



# A Study To Assess The Level Of Stress Among Parents Of Mentally Retarded Children Studying In Special School In Meerut

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## **Abstract**

**Background:** Intellectual disability (**ID**), once called mental retardation, is characterized by below average intelligence or mental ability and a lack of skills necessary for day to day living. The term mental retardation refers to significantly sub average general intellectual functioning resulting in or associated with concurrent impairments in adaptive behavior and manifested during the developmental period. **Objective:** The objective of study was to assess the level of stress among parents of mentally retarded children. **Methodology:** the descriptive Study was conducted in **urban community** area in **Ganga Nagar in Meerut (UP)**, with **40 parents** of mentally retarded children's. The parental stress scale (**PSS**) was used to assess the level of stress among parents of mentally retarded children. This scale consists of **18** questions. **Result:** the sample was selected by **purposive sampling** the result of study shows that **24 (60%)** parents had severe stress and **16 (40%)** had moderate stress and no one had mild stress, the total mean of stress in data was **61.10** and standard deviation was **±0.83**.

**Keywords:** Stress, Parents of Mentally retarded Children

## **INTRODUCTION**

A mental retardation child in a family is usually a serious stress factor for the parents. It often requires a reorientation and re-evaluation of family goals, responsibilities and relationship. In India, the majority of persons with mental retardation have traditionally been cared for by their families.

The term mental retardation refers to significantly sub average general intellectual functioning resulting in or associated with concurrent impairments in adaptive behaviour and manifested during the developmental period. (American Association On Mental Deficiency, 1983).

## **REVIEW OF LITERATURE**

A literature of review is a body of text that aims to review the critical points of knowledge on a particular topic of research and provide a practical guide to a particular topic. For health care professionals they are useful reports that keep them updated with what is present in the field.

**Gupta Rajkumari, Kaur Harpreet (2017)**, this study was conducted in Punjab 102 subjects formed the sample of this study. Three school children`s with intellectual disability were chosen. Parents 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 – more subjects showed higher mental stress than physical stress (65 subjects out of 95). 27 subjects showed higher physical stress than mental stress.6 subjects showed no stress in mental area. 2 subject showed no stress n physical area.1 subject showed no stress at all.

**Solanki et al. (2015)** Mental retardation refers to sub-average general intellectual functioning which originates during the development period of the child and is associated with impairment in adaptive behaviour. It is a genetic disorder manifested significantly below average overall intellectual functioning and deficits in adaptive behaviour (Armatas 2009).

**Feizi et al., (2014)** studied on parenting stress among parents of children with different physical, mental, and psychological problems. The aim of this study is to compare the stress in parents of children with different disabilities to each other, considering their demographic background. The result was the stress score of parents of children with psychological disorders was lower than the other two groups.

## **PROBLEM STATEMENT**

**“A study to assess the level of stress among parents of mentally retarded children studying in special school in Meerut”.**

## **OBJECTIVES OF THE STUDY**

1. To assess the level of stress among parents of mentally retarded children.
2. To find association between level of stress and selected demographic variables.
3. To develop an ideal model for stress management.

## **METHODS:**

**Study type:** In this study **descriptive research design** was used.

**Study place:** This study conducted in **Ganga Nagar, Meerut.**

**Period of the study:** This study was conducted from **December 2022 to September 2023.**

**Population:** The target population consisted of the **parents of mentally retarded children.**

**Sample:** In this study the samples were the parents of mentally retarded children selected from Ganga Nagar, Meerut.

**Sample size:** The sample size consisted of **40 parents** of mentally retarded children.

**Data for statistical analysis:** The master sheet was prepared with the responses given by the participants of the study. The analysis was done based on the objectives of study. The descriptive and statistics was used for the analysis of data such as frequency percentage mean standard deviation.

## **CRITERIA FOR SAMPLE SELECTION**

### **Inclusion criteria:**

1. The inclusion criteria of the study was participants who were available at the time of data collection.
2. Parents of children with mental retardation.

### **Exclusion criteria:**

1. Participants who were not willing to participate in this study.
2. Participants who are not present at the time of data collection.

## **DESCRIPTION OF TOOLS**

Structured questionnaire and parental stress scale (PSS) by Judy & Jarren Jones (1995) was used to assess the level of stress among parents of mentally retarded children.

**Tool A:** Demographic tools.

**Tool B:** Parental stress scale (PSS).

**RESULT**

The chapter deals with the analysis and interpretation of data obtain from 40 parents of mentally retarded children.

**Table1: Socio-demographic Variables of participants**

Socio-demographic Variables		Frequency	Percentage
Parents's Age	18 – 20	2	5
	21– 23	4	10
	24-26	12	30
	>26	22	55
Educational Status of parents	Illiterate	15	37.5
	Primary	9	22.5
	Secondary	16	40
	UG/PG	0	0
	Others	0	0
Occupation of parents	Housewife	38	95
	Self-employee	2	5
	Pvt. Job	0	0
	Govt. employ	0	0
Father's age	21 – 23	2	5
	24 – 26	1	2.5

	27 – 30	13	32.5
	>30	24	60
Education status of father	Illiterate	4	10
	Primary	10	25
	Secondary	8	20
	UG/PG	12	30
	Other	6	15
Occupation of father	Daily wages	12	30
	Govt. employee	3	7.5
	Pvt. employee	12	30
	Self employee	13	32.5
Religion	Hindu	14	35
	Muslim	25	62.5
	Sikh	0	0
	Christian	1	2.5
Family type	Nuclear	24	60
	Joint	16	40
Residence	Rural	14	35.0
	Urban	26	65
No. of children in family	1	6	15
	2	19	47.5
	3	10	25
	>3	5	12.5
Family income ( ₹ )	<5000Rs	2	5
	Rs5001-10000	3	7.5

per month	Rs. 10001-15000	14	35
	>15000Rs	21	52.5
Degree of mental retardation	Mild	8	20
	Moderate	17	42.5
	Severe	13	32.5
	Profound	2	5

**Table 1** shows demographic variables of the parents of the mentally retarded children. Majority of the parent's age was (55%) were more than 26 years, 30% were 24-26 years, 10% 21-23 years, 5% 18-20 years. Majority of the father's age was (60%) were more than 30 years, 32.5% were 27- 30 years. 2.5% were 24-26 years, 5% 21-23 years. Majority of women were educated till secondary level i.e. 40%, 37.5% were illiterate and 22.5% were educated till primary level. Majority of fathers 30% were Undergraduate or postgraduate, 25% were educated till primary level, 20% secondary level, 10 were illiterate and 15% done diploma or other courses. 95% of the participants were homemaker, 5% were self-employed. 32.5% fathers were self-employed, 30% were working on daily wages based and as pvt. employee each, 7.5% were Govt. employee. 35% participants were Hindu and 62.5% were Muslim and 2.5 were Christian. 60% participants were living in nuclear family and 40% were staying with joint family. 65% participants belong to from urban area and 35% rural area. 47.5% have 2 children, 25% participants have 3 children, 15% have 1 child and 12.5% have more than 3 children. 52% participants family monthly income was >15000 Rs. 7.5% have Rs. 5001-10000, 35% Rs. 10001-15000, 5% was <5000Rs. 42.5% participants child have moderate MR, 32.5% have severe MR, 20% mild MR and 5% have profound MR.

**Table 2: Perceived Stress Scale Mean and standard Deviation among parents of mentally retarded children**

N=40

Mean	SD
61.10	0.83

**Table 2** depicts Perceived Stress Scale Mean and standard Deviation among parents of mentally retarded children. The mean score was 61.10 and SD was 0.83.

**Table 3 Frequency and Percentage distribution of level of Perceived Stress Scale among parents of mentally retarded children**

N=40

Level of Stress	Frequency (f)	Percentage (%)
Mild stress	0	0
Moderate stress	16	40
Severe stress	24	60

**Table 3** shows frequency and Percentage distribution of level of Perceived Stress Scale among parents of mentally retarded children. Majority (60%) participants had severe stress and 40% had moderate stress and no one had mild stress.

**Table 4 Association between level of stress and selected demographic variables of parents of mentally retarded children**

N=40

Socio-demographic Variables		Chi square	Df	p value
Parents's Age	18 – 20	15.25	3	0.002*
	21– 23			
	24-26			
	>26			
Educational Status of parents	Illiterate	5.671	2	0.05
	Primary			
	Secondary			
	UG/PG			
	Others			
Occupation of parents	Housewife	1.404	1	0.5
	Self-employee			
	Pvt. Job			

		Govt. employ			
Father's age	21 – 23		3.101	3	0.37
	24 – 26				
	27 – 30				
	>30				
Education status of father	Illiterate		9.16	4	0.05
	Primary				
	Secondary				
	UG/PG				
	Other				
Occupation of father	Daily wages		9.685	3	0.02*
	Govt. employee				
	Pvt. employee				
	Self employee				
Religion	Hindu		1.417	2	0.49
	Muslim				
	Sikh				
	Christian				
Family type	Nuclear		5.625	1	0.02*
	Joint				
Residence	Rural		1.60	1	0.4
	Urban				
No. of children in	1		4.708	3	0.1
	2				



family	3			
	>3			
Family income ( ₹ ) per month	<5000Rs	11.825	3	0.008*
	Rs5001-10000			
	Rs. 10001-15000			
	>15000Rs			
Degree of mental retardation	Mild	12.278	3	0.006*
	Moderate			
	Severe			
	Profound			

*\*statistically significant at  $p < 0.05$*

**Table 4** shows association between level of stress and selected demographic variable of parents of mentally retarded children. A statistically significant association was found between stress level and parents age, occupation of father, family type, monthly family income and degree of mental retardation at  $p < 0.05$ . No statistically significant association was found between education status of parents and her occupation, father age and his education status, religion, residence and no. of children in family.

#### **Discussion:**

In this study, Majority of the parent's age was (55%) were more than 26 years, 30% were 24-26 years, 10% 21-23years, 5% 18-20 years. Majority of the father's age was (60%) were more than 30 years, 32.5% were 27- 30 years. 2.5% were 24- 26 years, 5% 21-23years. Majority 24 (60%) participants had severe stress and 16 (40%) had moderate stress and no one had mild stress. The mean score was 61.10 and SD was 0.83.

#### **Conclusion:**

The parents has always been recognized as an important factor in both the genesis and prognosis of mental retardation. Caring for a child with mental retardation can viewed as an ongoing stressor. This is due to the continuous nature of the illness, the long-term disabilities and lack control over the situation. The psychological process such as coping behavior that are used by parents to deal with the demand of such a stressful situation are therefore important. This study revealed the level of perceived parental stress among the parents of mentally retarded children.

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