

“A Study on Psychological Well Being among the Parents of Children with Intellectual and Developmental Disabilities”

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Abstract: *The study investigated the level of psychological well being among the parents of children with intellectual and developmental disabilities; Descriptive research design was used for the present study. Census method was adopted and data was collected from 37 parents of children with IDD. Ryff's Psychological well-being scale (1989) was used to assess the psychological well being which has a multidimensional view on autonomy, Environmental mastery, personal growth, positive relation with others, purpose in life and self – acceptance. In this study the results shows that more than half 56.8% of the respondents are having low level of psychological wellbeing. In this paper, the findings convey that more than half of the parents do not have good mental health due to their multiple responsibilities. To improve their psychological well being the parents of children with intellectual and developmental disabilities should undergo therapies such as psychotherapy, relaxation and stress management techniques should be given to the family members of the children with intellectual and developmental disabilities.*

Keywords: *Psychological Well-being, IDD- Intellectual and Developmental Disabilities, Parents of children with intellectual and developmental disabilities.*

I. Introduction

There are plenty of studies related to the problems of the parents of children with Intellectual and Developmental Disabilities. But there are very few studies that touched the well being of the parents of children with Intellectual and Developmental Disabilities. Generally parents of children with Intellectual and Developmental Disabilities are having plenty of problems in their life in physical, psychological and social, compared to the parents of normal children. Parents of children with Intellectual and Developmental Disabilities are facing lots of negative emotions like stress, anxiety, depression and they also have more fear about their future and their child's future which will have adverse effect on the wellbeing. In spite of that some parents accept the reality and tend to lead a positive life it developing their coping skills and self esteem, it also develop confidence to help their child considering their future. Based on Indian Census 2011 there are more than 15 lacks of the children who suffer from intellectual disability. Intellectual and developmental Disability (IDD) is a developmental disability which has no cure for it. Generally intellectually disabled children are neglected and isolated from the mainstream of society. According to (Hayman, 1990, p.8) defined that in general “psychological well being is a mental condition characterized by pleasant feelings of good health, exhilaration, high self-esteem and confidence, and it often associated with regular physical activity”. This study may be a motivations to the parents those who have the special child to have a positive outlook and provide better care and support to their children. This study helps the parents to build a positive attitude in the minds of the parents of children with Intellectual and Developmental Disabilities it may reduce the fear about the future of the child.

II. Review of Literature

David E Gray, William J Holder (July 2009) this paper reports the results of a study of psycho-social well-being among an Australian sample of parents of children with autism. A variety of independent variables including: socio demographic information, health and treatment status of the child and coping behaviours were assessed in terms of their effects on parental depression, anxiety and anger. The results of regression analysis indicated that fathers, and those parents who received more social support, had lower scores of depression, anxiety and anger. The age of symptom onset was positively related to depression, but was not significant in terms of anxiety and anger. Parents with older children, females and larger families reported lower scores of anger. These independent variables were not significantly related to depression or anxiety. Neither the type nor the extent of coping behaviours was significantly related to any of the measures of psycho-social well-being used in this study.

Jane M Urray Cram, Anna P Nieboer (June 2011) Parental stress has been identified as a major affecter of caregivers' psychological well-being and a risk increaser for unwillingly placing children with disabilities in the care of others. Recognition of effective means to ease care giving burdens must guide policymaking and will help to provide better and tailored support and intervention for the children. This study aims to characterize caregivers of children with intellectual disabilities who are about to seek outside support and care and to identify the conditions under which psychological well-being and parental stress are affected using parental stress as a mediating factor. We found that parental stress and the child's depressive feelings strongly affected psychological well-being. We also found an indirect relation of restricted caregiver social activities through parental stress. To protect psychological well-being of caregivers, support services should address depressive feelings among children with intellectual disabilities, facilitate caregivers' social activity, and reduce stress.

Narmin Boromand, Mohammad Narimani (February 2014) *In this study the researcher wants to Comparing the psychological well being factors among the parents of the mentally retarded children with those of the normal children* the descriptive research is comparative - causative. The statistical population of the present research includes all the parents of the mentally retarded and normal children whose children were studying in the mentally retarded and normal schools in Maha bad in the educational year of 2012-2013. For the study the researcher used the multistage random sampling to collect the data and the Ryff psychological well being questionnaire was used. To analyze data, The results shows that There is a significant difference between the parents of the normal children and those of the mentally retarded children with regards to the psychological well being factors (positive relationship with the others, mastering the environment, self acceptance factors, independence, having purpose in life, and personal development).

Irum Hayat, MahwishZafar (July 2015) This study investigated the relationship between coping strategies and psychological well-being among parents with Down syndrome children. The sample comprised of 120 parents (60 fathers, 60 mothers of diagnosed 60 children with Down syndrome) the data was collected through purposive sampling. The study was an exploratory study and used co-relational research design. The study planned to investigate all possible relationships among variables and demographic variables. Results showed significant correlations between psychological well-being and coping strategies. Those parents who relied more on active avoidance coping, reported lower levels of psychological well-being as compared to those who relied on problem-focused coping strategies. Fathers scored significantly high on psychological well-being than mothers. Data analysis suggested significant differences in parental psychological well-being and coping strategies with the increasing age of the children. Gender differences were also explored which suggested that parents with girl-child had comparatively higher levels of psychological wellbeing than parents with boy-child.

III. Materials and Methods

3.1 Aim and Objectives of the study

- To study the level of psychological well being among the parents of children with **Intellectual and Developmental Disabilities**.
- To suggest suitable measures to help the parents of **children with Intellectual and Developmental Disabilities to have a healthy life**.

3.2 Hypotheses

1. There is a significant relationship between the age of the parents of children with Intellectual and Developmental Disabilities and their level of psychological well being.
2. There is a significant difference among the occupation of the parents of children with Intellectual and Developmental Disabilities and their level of psychological well being.
3. There is a significant difference between the family types of the parents of children with Intellectual and Developmental Disabilities and their level of psychological well being.

3.3 Method and Materials

The Universe of the present descriptive study includes all the parents of children with Intellectual and Developmental Disabilities who attended the meeting in one of the special school in Madurai. Census method was adopted and data was collected from all the 37 parents of children with Intellectual and Developmental Disabilities. A self-prepared interview schedule was used to collect the socio – demographic characteristics of the respondents. And the Ryff's Psychological well-being scale (1989) was used to know the level of psychological well being among the sample. This scale has a multidimensional view on autonomy, Environmental mastery, personal growth, positive relation with others, purpose in life and self - acceptance has been adopted.

IV. Findings of the Study

4.1 Findings related to socio demography details

The studies revealed that majority (70%) of the respondents belong to the age group of 21 – 40 years. More than half (59%) of the respondents educational qualification were up to high school. Nearly half (43%) of the respondents were daily wagers. More than half (59%) of the respondents belong to the income level of (Rs.1000 – 10000). Vast majority (89%) of the respondents reside in urban area. Majority of the respondents (70%) are from nuclear family type. Vast majority of the respondents (91%) belong to Hindu religion. Majority (70%) of the respondent’s children are male. Majority (70%) of the respondent’s children have (50% – 60%) level of retardation. Nearly half of the respondents (40%) have Cerebral palsy (CP) as associated condition. More than one third (37%) of the respondent’s children’s birth order are 2.

4.2 Findings related to psychological well being

Table – 1: Distribution of the respondents by their psychological well being

| S. No. | Psychological well being | Frequency (n=37) | Percentage |
|--------|--------------------------|------------------|------------|
| 1 | low | 21 | 56.8 |
| 2 | High | 16 | 43.2 |
| | Total | 37 | 100.0 |

The above table shows that more than half 56.8% of the respondents have low level of psychological well being and remaining 43.2% of the respondents are having high level of psychological well being.

4.3 Findings related to the Dimensions

Table – 2: Distribution of the respondents by their level of psychological well being with dimensions

| S.No | Dimension | Low (%) | High (%) |
|------|-------------------------------|---------|----------|
| 1. | Positive Relation with others | 45.9 | 54.9 |
| 2. | Self-acceptance | 54.1 | 45.9 |
| 3. | Autonomy | 45.9 | 54.1 |
| 4. | Personal Growth | 45.9 | 54.1 |
| 5. | Environmental Mastery | 54.1 | 45.9 |
| 6. | Purpose in life | 59.5 | 40.5 |
| 7. | Overall | 56.8 | 43.2 |

Based on the findings related to the dimensions nearly half (45%) of the parents of children with IDD are having low level of positive relation with others, and more than half (54%) of the respondents are having low level of self acceptance. At the same time about the autonomy and personal growth there are more than half (54%) of the parents are having high level of autonomy and personal growth. Next to that based on the Environment there are more than half (54%) of the resonance are having low level of environmental mastery, regarding purpose in life majority (60%) of the parents are having low level of purpose in their life. On the hole of positive and negative emotions this parents of children with IDDs having more than half (56.8%) of the parents having low level of psychological well being and nearly half (43.2%) having high level of psychological well being.

Table – 3: Karl person’s coefficients of correlation between the age of the respondents and their level of psychological well being

| S. No. | psychological well being | Correlation value | Statistical inference |
|--------|--------------------------|-------------------|-----------------------------------|
| 1 | age | -.211 | .209 P<0.05 not significant |

The above table shows that there is no significant relationship between the age of the respondents and their level of psychological well being. The finding reveals that most of the parents face psychological problems irrespective of age with regard to their children with Intellectual and Developmental Disabilities.

Table – 3: One way analysis of the variance among the occupation of the respondents and their level of psychological well being

| S.NO | Occupation of the respondents | DF | SS | MS | \bar{X} | Statistical Inference |
|------|---|----|-------|-------|---------------|--|
| 1 | Occupation vs psychological well being Between Groups | 4 | 0.838 | 0.279 | G0 = Na | F = 1.119 P<0.05 significant |
| | Within Groups | 33 | 8.243 | 0.250 | G1 = Farmer | |
| | | | | | G2 = Cooley | |
| | | | | | G3 = Business | |
| | | | | | G4 = Gov | |

G0 = Na, G1 = Farmer, G2 = Cooley, G3 = Business, G4 = Gov

The above table shows that there is a significant difference between the occupation of the respondents and their level of psychological well being

Table – 4: One way analysis of the variance among the respondents with their family type and their level of psychological well being

| S.NO | Family type of the respondents | DF | SS | MS | \bar{X} | Statistical inference |
|------|---|----|-------|------|--------------|---|
| 1 | Family type of the respondents vs psychological well being Between Groups | 2 | .167 | .167 | G0 = Joint | F = .655 P<0.05 Not significant |
| | Within Groups | 35 | 8.914 | .255 | G1 = Nuclear | |

G0 = Joint family, G1 = Nuclear family

The above table shows that there is no significant difference between the family type of the respondents and their level of psychological well being

V. Social work intervention

Social Work intervention is essential to improve the psychological well being among the parents of children with Intellectual and Developmental Disabilities. Training programmers should be organized among the parents in order to enhance their coping skills. Psycho education should be given to the parents of children with Intellectual and Developmental Disabilities to strengthen and overcome their psychological problems. Therapies such as psychotherapy, relaxation and stress management techniques should be given to the family members of intellectually disabled children and the referral services can also be done to the parents and the family members for managing their well being. Motivation should be given to the parents for continues special training and rehabilitation for their children, and health counseling can be given to the parents to have a healthy life style.

VI. Suggestions and conclusion

6.1 Suggestions to the parents of children with intellectually challenged children to improve their Psychological well being

"You Should Take Care Of Yourself So You Can Take Care Of Him." *By Amanda Greene Kelly* Mar 21, 2012 this is the coward all the parents of children with intellectual and developmental disability have their mind and heart because of this they need to take care of them first then only they can take care of their children in all the aspect. The parents can have a good mental health by encouraging their child to do their work independently. For example, help the child to learn daily care skills, like dressing, feeding, and toilet training. By the support of special educators, we have to give the child frequent feedback in his /her development. And the parents also should praise the child when he or she does well. It helps the child to build their abilities. Then the parents should find out the skills which the child is learning at schools that will have to be applied at home also. For example, if the child gets the knowledge about money like counting the money and value of the money then parents should take their child to the supermarket and help the child to count out the money to pay for your

groceries and count the change (National Dissemination Centre for Children with Disabilities, 2003). Once the children with *Intellectual and Developmental Disabilities* learn to manage their personal needs it will help the parents to radius their responsibility in taking care of the child and it will also give them a hope that without their support the children can manage their life. It makes the parents to have a good psychological well being inspire of all their problems and makes the parent to view their life in a positive way.

6.2conclusion

Based on this study, the findings conveys that most of the parents do not have good psychological well being due to their multiple responsibilities. To improve their psychological well being the parents of intellectually challenged children should undergo therapies such as psychotherapy, relaxation and stress management techniques. And it also applicable to the family members of the intellectually challenged children, referral services can also be given to parents and the family members to lead their life in positive way. Because referral service makes the parents to help their child in a better way. Based on the motivations and supports from the family members and the relatives are helps the parent to supports their child in a batter way and it also helps them to have a hope and confidence in their child's development through that this parents of children with intellectual and developmental disabilities help their child to have continues special training and rehabilitation. Proper counselling services are also helps the parent to lead their life in a positive way and it also helps them to have a good psychological well being.

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