

## **Impact of Pediatric Care Work on Family Dynamics and Work-Life Balance**

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### **Author Note**

My name is Hadiatou Diakite, a 17 year old who was born and raised in the Bronx, NY and I really enjoy learning about new topics as long as they interest me. I go to a charter school named Dr. Richard Izquierdo Health and Science Charter School and it specializes in Health and Science careers. This helps me as I'm interested in pursuing a career in the medical field, specifically as a pediatric nurse.

**Abstract**

Pediatric care, encompassing health services for children from birth to young adulthood, presents unique challenges due to children's distinct anatomical, physiological, psychological, and developmental characteristics. Despite medical advances, pediatric healthcare professionals face significant emotional and professional stress, with around 2.2 million children dying from infectious diseases annually. This stress often disrupts their work-life balance, impacting relationships with their own children. This study explores the effects of pediatric care work on these familial relationships, addressing a gap in research that typically focuses on the child's perspective. Utilizing both quantitative surveys and qualitative interviews, the research examines stress levels, family satisfaction, and personal experiences of pediatric nurses and their children. Preliminary findings indicate that strong family connections enhance job performance, while job stress negatively impacts family dynamics. The study reviews literature from the past decade using databases like Google Scholar and PubMed, focusing on terms such as "pediatric care work-life balance" and "family dynamics of healthcare professionals." By analyzing these studies, the research aims to develop strategies to improve work-life balance and support systems for pediatric healthcare workers, ultimately enhancing their personal well-being and job performance. This research could inform educational programs and workplace policies, advocating for flexible work arrangements and mental health support to create more supportive work environments and healthier, more balanced lives for professionals.

## **Introduction**

Pediatric care is a field of medicine that encompasses healthcare for children from birth to young adulthood, focusing on biological, social, and environmental influences on their development. It also includes diagnosing diseases and treating them, which can be challenging due to the unique differences between children and adults. Around 2.2 million children die from infectious diseases each year, making it difficult for professionals to find a work-life balance.

Dattani, S Et Al. (2023) explores the multiple ways that working in pediatrics may affect and alter the relationships between pediatric health care workers and their children. Currently, there is limited research on the specific topic of relationships between medical caretaker and their child, but there is a wealth of information about areas surrounding the topic. Research often uses quantitative techniques to measure stress levels and family satisfaction, as well as qualitative techniques like surveys and interviews to gather in-depth firsthand accounts.

The question remains: how does working in pediatric care affect the relationship between parents and their children? Working in healthcare leaves parents with a busy, stressful life, and research on the areas surrounding this topic is essential to answer this question. A mixed-methods study combining quantitative surveys assessing stress levels and family dynamics with qualitative interviews with pediatric care providers will be investigated to offer an in-depth understanding of the unique obstacles faced by professionals in these fields.

## **Methods**

The research aims to explore the challenges faced by pediatric nurses in their profession and their home life, including work-life balance, workload, and mental health. It will also

investigate perspectives from children with parents working in childcare, such as their closeness with their parents and feelings of being second to their parents' patients. The study will also examine the parents' perspective, whether they feel tired from working with kids outside or find it helpful in understanding their child's struggles.

The research will involve both the families of pediatric workers and the workers themselves, potentially affecting them by opening their eyes to how their relationships can be affected and potentially preventing negative forming later in life. The research will use sources like Google Scholar, PubMed, LIM, and other medical or research sources to conduct a thorough and systematic review.

To ensure a comprehensive analysis, the research will focus on peer-reviewed articles and studies published within the last ten years that specifically focus on the balance between professional and personal lives of pediatric care workers. The keywords and search terms used include "pediatric care work-life balance," "family dynamics of healthcare professionals," "parent-child relationships in medical fields," and "emotional effects of pediatric care."

The careful selection process will ensure that the sources included are relevant and reliable, providing a solid foundation for the research. After analyzing and comparing the findings, the research will help identify common themes and insights, helping to draw meaningful conclusions about how working in pediatric care affects relationships with one's own children.

### **Discussion**

The study "Nurses in Action: A Response to Cultural Care Challenges in a Pediatric Acute Care Setting" looks at how a nurse's personal values and family relationships affect their work. (Mixer, et al. 2015) Using interviews and observations, it shows that having a strong family connection helps nurses perform better. The study suggests that nurses should regularly assess themselves to improve their caregiving skills. In the second study, "Children of Police Officers," researchers examine how being a police officer impacts family life, particularly focusing on the children. (Franzem, Raymond T. 1996) The study groups children into three types: good sons, good daughters, and rebels, finding that children often face problems like trouble with the law or addiction. It recommends that police departments offer training to help officers become better parents.

Both studies highlight the connection between work and family life, even though they focus on different professions. The nursing study emphasizes self-assessment and personal values, while the police study suggests structural support to improve family relationships. Both agree that job stress can affect family life and that a supportive family can enhance job performance. They suggest that helping professionals manage their work-life balance can benefit both their personal and professional lives.

These studies are relevant to the research proposal, which looks at how balancing work and family life affects people in various jobs. The findings support the idea that job stress and personal values are connected, impacting both work and family. Future research could focus on creating self-assessment tools for professionals and training programs to handle job stress better.

This can lead to strategies that improve both personal and professional well-being for those in demanding careers.

### **Conclusion**

This research aims to improve the quality of life for people with demanding jobs by finding ways to balance work and family life better. Understanding how personal values and family relationships affect job performance can lead to better support systems at work. This could create healthier work environments where employees feel supported in managing both work and personal responsibilities. Better work-life balance can reduce stress, increase job satisfaction, and prevent burnout, leading to improved mental and physical health for workers.

In education, this research could help shape training programs for various professions by stressing the importance of self-assessment and strong family ties. Including these insights in professional development can prepare people to manage career demands without sacrificing personal life. This approach can make professional training more comprehensive, focusing on personal well-being as much as on technical skills. Educators can use these findings to develop programs that build resilient and adaptable professionals.

The research could also influence policies and workplace practices. By showing how personal and professional lives are connected, organizations and policymakers might adopt flexible work arrangements, mental health support, and family-friendly policies. These changes can create more supportive and inclusive work cultures, enhancing overall quality of life. By helping people thrive both at work and at home, this research can contribute to a healthier and more balanced society.

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