

AN ASSESSMENT OF DIFFERENT COPING STRATEGIES USED BY MOTHERS OF CHILDREN WITH CANCER IN APEKSHA HOSPITAL MAHARAGAMA

WMRN Padeniya^{1#}, JPG Thushari¹, NBADH Nishshanka¹,
KAC Shashika¹, MDH Munasinghe¹, DM Aberathne¹,
PL Weerawardena², GLC Galgamuwa³,
N Kumarasinghe³ and L Liyanage⁴

¹Department of Nursing and Midwifery,
Faculty of Allied Health Sciences,

General Sir John Kotelawela Defence University, Sri Lanka

²Department of Clinical Medicine and Research,

Faculty of Medicine, University of Colombo, Sri Lanka

³Department of Pre Clinical Sciences,

Faculty of Medicine, General Sir John Kotelawela Defence University, Sri Lanka

⁴Faculty of Management, Social Sciences and Humanities,

General Sir John Kotelawela Defence University, Sri Lanka

#ruwani.padeniya@gmail.com

The purpose of this study was to assess the different coping strategies used by mothers of children with cancer admitted to the national cancer hospital, Sri Lanka.

This study was conducted with 200 mothers of children who had cancers. Self-administered questionnaire was used to get information about their coping strategies. Data was analysed using SPSS version 23. Majority of mothers (56.5%) were in the age between 31 – 40 years and 58% of them were educated up to Ordinary Level. More than 75% children were diagnosed as having cancer for more than 6 months. 'Doing things with my children' (100%), 'Believing the religion / Gods

(90%) and 'Investing myself in my children' (85%) were the most helpful coping strategies for mothers, while 'Over sleeping' (74%), 'Over eating' (71%) and 'Allowing myself to get angry' (67%) coping strategies were used as less helpful coping patterns. Doing things with their children and believing in religion has been the two main coping strategies used by the mothers of children with cancer. Relaxation and counselling programs to modify less desirable coping strategies such as over sleeping and over eating is also emphasized.

Keywords: Coping Strategies, Mothers, Children, Cancer