



A STUDY TO ASSESS THE LEVEL OF STRESS AMONG MOTHER'S OF MENTALLY RETARDED CHILDREN.

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ABSTRACT

Background: Mental retardation (MR) according to the WHO has overall prevalence of 1-3% in the global scenario. This by itself suggests the magnitude of the problem in terms of economy for a developing country like ours. MR also produces psychological, social and financial distress to the whole family, particularly parents, as they are usually the only constant caretakers. Mothers of those children's, being the primary caregivers for their children suffer more psychological distress than other members in their family. Other family members show comparatively less deleterious effect on psychological health, which may be related to the differing responsibility assigned to child rearing. **Objectives:** This study was conducted to determine the level of stress in mothers with mentally retarded children's. **Materials and Methods :** This descriptive study was conducted in rural community area in Awagarh block at Etah district (UP), with 50 mothers of mentally retarded children's. The parental stress scale (PSS) was used to assess the level of stress among mothers, this scale consists of 18 questions. **Result:** The result shows that 24 (48%) mothers experienced severe stress and 19 (38%) moderate, 7 (14%) mild respectively. The level of stress and their socio-demographic characteristics significantly correlated. **Conclusion:** Majority mothers of mentally retarded children's experience severe stress having with and caring for the children with MR is very stressful.

Keywords: Mental Retardation, Stress, Mothers

Introduction: The term mental retardation refers to intellectual functioning that is considerably below average combined with varying degrees of difficulty in meeting the demands of everyday life (Aiken, 1991, Wielkiewicz & Calvert, 1989). During early childhood, a person's adaption is judged by attainment of developmental skill such as walking and talking ; during school, by academic skills and coping skills such as telling time and using money; and during adulthood, by vocational performance and social responsibilities.

Person with mental retardation are typically described according to four broad categories of retardation; mild, Moderate, Severe, and profound (APA, 1994).

REVIEW OF LITERATURE

Rajkumari Gupta, Harpreet Kaur (2017), this study was conducted in Punjab 102 subjects Formed the sample of this study. Three school children's with intellectual disability were chosen. Parent's of children were chosen randomly. These schools were from Chandigarh, Jalandhar and Ludhiana in India. The students chosen by convenient sampling basis. A quick stress assessment test (QSAT) was used in this study. **Result**– Most subjects showed higher mental stress than physical stress (65 subjects out of 95). 27 subjects showed higher physical stress than mental stress. 06 subjects showed no stress in mental area. 02 subjects showed No stress in physical area. 01 subject showed no stress at all.

Loeb (2014)- This study has expressed that parents of intellectually disabled children face many special stresses.

Jani (2014)- In a study examined the social problem related to the presences of a intellectually disabled child. Results indicate that parental feelings were marked by anxiety about future. Also negative effects toward others siblings, psychological stress, decreased interaction with neighbours and relatives, misunderstanding within family and economic loss were significant facts associated with presence of a child with intellectual disability in the family

Upadhyay, G.R, Havalappanavar, N.B, (2007), This study conducted in Karnataka University, Dharwad 77 single parents (58 widows and 19 widowers) of mental retarded children taken for study the mother chosen by convenient sampling basis parents stress assessed by using the FISC-MR, this tool develop by Girimaji et al. (1999)**Result** Single parents (widows and widowers) show higher level of total stress and in all areas of stress compared to families where both parents are alive.

Problem Statement: A study to assess the level of stress in Mother's of Mentally Retarded Children in Etah District, Uttar Pradesh India.

Objectives:

1. To assess the level of stress among mother’s of Mentally Retarded Children.
2. To find out the relationship between level of stress and demographic variables.

Research Methodology

Research approach: In this study Quantitative research approach was used.

Research Design: In this study Descriptive survey research design was used

Research settings: The research was conducted in rural area of Awagarh at Etah district of UP.

Accessible population: Mothers of mentally retarded children’s.

Sample size: 50

Sampling technique: : In this study convenience sampling technique was used.

Analysis and Result

Table -1 Demographic profile its correlation with stress

n=50

Variables	Classification	Frequency	Percentage	P-Value
Age (Actual in year)	20-30	13	26	0.085
	31-40	14	28	
	41-50	17	34	
	>50	06	12	
Religion	Hindu	32	64	.253
	Muslim	08	16	
	Sikh	06	12	

	Christian	04	08	
Education	Primary	17	34	0.045
	Secondary	15	30	
	Graduate	11	22	
	PG	07	14	
Occupation	Govt. Job	06	12	.321
	Pvt. Job	04	08	
	Business	01	02	
	House Wife	39	78	
Income(Monthly)	<10000Rs.	18	36	.246
	10001-20000Rs.	21	42	
	>20000Rs.	11	22	
Type of family	Joint family	16	32	.401
	Nuclear family	34	68	

Table-1 shows that majority 17(3.4%) of mothers were aged between 41 to 50 years. The majority 32 (64%) of mothers belonging to Hindu Religion. In regarding the educational qualification, majority 39 (78%) of the mother are house wives, 21 (42%) of the mothers have monthly income is in between 10001-20000 per month. Most of the 34 (68%) mothers are living in Nuclear families.

Table-2: Distribution of respondents according to the level of stress.

n=50

LEVEL OF STRESS	SCORE	FREQUENCY	%
MILD STRESS	18-30	7	14
MODERATE STRESS	31-60	19	38
SEVERE STRESS	61-90	24	48
		50	100

Table-2 shows that 07 (14%) mothers experiencing mild stress, 19 (38%) moderate and 24 (48%) experienced severe stress respectively.

Discussion-In this study 48% of the mothers experiencing severe stress, 38% moderate stress and 14% experienced mild stress as assessed by parental stress scale (pss)(berry & Jones, 1995) This finding is consistent like many studies apart from these some studies discussed here. A study conducted in Punjab with 102 sample this study result showed that 65 subject out of 95 having severe stress and 27 subjects showed higher physical stress than mental stress, 6 Subjects showed stress in mental area (Raj Kumari Gupta, Harpreet Kaur 2017). Another study conducted in Karnataka university with 77 Single parents, the result showed that widows are having higher level of stress than widowers.

Conclusion- Living with and caring for the children with mental retardation is very stressful. Suggesting parents for frequent contact with expert and professional for treatment therapy and counseling which is more helpful for them to reduce parenting stress can be another method. New research should be conducted to measure the effectiveness of these strategies.

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