



EMOTIONAL INTELLIGENCE AMONG THE MOTHERS OF CHILDREN WITH INTELLECTUAL DISABILITY, MOTHERS OF AUTISTIC CHILDREN AND NORMAL CHILDREN

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Abstract: The present research aims at study Emotional intelligence among mothers having children with autism and mothers having children with mental retardation. The samples for this study consist of 300 mothers whose children admitted in Government as well as Private schools and institutes at Nagpur district. The total participants in the study were (n= 300) out of which the mother having children with autism were (n=100), (n= 50 mild autistic and n= 50 moderate autistic). Similarly, the mothers having children with mental retardation were (n=100), (n= 50 mild mental retardation and n= 50 moderate mental retardation) also Mothers (n= 100) having normal children. For the measurement of Emotional Intelligence, Hyde's Emotional Intelligence Scale was employed .In descriptive statistics mean and SD has been calculated then two way analyses of variances (ANOVA) on data has been applied. Result reveals that there is significant difference in level Emotional intelligence of mothers having children with autism, mothers having children with mental retardation and mothers having normal children.

Keywords: Intellectual disability, Autism, Emotional Intelligence

Introduction

Definition of intellectual disability (intellectual disability) (DSM-v):

“Intellectual disability (intellectual developmental disorder) is a disorder with onset during the developmental period that includes both intellectual and adaptive functioning deficits in conceptual, social and practical domain”

autism

autism is life long, non-progressive neurological disorder typically appearing before the age of three years. it is a developmental disability significantly affecting verbal & non verbal communication & social interaction. the classic form of autism involves a triad of impairments – in social interaction, in communication & the use of language & in limited imagination as reflected in restricted, repetitive & stereotyped patterns of behavior & activities. autism is one of five disorders coming under the umbrella of pervasive developmental disorders (pdd), a category of neurological disorders characterized by “severe & pervasive impairment in several area of development”, including social interaction & communication skills (dsm-iv tr).

Emotional intelligence

some coping methods are more like habits than skills, & can be harmful. emotional intelligence is one of the skills that minimize the negative stress consequences according to montes & augusto (2007). there is an indirect relationship with psychological distress being predicted by coping style and coping style predicted by emotional intelligence (campbell, alistair, and ntobedzi, alice (2007).

since 1990, peter salovey and john d. mayer have been the leading researchers on emotional intelligence. in their influential article "Emotional intelligence," they defined emotional intelligence as, "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions".

the four aspects of emotional intelligence

Salovey and Mayer proposed a model that identified four different factors of emotional intelligence: the perception of emotion, the ability to reason using emotions, the ability to understand emotion and the ability to manage emotions.

1. Perceiving emotions: the first step in understanding emotions is to accurately perceive them. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.
2. Reasoning with emotions: the next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.
3. Understanding emotions: the emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of their anger and what it might mean. For example, if your boss is acting angry, it might mean that he is dissatisfied with your work; or it could be because he got a speeding ticket on his way to work that morning or that he's been fighting with his wife.
4. Managing emotions: the ability to manage emotions effectively is a key part of emotional intelligence. Regulating emotions, responding appropriately and responding to the emotions of others are all important aspects of emotional management.

According to Salovey and Mayer, the four branches of their model are, "arranged from more basic psychological processes to higher, more psychologically integrated processes. For example, the lowest level branch concerns the (relatively) simple abilities of perceiving and expressing emotion. In contrast, the highest level branch concerns the conscious, reflective regulation of emotion" (1997).

Goleman identified the five 'domains' of EQ as:

1. knowing your emotions.
2. managing your own emotions.
3. motivating yourself.
4. recognizing and understanding other people's emotions.
5. managing relationships, i.e., managing the emotions of others.

Aim

to study the emotional intelligence of the mothers having children with intellectual disability, mothers have children with autism and mothers having normal children.

Objectives

1. to study the emotional intelligence of mothers having mentally retarded children.
2. to study emotional intelligence of mothers having autistic children.
3. to study emotional intelligence of mothers having normal children.
4. to compare the emotional intelligence of mothers having mentally retarded children, mothers having autistic children and mothers having normal children.

Hypotheses

- 1) there will be significant difference in level of emotional intelligence among mothers having children with mental retardation and mothers having normal children.
- 2) there will be significant difference in level of emotional intelligence among mothers having children autism and mothers having normal children
- 3) there will be significant difference in level of emotional intelligence among mothers having children with mental retardation and mothers having children with autism.
- 4) there will be significant difference in level of emotional intelligence among mothers having children with mental retardation, mothers having children with autism and mothers having normal children.

Sample:

Locale of the sample: sample will be collected from govt. and private special and regular schools, autism centers, private institutions at nagpur division, etc.

Sample size: in this study the sample consist of 300 mothers.

- a) 100 mothers of children with mental retardation.
- b) 100 mothers of children with autism
- c) 100 mothers of normal children

Sampling technique: in this study the researcher will be used purposive sampling technique.

- age- range :
- a). mother's age range is 20 years – 45 years.
- b). child's age range is 6 years and above.

Inclusion criteria

- mothers of children with diagnose case of mental retardation who are staying with children
- mothers of children with autism who are staying with children.
- mothers of normal children
- age range of mother is 20 to 45 years.
- age range of children is 6 years & above.
- mothers belonging to nuclear or joint family or from rural, urban area.

- level of retardation is moderate or mild.
- level of autism is moderate or mild.

Exclusion criteria

- mothers who have more than one child with mental retardation or autism.
- mothers who have undergone or currently undergoing any psychiatric treatment.

Tools used:

- socio demographic data sheet
- emotional intelligence inventory
- socio demographic data sheet

Personal details

background information about individual with mental retardation or autism such as name, date of birth, chronological age, sex, birth order, no of siblings, education, level of retardation or level of autism.

Family details

Information about the mother's name, age, education, occupation, about family such as family size, type of family, family income, etc.

Emotional intelligence inventory

by ankool hyde, sanjoyot pethe and upinderdhar (2002)

areas measures:

self-awareness, empathy, self motivation, emotional stability, managing relation, integrity, self development, value orientation, commitment and altruistic behavior.

items- 34 and standardization – 200 (executives)

reliability - split half .88 and validity - 0.93 from inter validity formula.

language - hindi and english

interpretation - higher the score higher the emotional intelligence

lower the score lower the emotional intelligence.

Results and analysis

Results about the emotional intelligence among mothers having children with mental retardation, mothers having children with autism and mothers of normal children.

Table no. 1 :shows detail of the emotional intelligence inventory

| name of the scales | description of the scales | no of items |
|-------------------------|---|-------------|
| I. self-awareness | being aware of oneself | 4 |
| II. empathy | feeling and understanding other person | 5 |
| III. self motivation | being motivated internally | 6 |
| IV. emotional stability | do not mix unnecessary emotions etc | 4 |
| V. managing relation | encourage others in unfavorable situation to work etc | 4 |
| VI. integrity | stand up for belief, aware of weakness etc | 3 |
| VII. self development | feel to develop oneself even job does not demand etc | 2 |
| VIII. value orientation | maintain the standard of honesty, confront unethical action etc | 2 |
| IX. commitment | meet commitment, keep promises etc | 2 |
| X. altruistic behavior | handle conflict around etc | 2 |

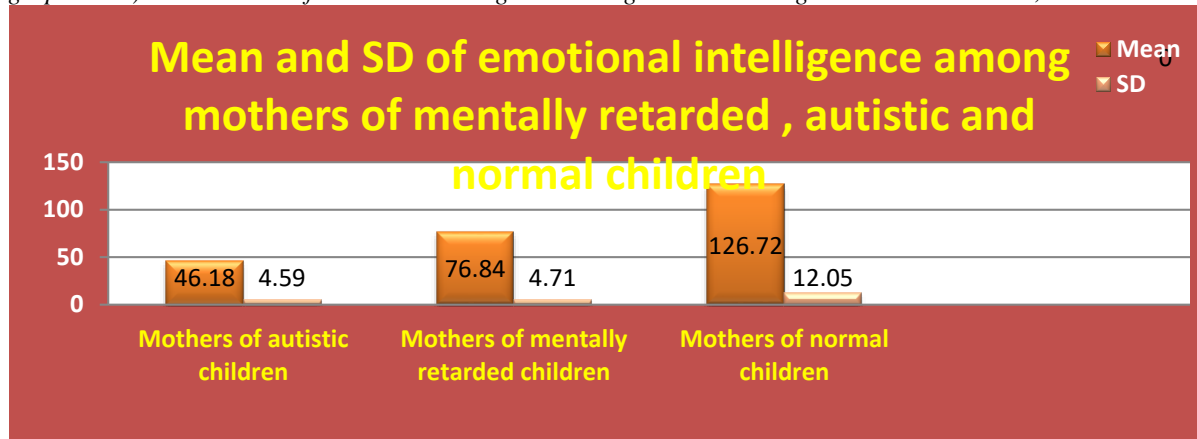
for this purpose mean and standard deviation was computed as descriptive statistics and to compare means one way anova has performed. results are shown in table below.

Table no. 2: showing mean and standard deviation of mothers of mentally retarded, autistic and normal children respectively

| groups | n | mean | std. deviation |
|-----------------------------|-----|---------|----------------|
| mother of autistic children | 100 | 46.18 | 4.59 |
| mother of mr children | 100 | 76.84 | 4.71 |
| mother of normal children | 100 | 126.72 | 12.05 |
| total | 300 | 83.2467 | 34.17 |

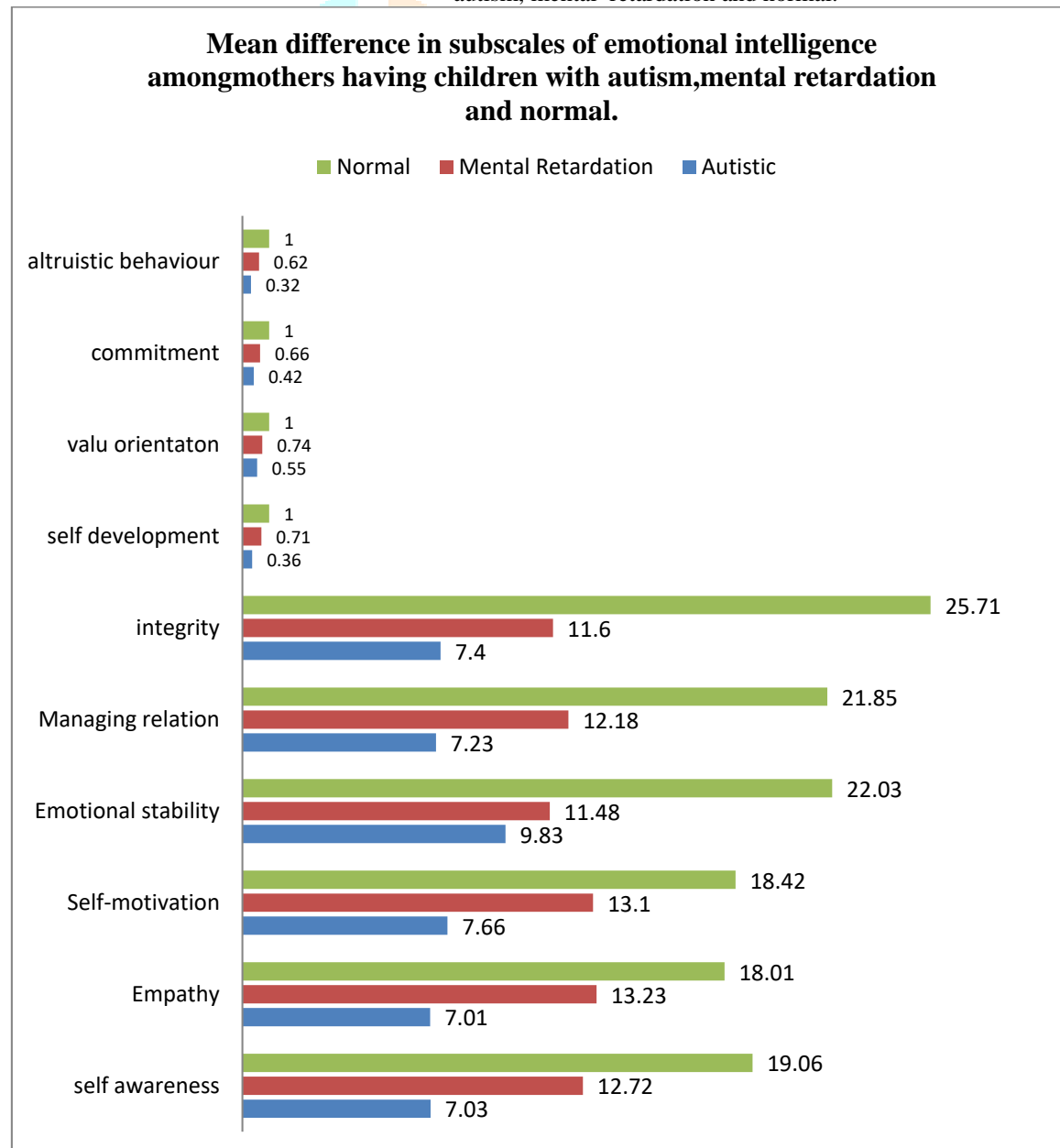
The above table shows the mean value and sd of emotional intelligence among mothers having children with autism (m=46.18, sd=4.59), mothers having children with mental retardation (m=76.84, sd= 4.71) and mothers of normal children (m=126.72, sd= 12.05). this indicates that the mean of the mothers having normal children is more than the mean of the other two groups. this means that the level of emotional intelligence is higher in mothers having normal children than the other two groups.

graph no.1): shows mean of emotional intelligence among mothers having children with autism, mental retardation and normal.



The above graph shows the mean value and sd of emotional intelligence among mothers having children with autism (m=46.18, sd=4.59), mothers having children with mental retardation (m=76.84, sd= 4.71) and mothers of normal children (m=126.72, sd= 12.05). this indicates that the mean of the mothers having normal children is higher than the mean of the other two groups. this means that the level of emotional intelligence is higher than the other two groups.

Graph no. 2 : shows the mean difference in different subscales of emotional intelligence among mothers having children with autism, mental retardation and normal.



the above graph shows that mothers having children with autism shows mean score of self awareness (7.03), empathy(7.01), self motivation (7.66), emotional stability(9.83), managing relation(7.23), integrity(7.04), self development(0.36), value orientation(0.55), commitment (0.42)and altruistic behavior(0.32). this indicates that mothers having children with autism show more emotional stability as compare to the other subscales of emotional intelligence. mothers having children with mental retardation having mean score for self awareness (12.72), empathy(13.23), self motivation (13.1), emotional stability(11.48), managing relation(12.18), integrity(11.6), self development(0.71), value orientation(0.74), commitment (0.62) and altruistic behavior(0.66). this indicates that mothers having children with mental retardation show more empathy, self motivation, emotional stability, integrity, self awareness as compare to other subscales of emotional intelligence inventory. mothers having normal children having mean score for self awareness (19.6), empathy (18.1), self motivation (18.42), emotional stability (22.03), managing relation (21.85), integrity (25.71), self development (1), value orientation (1), commitment (1) and altruistic behavior (1). this indicates that mothers having normal children can understand other person, they are motivated internally, they can manage relations, they focus on self development, they do not mix unnecessary emotions, they are aware of oneself, as well as they maintain the standard of honesty, confront unethical action, keep promises and can handle conflict around them. mean difference among groups shows that among three groups of mothers', self awareness, empathy, self motivation, managing relation, integrity, self development, value orientation, commitment and altruistic behavior are comparatively more in mothers of normal children than the other two groups.

Table no. 3: shows t value of emotional intelligence among mothers having children with mental retardation and mothers having normal children

| groups | sample | mean | sd | t-value |
|---|--------|--------|-------|---------|
| mothers of children with mental retardation | 100 | 76.84 | 4.71 | 5.34** |
| mothers of normal children | 100 | 126.72 | 12.05 | |

**p<0.01 t at 0.01 (df= 198) 2.60

the above table clearly revealed that there are significant differences found in emotional intelligence use by mothers of normal children and mothers of children having mental retardation. the mean of emotional intelligence for mothers of normal children is 126.72 and the mean of emotional intelligence for mothers having children with mental retardation is 76.84 and difference is found significant at 0.01 level with t value of 5.34. the mean score (126.72) for mothers of normal children is higher than the mean score (76.84) for mothers having children with mental retardation. this means that the level of emotional intelligence is higher in mothers of normal children than the mothers of children having mental retardation.

hence the hypothesis 5 which stated that "there will be significant difference in level of emotional intelligence among mothers having children with mental retardation and mothers having normal children", is accepted. it means that mothers of normal children are having high level of emotional intelligence than the mothers of mentally retarded children.

Table no.4: shows t value of emotional intelligence among mothers having children with autistic and mothers having normal children

| groups | sample | mean | sd | t-value |
|-----------------------------------|--------|--------|-------|---------|
| mothers of children having autism | 100 | 46.18 | 4.59 | 8.84** |
| mothers of normal children | 100 | 126.72 | 12.05 | |

**p<0.01 t at 0.01 (df= 198) 2.60

the above table clearly revealed that there are significant difference found in emotional intelligence of mothers of normal children and mothers of children having autism. the mean of emotional intelligence for mothers of normal children is 126.72 and mean of emotional intelligence for mothers having children with autism is 46.18 and difference is found significant at 0.01 level with t value of 8.84. the mean score for mothers of normal children is higher (126.72) than the mean score (46.18) mothers having children with autism. this means that the level of emotional intelligence is higher in mothers of normal children than the mothers of children having autism.

Hence, hypothesis 6 which stated that "there will be significant difference in level of emotional intelligence among mothers having children autism and mothers having normal children", is accepted. it means that mothers of normal children are having high level of emotional intelligence than the mothers of autistic children.

Table no.5: shows t value of emotional intelligence among mothers having children with autism and mothers having children with mental retardation.

| groups | sample | mean | sd | t-value |
|---|--------|-------|------|---------|
| mothers of children with autism | 100 | 46.18 | 4.59 | 4.55** |
| mothers of children with mental retardation | 100 | 76.84 | 4.71 | |

**p<0.01 t at 0.01 (df = 198) 2.60

the above table clearly revealed that there are significant differences found in emotional intelligence of mothers of children with autism and mothers of children having mental retardation. the mean of emotional intelligence for mothers of autistic children is 46.18 and mean of emotional intelligence for mothers having children with mental retardation is 76.84 and difference is found significant at 0.01 level with t value of 4.55. the mean score for mothers having children with mental retardation is higher (76.84) than the mean score (46.18) mothers of autistic children. this means that the level of emotional intelligence is higher in mothers of children with mental retardation than the mothers of autistic children.

hence the hypothesis 7 which that “there will be significant difference in level of emotional intelligence among mothers having children with mental retardation and mothers having children with autism”, is accepted. it means that the mothers of mentally retarded children have high level of emotional intelligence than the mothers of autistic children.

Table no.6: showing ANOVA summary of emotional intelligence scores of mentally retarded, autistic, and normal children respectively.

| source of variance | sum squares | of df | mean square | f |
|--------------------|-------------|-------|-------------|-----------|
| between groups | 330491.387 | 2 | 165245.69 | |
| within groups | 18658.360 | 297 | 62.82 | 2630.35** |
| total | 349149.747 | 299 | | |

**p<0.01

From above ANOVA summary table it can be observed that obtained f (2, 297) is 2630.35. the critical value for df 2 and 297 is 4.66. as obtained f value is far greater than critical value it can be said that there is significant difference between means of emotional intelligence scores of three different sample. the mean value of emotional intelligence of mothers having children with autism is 46.18, mothers having children with mental retardation is 72.84 and a mother of normal children is 126.72. this indicates that level of emotional intelligence is higher in mother of normal children than the other two groups. among three groups of mothers', self awareness, empathy, self motivation, managing relation, integrity, self development, value orientation, commitment and altruistic behavior are found comparatively more in mothers of normal children than the other two groups. thus we can say that there is significant difference between emotional intelligence of mothers of three kinds of mothers.

hence, our hypothesis 8 which stated that “there will be significant difference in level of emotional intelligence among mothers having children with mental retardation, mothers having children with autism and mothers having normal children”, is accepted. it clear that there is significant difference in level of emotional intelligence among three groups of mothers.

to test if there is individual difference between means of two kinds of mothers post hoc multiple comparisons has done with tukey's honest significant difference (hsd).

Table no. 7: showing mean difference between emotional intelligence scores of three mothers.

| (i) group | (j) group | mean difference (i-j) |
|-----------|-----------|-----------------------|
| 1.00 | 2.00 | -30.66** |
| | 3.00 | -80.54** |
| 2.00 | 1.00 | 30.66** |
| | 3.00 | -49.88** |

**p<0.01

1.00= mothers of autistic

2.00= mothers of mr

3.00= mothers of normal

above table depicts mean difference between each group. we have obtained three mean differences. as all the mean difference is greater than computed hsd (3.34) it can be said that there is significant difference between pair of mothers in emotional intelligence. mean of mothers of normal children is higher than other two mothers therefore we can say that mothers of normal children found more emotionally intelligent than rest mothers. mothers of autistic children are found least emotionally intelligent

Discussion

Emotional intelligence among mothers having children with mental retardation, mothers having children with autism and mothers having normal children-

Overall results indicated that mothers having children with autism, mothers having children with mental retardation and mothers of normal children differ on factors of the emotional intelligence inventory. among three groups of mothers', self awareness, empathy, self motivation, managing relation, integrity, self development, value orientation, commitment and altruistic behavior are comparatively more in mothers of normal children than the other two groups.

Mothers having children with autism show more emotional stability compare to the other subscales of emotional intelligence. it means that they do not mix unnecessary emotions. as well as at a point they are aware of oneself, feel to develop oneself even job does not demand.

Mothers having children with mental retardation show more empathy, self motivation, emotional stability, integrity, self awareness compare to other subscales of emotional intelligence inventory.

Mothers having children show more self awareness, empathy, self motivation, managing relation, integrity, self development, value orientation, commitment and altruistic behavior as compared to other subscales of emotional intelligence inventory.

Hence the hypothesis 5 which stated that “there will be significant difference in level of emotional intelligence among mothers having children with mental retardation and mothers having normal children”, is accepted.

Hence, hypothesis 6 which stated that “there will be significant difference in level of emotional intelligence among mothers having children autism and mothers having normal children”, is accepted.

hence the hypothesis 7 which that “there will be significant difference in level of emotional intelligence among mothers having children with mental retardation and mothers having children with autism”, is accepted.

hence, our hypothesis 8 which stated that “there will be significant difference in level of emotional intelligence among mothers having children with mental retardation, mothers having children with autism and mothers having normal children”, is accepted.

the emotional intelligence inventory-

the emotional intelligence inventory include self awareness, empathy, self motivation, emotional stability, managing relation, integrity, self development, value orientation, commitment and altruistic behavior.

a) emotional intelligence among mothers having children with autism-

in this study result indicate that mothers having children with autism have mean score for self awareness (7.03), empathy(7.01), self motivation (7.66), emotional stability (9.83), managing relation(7.23), integrity(7.04), self development(0.36), value orientation(0.55), commitment (0.42)and altruistic behavior(0.32).

this indicates that mothers having children with autism have more emotional stability as compared to the other subscales of emotional intelligence. it means that they do not mix unnecessary emotions, as well as at a point they are aware of oneself, feel to develop oneself even job does not demand, they understand other person, motivated internally, they are aware of their own weakness, they try to maintain the standard of honesty, and confront unethical action, keep promises and can handle conflict around them.

b) Emotional intelligence among mothers having children with mental retardation-

mothers having children with mental retardation have mean score for self awareness (12.72), empathy(13.23), self motivation (13.1), emotional stability (11.48), managing relation(12.18), integrity(11.6), self development(0.71), value orientation(0.74), commitment (0.62)and altruistic behavior(0.66).

this indicates that mothers having children with mental retardation show more empathy, self motivation, emotional stability, integrity, self awareness compare to other subscales of emotional intelligence inventory. it means that mother having children with mental retardation can understand other person, they are motivated internally, they can manage relations, they focus on self development, they do not mix unnecessary emotions, they are aware of oneself, as well as they try maintain the standard of honesty, confront unethical action, keep promises and can handle conflict around them.

c) Emotional intelligence among mothers having normal children -

mothers having normal children having mean score for self awareness (19.6), empathy(18.1), self motivation (18.42), emotional stability(22.03), managing relation(21.85), integrity(25.71), self development(1), value orientation (1), commitment (1)and altruistic behavior(1).

this indicates that mothers having normal children can understand other person, they are motivated internally, they can manage relations, they focus on self development, they do not mix unnecessary emotions, they are aware of oneself. as well as they maintain the standard of honesty, they confront unethical action, keep promises and can handle conflict around them.

d) Factor wise discussion of emotional intelligence among three groups

1. Self awareness-the mean value for self awareness among mothers having children with autism is 7.03, mean for self awareness is 12.72 among mothers of children with mental retardation and the mean value for self awareness among mothers of normal children is 19.06.

this indicates that mean value of self awareness among mothers having normal children is higher (19.06) than the mothers of autistic (7.03) and mothers of mentally retarded children (12.72).

on the basis of the above we can interpret that mothers having normal children are more aware of oneself than the other two groups of mothers.

2. Empathy-the mean value for empathy among mothers having children with autism is 7.01, mean for empathy is 13.23 among mothers of children with mental retardation and the mean value for empathy among mothers of normal children is 18.01.

this indicates that mean value for empathy among mothers having normal children is higher (18.01) than the mothers of autistic (7.01) and mothers of mentally retarded children (13.23).

on the basis of the above we can interpret that mothers having normal children are more able to feel and understand other person than the other two groups of mothers.

3. Self motivation-the mean value for self motivation among mothers having children with autism is 7.66, mean for self motivation is 13.1 among mothers of children with mental retardation and the mean value for self motivation among mothers of normal children is 18.42.

this indicates that mean value for self motivation among mothers having normal children is higher (18.42) than the mothers of autistic (7.66) and mothers of mentally retarded children (13.1).

on the basis of the above we can interpret that mothers having normal children are more motivated internally than the other two groups of mothers.

4. Emotional stability- the mean value of emotional stability among mothers having children with autism is 9.83, mean of emotional stability is 11.48 among mothers of children with mental retardation and the mean value of emotional stability among mothers of normal children is 22.03.

this indicates that mean value of emotional stability among mothers having normal children is higher (22.03) than the mothers of autistic (9.83) and mothers of mentally retarded children (11.48).

on the basis of the above we can interpret that mothers having normal children are more emotionally stable, they does not mix unnecessary emotions than the other two groups of mothers.

5. Managing relations-the mean value for managing relations among mothers having children with autism is 7.23, mean for managing relations is 12.18 among mothers of children with mental retardation and the mean value for managing relations among mothers of normal children is 21.85.

this indicates that mean value for managing relations among mothers having normal children is higher (21.85) than the mothers of autistic (7.23) and mothers of mentally retarded children (12.18).

on the basis of the above we can interpret that mothers having normal children are more able to manage relations, they can encourage others to work in unfavorable situation than the other two groups of mothers.

6. Integrity- the mean value for integrity among mothers having children with autism is 7.4, mean for integrity is 11.6 among mothers of children with mental retardation and the mean value of integrity among mothers of normal children is 25.71.

this indicates that mean value for integrity among mothers having normal children is higher (25.71) than the mothers of autistic (7.4) and mothers of mentally retarded children (11.6).

on the basis of the above we can interpret that mothers having normal children are more aware about their own weaknesses, they stand up for their own belief than the other two groups of mothers. they have ability to analyze them and can perceive their weakness more than the other groups

7. Self development-the mean value for self development among mothers having children with autism is 0.36, mean for self development is 0.71 among mothers of children with mental retardation and the mean value for self development among mothers of normal children is 1.

this indicates that mean value for self development among mothers having normal children is high (1) than the mothers of autistic (0.36) and mothers of mentally retarded children (0.71).

on the basis of the above we can interpret that mothers having normal children are more focus on self development, they feel to develop oneself even job does not demand than the other two groups of mothers.

8. Value orientation -the mean value of self value orientation among mothers having children with autism is 0.55, mean of value orientation is 0.74 among mothers of children with mental retardation and the mean value of value orientation among mothers of normal children is 1.

this indicates that mean value of value orientation among mothers having normal children is high (1) than the mothers of autistic (0.55) and mothers of mentally retarded children (0.74).

on the basis of the above we can interpret that mothers having normal children are more value oriented, they maintain the standard of honesty; confront unethical action than the other two groups of mothers.

9. Commitment -the mean value for commitment among mothers having children with autism is 0.42, mean of commitment is 0.66 among mothers of children with mental retardation and the mean value for commitment among mothers of normal children is 1.

this indicates that mean value of commitment among mothers having normal children is high (1) than the mothers of autistic (0.42) and mothers of mentally retarded children (0.66).

on the basis of the above we can interpret that mothers having normal children are more committed, they meet commitments; keep promises, than the other two groups of mothers.

10. Altruistic behavior -the mean value for altruistic behavior among mothers having children with autism is 0.32, mean for altruistic behavior is 0.62 among mothers of children with mental retardation and the mean value for altruistic behavior among mothers of normal children is 1.

this indicates that mean value of altruistic behavior among mothers having normal children is higher (1) than the mothers of autistic (0.32) and mothers of mentally retarded children (0.62).

on the basis of the above we can interpret that mothers having normal children are show more altruistic behavior, they can handle conflict around more easily than the other two groups of mothers.

mean difference shows that among three groups of mothers', self awareness, empathy, self motivation, managing relation, integrity, self development, value orientation, commitment and altruistic behavior are comparatively more in mothers of normal children than the other two groups. it may be due to women spending most of their time from the childhood in the home, with family members and even in their later life at house. hence they learn how to behave with others and how to control their emotions. women are keen in every aspect and they utilize opportunities properly etc. (jadhav and havalappanavar, 2009). second reason may be that a mother of normal children doesn't have extra burden of care for their child as mothers having special need children. this may lead to more social participation by mothers of normal children than the mothers of special need child. positive emotionality is associated with sociability. like sociability interpersonal skill also important in emotional intelligence and females are more perceptive, empathic and adoptable than males (argyle & lu, 1990). this sociability and interpersonal skill plays an important role in different aspect of emotional intelligence. high emotional intelligence is positively related to good social participation. (lopes et al. 2003). this may be the reason for mothers of normal children are scoring high in different aspects of emotional intelligence. third reason may be that they does not undergone the heightened emotional and financial stress as other two groups of mothers due to the disabled child in the family. this heighten emotional stress arise from the caring for disabled child is negatively influence the level of emotional intelligence of mother (altman & cooper, 1994).

literature of review including study conducted by jadhav and havalappanavar (2009), also reveals that women police constable (wpc) trainees have scored significantly high on emotional intelligence than their counterparts. furthermore, the results also revealed that the women police constable trainees (wpc) scored higher on self-motivation, emotional stability, commitment, altruism empathy and self-awareness factors of emotional intelligence in comparison of male candidates. the results revealed that the women police constable trainees (wpc) scored higher on commitment factors of emotional intelligence in comparison of male candidates. muzamil jan, asma hyder & naheed ruhi (2013) found that majority of girls have high self development among girls studying in professional colleges.

e) Emotional intelligence among mothers having children with autism and mothers having children with mental retardation-

to see the differences in emotional intelligence among mothers having children with autism and mothers having children with mental retardation t value (4.55) is calculated which is significant at 0.01 level.

this indicates that there is significant difference in level of emotional intelligence among mothers having children with mental retardation and mothers having children with autism. hence, our hypothesis that "there will be significant difference in level of emotional intelligence among mothers having children with mental retardation and mothers having children with autism" is accepted. the level of emotional intelligence is higher in mothers of mentally retarded children (m=76.84) than the mothers of autistic children (m=46.18). on the basis of this we can say that the mothers of mentally retarded children are more intelligent than the mothers of autistic children. it may be due to the types of disability. it is very common that autism with mental retardation and this increase the severity of the condition.

the study done by tsujino in 2007 also reported that there is relation between the level of emotional intelligence of mother and problem behavior in their young children and also quality of mother –child interaction. on the basis of this we can say that child's disability may affect the level of emotional intelligence of mother.

f) Emotional intelligence among mothers having children with mental retardation and mothers having normal children- t value (5.34) of emotional intelligence among mothers having children with mental retardation and mothers having normal children is significant at 0.01 level.

this indicates that there is a significant difference found in level of emotional intelligence among mothers having children with mental retardation and mothers having normal children. hence, our hypothesis that "*there will be significant difference in level of emotional intelligence among mothers having children with mental retardation and mothers having normal children*" is accepted. the level of emotional intelligence is higher in mothers of normal children (126.72) is higher than the mothers of mentally retarded children (76.84).it means that mothers of normal children are more intelligent than the mothers of mentally retarded children.

mostly, parents with disability begin the life with strong emotions. they may overwhelmed by the challenges associated with disabilities. mothers of special need children feel anxious, angry, guilty in rare cases suicidal (abbeduto, 2005). this lead to low level of emotional intelligence in mothers of mentally retarded children than the mothers of normal children.

brackett, warner and bosco (2004) also find out in their study on 86 heterosexual couples that, female partners were significantly higher on their emotional intelligence scores than male partners and that ei scores were uncorrelated within couples.

pandey and tripathi (2004) also revealed that females scored significantly higher than male and were more proficient in managing and handling their own emotions as well as of others.

g) Emotional intelligence among mothers having children with autistic and mothers having normal children-

to see the differences in emotional intelligence among mothers having children with autistic and mothers having normal children t value (8.84) is calculated which is significant at 0.01 level. this means significant difference is found in emotional intelligence among mothers having children with autistic and mothers having normal children. thus, our hypothesis that "*there will be significant difference in level of emotional intelligence among mothers having children with autism and mothers having normal children*" is accepted. the level of emotional intelligence is higher (m= 126.72) in mothers of normal children than the level of emotional intelligence (m=46.18) in mothers having autistic children. it means that the mothers of normal children are more intelligent than the mothers of autistic children.

parent behavior does not occur in vacuum, instead there is some evidence for bidirectional process among adolescents and adult with autism spectrum disorder and their families. specially, child's symptoms influence mothers (smith, i.e., 2008). on the basis of this we can say that the levels of emotional intelligence lower in mothers of autistic children due to child's characteristics such as severe behavioral problems shown by autistic children and this limits social participation of mother having autistic children. social participation, social relations, social support is important aspects of emotional intelligence (lopes & solvey, 2003).

this may be the cause of low level of emotional intelligence in mothers of autistic children than the mothers of normal children.

kafetsios (2004) has reported gender differences in emotional intelligence from a sample of 239 adults aged between 19 to 66 years who completed the mayer, salovey and caruso emotional intelligence test (msceit v2.0) in which females scored higher than males on emotion perception and experimental area.

h) Differences in emotional intelligence among mothers having children with autism, mothers having children with mentally retarded children and mothers of normal children-

the mean difference in emotional intelligence among mothers having children with autism and mothers of children with mental retardation is -30.66, the mean difference in coping strategies among mothers having children with autism and mothers of normal children is -80.54, the mean difference in coping strategies among mothers of children with mental retardation and having children with autism is 30.66 and the mean difference in coping strategies among mothers of children with mental retardation and having normal children is 49.88

we have obtained three mean differences. as all the mean difference is greater than computed hsd (3.34) it can be said that there is significant difference between pair of mothers in emotional intelligence. mean of mothers of normal children is higher (126.72) than other two mothers i.e. mothers of children with mental retardation (76.84) and mothers of normal children (46.18) therefore we can say that mothers of normal children found more emotionally intelligent than rest mothers. mothers of autistic children are least emotionally intelligent.

there is a significant difference in level of emotional intelligence among mothers having children with mental retardation, mothers having children with autism and mothers having normal children. to check this f value (2630.35) is calculated, which is greater than critical value 4.66 at 0.01 level. hence, our hypothesis that "*there will be significant difference in level of emotional intelligence among mothers having children with mental retardation, mothers having children with autism and mothers having normal children*" is accepted. the level of emotional intelligence is higher in mothers of normal children (126.72) than the mothers of mentally retarded children (76.84) and mothers of autistic children (46.18). it means the mothers of normal children are more intelligent than the mothers of other two groups. this difference in level of emotional intelligence in mothers of normal children and mothers of special need children is may be due to the emotional and financial stress on parents of special need children, which can arise from caring for the disabled person (cooper & cumyham, 1994).

the study conducted by vidya ravindradas in 2008 also reported that parents of children having special need score significantly less than parent of normal children on emotional intelligence scale.

Strengths

- the study is comprehensive: i.e. it has studied 10 dimensions of emotional intelligence a 8 types of coping strategies among mothers having children with autism, mental retardation and having normal children.

Limitations

- this research was conducted only on 100 mothers having children with autism, 100 mothers having children with mental retardation and 100 mothers having children normal children restricted to nagpur district only.
- only one variable has taken for study.
- the sample was not so large, therefore results cannot be gene

Suggestions

- there is also need to match children with respect to medical or psychiatric co-morbidity or any behavioral problems associated with mental retardation or with autism.
- further research on comparison of other variables for mothers of children with mental retardation and autism can be conducted.

Implementation

- intervention services for parents of children with mental retardation or autism are needed to be decentralized. this will help in providing such parents with as many skills as possible to deal with their children.

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