



# REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631 (UIF)

UGC APPROVED JOURNAL NO. 48514

VOLUME - 8 | ISSUE - 9 | JUNE - 2019



---

---

## STRESS AND ADJUSTMENT AMONG PARENTS OF MENTALLY DISABLE CHILDREN

**Dr. Amruta A. Magar**

Post- doctoral Research fellow

Department of Psychology, Dr. Babasaheb Ambedkar  
Marathwada University, Aurangabad, Maharashtra(MH), India.

### ABSTRACT:

Parenting of a mentally ill child is a hectic and demanding job that leads some parents toward maladjustment. The study explored the relationship between adjustment and stress of parents having children with mental Disability in comparison of parent of children without any mental disability (normal). In this study the sample consist total 60 parents among this 30 parents of mentally Disabled were selected from Rehabilitation Hospital Maharashtra. Data was collected through Purposive sampling technique. The measures used for the study Stress and Psychological Adjustment scale. Correlation and F-test were adopted to test the hypotheses. Significant difference found among parents of mentally disable and normal children in respect to adjustment and stress. Negative correlation found between adjustment and stress.



**KEYWORDS:** stress, adjustment, parents, mentally disable children.

### INTRODUCTION :

This study focused on parents stress and psychological adjustment issues having disabled children. Mental disability is defined in terms of obvious developmental limitation in cognitive abilities and adaptive behaviors like social & self-help skills(Schalock, RL.2010).Parenting is a stressful job and requires great amount of skills and efforts on the part of the parents, however parenting a physically and mentally

disable child is not an easy task. Parents require to make lots of adjustments in all areas of life like social, economic, personal, interpersonal etc. There are abundant evidence found that parents of disabled children undergo more than the average amount of psychological stress.As a study revealed that parents of intellectually disabled children exposed to full time care of their children.Child's special needs and expenses also cause great stress for parents. As study revealed that parents of ID children are vulnerable to mental health

troubles for which cognitive & behavioral therapeutic treatments are helpful (Hastings, etal. 2004). Due to presence of disabled child in family all family members and especially parents become bound so they need to review and change their family goals, intentions and duties (Naseef,R. A.2001). Now a day's modern life style is becoming prevalent and neutral family system is replacing joint family system which ultimately affect stress level of parents having disabled children (Moudgil,AC.1985). Another study reported parents of mentally

disable both mother and father experience very high stress (Upadhyaya, G. R. et al, 2008). A study examined 30 parents of mentally disabled children and 30 parents of normal children. Keeping above literature in eye present study was aimed to find out the stress and adjustment in parents of mentally disabled children in Maharashtra.

**Operational Definition:** mentally challenged/ disabled children: is defined in terms of obvious developmental limitation in cognitive abilities and adaptive behaviors like social & self-help skills. Normal children: without any intellectual disability.

**Aim of the study:** to study adjustment and stress level of parents of mentally disabled children and normal children.

**OBJECTIVES:**

1. To Assess adjustment level among parents of mentally disabled children and normal children
2. To examine stress level among parents of mentally disabled children and normal children
3. To find correlation between psychological adjustment and stress

**Hypotheses:**

1. There will be significant difference between parents of mentally ill children and parents of normal children in contest to adjustment.
2. There will be significant difference between parents of mentally ill children and parents of normal children in contest to adjustment.
3. There will be negative correlation between adjustment and stress.

**Method:**

**Participant**

The study is cross-sectional in design. Purposive sampling technique was employed for the research. The sample consisted of 60 parents (n=30 parents of mentally disabled children and n=30 parents of normal children) rehabilitation center for MR children situated at Aurangabad Maharashtra. The age range of participants was 25 years to 50 years.

**Variables:**

- Independent variable: parents of mentally disabled children.
- Dependent variable:
  1. Adjustment
  2. stress

**Tools:** The following tools were used for data collection

1. Daily Stress Inventory, originally developed and standardized by Phillip J. Brantley and Glenn N. Jones, Marathi Version prepared by Dr. R.R. Borude (2007) -The Daily Stress Inventory (DSI) is a self-report measure of minor stressors which is administered daily.
2. Bells Adjustment Inventory, Indian adaptation by R.K. Ojha- this inventory consists four parts. Each part consist 35 statements. Answer can be given as Yes or No.

**Statistical methods:** descriptive statistics i. e. mean and SD and F test were used for analyzing data. Pearson's product movement Correlation method were used to find correlation between variables.

**RESULT AND DISCUSSION:**

Descriptive statistic were computed for analyzing the data. Pearson's product movement correlation used for finding the correlation between variables. Result of analysis (table no 1) indicated that the mean score of Adjustment for parents of children with mental disability is (86.300) found

greater than parents of normal children(59.20). F value( $F=27.077$ ,  $p<0.01$ ) for adjustment found. It means significant difference found among parents of normal and disable children for adjustment. According to this results good adjustment found among parents of mentally disable children.

**Table No. 1 mean, SD, and f value of Adjustment among parents of disable and normal children.**

Variable		N	Mean	SD	df	F	Significance
Adjustment	Normal	30	59.20	22.646	1	27.077	P<0.01
	Disable	30	86.30	17.344			

From the values of table no 2, significant difference is found among parents of normal and mentally disable children in respect to stress. However, mean score of parents of normal children (82.23) found greater than parents of mentally ill children (65.10). Inconsistent result found with study by Narmada and Pushpa, B. (2012), revealed that higher percent of parents of mentally challenged had clinically significant parenting stress (73.4%) than parents of the normal children (21.7%). The parenting stress of mentally challenged children was significantly higher than that of normal children. Lopez et al. (2008) also reported that parents of children with developmental delays experienced greater stress than children without delay. The relationship between psychological stress and coping strategies of the parents of mentally retarded children was negative and highly significant. (Kumar, 2008).

**Table No. 2 mean, SD, and f value of Stress among parents of disable and normal children.**

Variable		N	Mean	SD	df	F	Significance
Stress	Normal	30	82.23	20.080	1	12.311	P<0.01
	Disable	30	65.10	17.666			

**Table No. 3 correlation coefficients between adjustment and stress**

Variables	Adjustment	Stress
Adjustment	-----	<b>-.079</b>
Stress	<b>-.079</b>	-----

According to table no 3. The Correlation between Adjustment and stress is found negative and significant. ( $r = -.079$ ). Results are consistent with Rehana Noor et al (2015) the findings indicated that psychological adjustment has significant negative correlation between parental stress and anxiety.

### CONCLUSION:

According to the above finding and the previous study it can be concluded that there is significant difference among parents of mentally disable children and parents of normal children in respect to psychological adjustment and stress. It means parents of mentally disable children though experience great stress however there overall adjustment is good compare to control group. By the finding of this research Good psychological adjustment found among parents of mentally disable children. Significant negative correlation found between adjustment and stress.

The studies have reported that the psychological stress level of parents of intellectually handicapped children is more and they further implicated family intervention and support programs are play important role in improving parents coping skills. These skills help parents to be making better adjustment in various life areas.

**REFERENCES:**

1. Berry, J. O., & Jones, W. H. (1995). The parental stress scale: Initial psychometric evidence. *Journal of Social and Personal Relationships*, 12(3), 463-472.
2. Dyson, L. L. (1997). Fathers and mothers of school-age children with developmental disabilities: Parental stress, family functioning, and social support. *American journal on mental retardation*, 102(3), 267-279.
3. Floyd, F. J., & Gallagher, E. M. (1997). Parental stress, care demands, and use of support services for school-age children with disabilities and behavior problems. *Family relations*, 359-371.
4. Hastings, R. P., & Beck, A. (2004). Practitioner review: Stress intervention for parents of children with intellectual disabilities. *Journal of child psychology and psychiatry*, 45(8), 1338-1349.
5. Gohel, M., Mukherjee, S., & Choudhary, S. K. (2011). Psychosocial impact on the parents of mentally retarded children in Anand District. *Healthline*, 2(2), 62.
6. Moudgil, A. C., Kumar, H., & Sharma, S. (1985). Buffering effect of social-emotional support on the parents of mentally retarded children. *Indian Journal of Clinical Psychology*, 12(2), 63-70.
7. Heron, K. (2003). Special Children, Challenged Parents: The struggles and Rewards of Raising a Child with a Disability. *Education & Treatment of Children*, 26(2), 201.
8. Noor, R., Gul, S., Saleem, T., & Shahzad, N. (2017). Relationship Of Stress, Anxiety And Psychological Adjustment Among Parents Of Intellectually Disabled And Cerebral Palsy Children. *International Journal of Rehabilitation Sciences (IJRS)*, 4(02), 32-35.
9. Sabih, F., & Sajid, W. B. (2008). There is significant stress among parents having children with autism. *Rawal Medical Journal*, 33(2), 214-216.
10. Sankar, C., & Mundkur, N. (2005). Cerebral palsy-definition, classification, etiology and early diagnosis. *The Indian Journal of Pediatrics*, 72(10), 865-868.
11. Schalock, R. L., Borthwick-Duffy, S. A., Bradley, V. J., Buntinx, W. H., Coulter, D. L., Craig, E. M., ... & Shogren, K. A. (2010). *Intellectual disability: Definition, classification, and systems of supports*. American Association on Intellectual and Developmental Disabilities. 444 North Capitol Street NW Suite 846, Washington, DC 20001.
12. Trute, B., & Hiebert-Murphy, D. (2002). Family adjustment to childhood developmental disability: A measure of parent appraisal of family impacts. *Journal of pediatric psychology*, 27(3), 271-280.
13. Upadhyaya, G. R., & Havalappanavar, N. B. (2008). Stress in parents of the mentally challenged. *Journal of the Indian Academy of Applied Psychology*, 34(Special Issue), 53-59.
14. Venkatesh Kumar, G. (2008). Psychological stress and coping strategies of the parents of mentally challenged children. *Journal of the Indian Academy of Applied Psychology*, 34(2), 227-231.

**Dr. Amruta A. Magar**

**Post-doctoral Research fellow , Department of Psychology, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra(MH), India.**