## Conclusion

In conclusion of above findings, parenting stress is associated with social support. And the parent pains as sub-item of parenting stress is associated with re-birth intention. The parent's pains as sub-item of parenting stress were negatively correlated with social support. To encourage re-birth and reduce mothers' parenting stress, we need create a social mood to reinforce social support.

Especially husbands cooperation and acquaintance's support would be necessary to increase the re-birth intention of mothers.