



# A STUDY TO ASSESS THE STRESS AND COPING STRATEGIES AMONG MOTHERS OF DIFFERENTLY ABLED CHILDREN IN SELECTED CLINICS AT MANGALORE

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**Abstract:** A descriptive research was conducted to assess the and coping strategies among mothers of differently abled children at Mangalore. About of differently abled children at Dr.MV Shetty speech and hearing clinic who fulfilled the inclusion criteria. Parenteral stress scale and Cope inventory to assess the coping strategies were used for the data collection. A study result was shown that The study focuses on mothers of differently abled children, with a majority aged 18-30 and 31-50 years. The majority are Hindus, in nuclear families, with a family income below 20000 per month. Most mothers have 1-2 children, have a PUC-Post graduate education, and have severe stress levels. Coping strategies are generally adequate, with a correlation between stress and coping strategies. The study also finds a significant association between stress levels and coping strategies among mothers. A study was concluded that Mothers generally report higher stress levels than fathers when parenting differently abled children, who also face severe stress. Despite this, parents use positive strategies to cope with stress.

**Index terms:** assess, stress, strategies, mothers, differently

## I. INTRODUCTION

Differently abled refer to the impact of impairment upon the performances and activities commonly accepted as the basic elements of everyday living. Disability can be used when impairment, objectively defined, constitutes a hindrance to mobility, domestic routine or the occupational and might be communicational skills. <sup>1</sup> A person with disabilities means who on account of injury, disease or congenital deformity, is handicapped in under taking any gainful profession or employment and includes persons who are visually impaired as well. In short, exceptional people are those, who either lack one of the areas of development.<sup>2</sup> Now the people are thinking that differently abled people can be responsible citizens if they have proper education and training. They can be proved productive people for their country. Parenting is a tough role and having a child with disabilities can make it more difficult as these children have impairment in physio-psycho-social development parents find their roles very stressful resulting in social/ economic/ physical and physiological problems.<sup>4</sup> Individuals usually cope with problem in different ways that depends on one's personalities, problem solving ability, nature of stress and methods used to solve these issues.<sup>5</sup> Parents require coping skills to cope up with stress resulting from extra familial factors and inner personal factors or child factors. The effect of the stressors on the parents depends up on the parents physiological wellbeing and the amount of support they receive from friends, family and other personal resources.<sup>6</sup>

## STATEMENT OF THE PROBLEM

A study to assess the stress and coping strategies among mothers of differently abled children in selected clinics at Mangalore.

## OBJECTIVES

- To assess the level of stress among mothers of disabled children.
- To determine the coping strategies among mothers of disabled children.
- To correlate the level of stress and coping strategies among mothers of disabled children.

- To associate between level of stress and coping strategies among mothers of differently abled children with selected baseline variables.

## HYPOTHESIS

- H1 : There will be a significant association between level of stress with selected demographic variables
- H2 : There will be a significant association between the level of coping with selected demographic variables
- H3 : There will be a significant correlation between level of stress and coping strategies

## MATERIAL AND METHODS

A descriptive research was conducted to assess the and coping strategies among mothers of differently abled children at Mangalore. About of differently abled children at Dr.MV Shetty speech and hearing clinic who fulfilled the inclusion criteria. Parenteral stress scale and Cope inventory to assess the coping strategies were used for the data collection.

## RESULT

### ORGANIZATION OF THE FINDINGS

**PART 1** :Description of demographic variables

**PART 2** : Assessment of level of stress and coping strategies among mothers of differently abled children

**Section A** : Assessment of the level of stress among mothers of differently abled children

**Section B** : Assessment of the coping strategies among mothers of differently abled children

**PART 3** : Correlation between level of stress and coping strategies among mothers of differently abled children

**PART 4**: Association between level of stress and coping strategies among mothers of differently abled children with selected baseline variable

**Section A** : Association between the level of stress among mothers of differently abled children

**Section B** : Association between the coping strategies among mothers of differently abled children

### PART 1 : Description of Demographic table

This part deals with distribution of participants according to their demographic characteristics . Data were analyzed using Descriptive statistics and are summarized in terms of percentage. The entire sample consists of 60 mothers of differently abled children

TABLE NO 2: Frequency and Percentage Distribution of sample according to baseline Variables.

**N = 60**

Sl. No.	Baseline Variables	Frequency	Percentage
1	Age in years		
	a. 18-20	7	11.66%
	b. 21-30	24	40%
	c. 31-40	19	31.66%
	d. 41-50	10	16.66%
2	Educational status		
	a. Noformal Education	1	1.66%
	b. Primary school	2	3.33%
	c. High school	17	28.33 %
	d. PUC	23	38.33 %
	e. Graduate	15	25%

	f. Post graduate	2	3.33%
3	Occupation		
	a. House wife	37	61.66%
	b. Daily wages	11	18.33%
	c. Private job	11	18.33%
	d. Government job	0	0%
	e. Any other	1	1.66%
4	Religion		
	a. Hindu	21	35%
	b. Muslim	19	31.66%
	c. Christian	20	33.33%
	d. Others	0	0%
5	Income of family		
	a. Below 10000	17	28.33%
	b. 10001-20000	28	46.66%
	c. 20001-30000	12	20%
	d. 30001 & above	3	5%
6	Type of family		
	a. Nuclear	44	73.33%
	b. Joint	16	26.66%
	c. Extended	0	0%
7	Number of children		
	a. One	15	25%
	b. Two	30	50%
	c. Three	14	23.33%
	d. Four & above	1	1.66%
8	Bio data of the child		
A	Age in year		
	a. 5-8yrs	32	53.33%
	b. 9-12 yrs	20	33.33%
	c. 13-15 yrs	6	10%
	d. 15yrs & above	2	3.33%
B	Sex		
	a. Male	36	60%
	b. Female	24	40%

Data presented in TABLE NO : 1 Shows that majority of (40%) of the sample were age group of 21-30. Most (38.33%) of mothers have PUC Education. Majority (61.66%) of mothers are House wives. Most (35%) of religion are Hindus. Most (46.66%) of sample's family income is 10001-20000. Most (73.33%) are in nuclear family. Most (50%) mother's have two children. Most (53.33%) of children belongs to age group 5-8. Majority (60%) of children are males.

## PART2 : Assessment of level of stress and coping strategies among mothers of differently abled children

### Section A : Assessment of the level of stress among mothers of differently abled children

This part deals with data analysis and interpretation to describe the level of stress among mothers of differently abled children obtained by using self structured questionnaire. Data were interpreted using frequency and percentage.

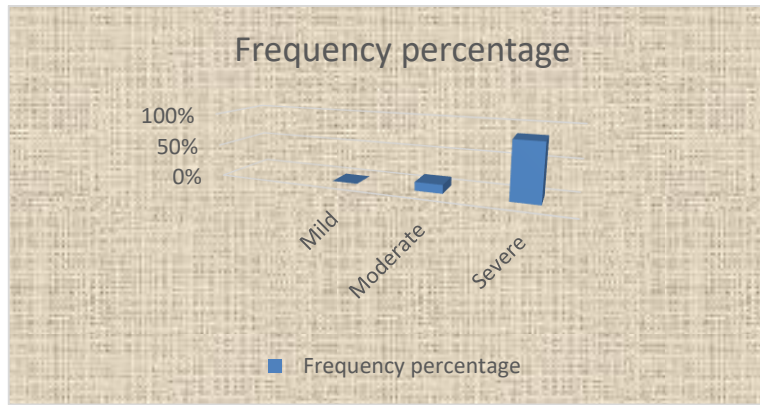
TABLE NO 3 : Assessment of stress among mothers of differently abled children

N-60

Sl.No.	Level of stress	Frequency	Frequency percentage
1.	Mild	0	0%
2.	Moderate	8	13.3%
3.	Severe	52	86.6%

N-60

Fig :2



Data presented in TABLE 3 & Fig 2 shows that majority (86.6%) are severe level of stress and (13.3%) has moderate level of stress. Data were interpreted using frequency and percentage

**Section B : Assessment of the coping strategies among mothers of differently abled children**

This part deals with data analysis and interpretation to describe the coping strategies among mothers of differently abled children obtained by using self structured questionnaire. Data were interpreted using frequency and percentage.

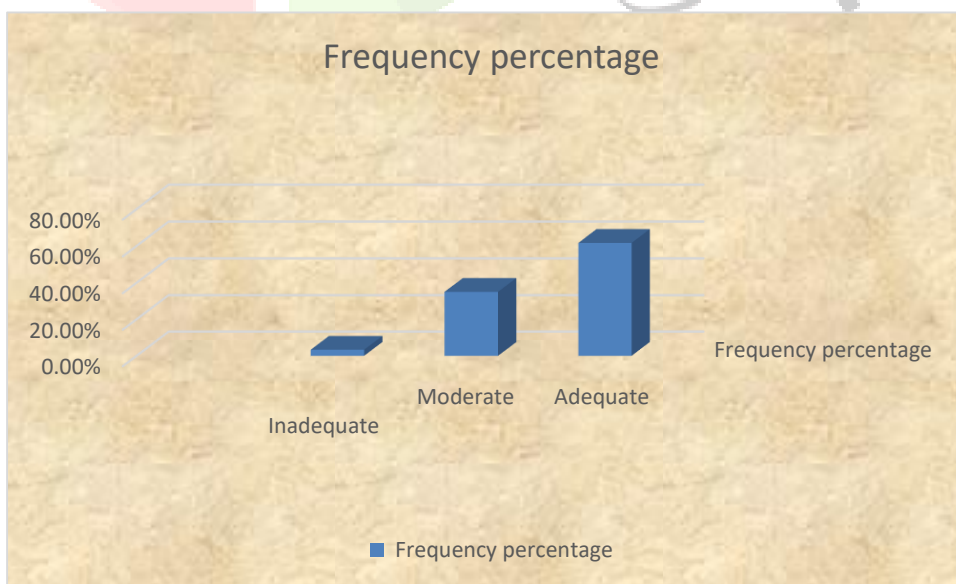
TABLE NO 4 : Assessment of the coping strategies among mothers of differently abled children

N=60

Sl. No	Level of coping	Frequency	Frequency percentage
1.	Inadequate	2	3.3%
2.	Moderate	21	35%
3.	Adequate	37	61.6%

N=60

Fig 3



Data presented in TABLE NO 4 & Fig 3 Shows majority (61.6%) have adequate coping strategies and (35%) has moderate coping strategies and (3.3%) has inadequate coping strategies

### PART 3 : Correlation between the level of stress and coping strategies among mothers of differently abled children

**Ho1** : There is no relation between the level of Stress and coping strategies among mothers of differently abled children

**H11** : There is arelation between the level of Stress and coping strategies among mothers of differently abled children

Karl Pearson correlation coefficient was utilize to find correlation between the level of stress and coping strategies

TABLE NO 5 : Mean, SD, Mean Percentage and correlation of the level of stress and coping strategies

**N=60**

Aspects	Mean	SD	Mean percentage	Correlation coefficient (r)
Stress	97.33	14.163	162.21%	0.1905
Coping strategies	46.31	9.613	77.18%	

Data in Table no 5 : shows that level of stress among mothers of differently abled children with mean of 97.33 , SD = 14.163, mean percentage 162.21% and coping strategies among mothers of differently abled children with mean of 46=31,SD = 9.613, mean percentage 77.18%. Correlation between the level of stress and coping strategies among mothers of differently abled children was found to be positively correlated with  $r=0.1905(p < 0.05)$ . Hence null hypothesis was rejected

### PART 4: Association between the level of stress and coping strategies among mothers of differently abled children with selected baseline variable.

#### Section A : Association between the level of stress among mothers of differently abled children with baseline variable.

**Ho2:** There is no significant association between the level of stress among mothers of differently abled children with baseline variable

**H12** : There is a significant association between the level of stressamong mothers of differently abled children with baseline variable

TABLE NO 6: Association between the level of stress among mothers of differently abled children.

**N = 60**

Sl. No	Variable	df	X <sup>2</sup>	Inference
1.	Age	1	1.762	Non Significant
2.	Educational status	1	0.035	Non Significant
3.	Occupation	1	0.057	Non Significant
4.	Religion	1	0.341	Non Significant
5.	Income	1	3.971	Significant
6.	Type of family	1	2.962	Non Significant
7.	No: of child	1	1.151	Non Significant
8a.	Age in child	1	5.249	Significant
8b.	Sex	1	0.423	Non Significant

Table Value: 3.841

Data presented in TABLE NO 6. Reveals that the calculated chi-square value of Income and age of child is greater than that of Table Value (3.841) at 0.05 level of significance. And concluded that there is a significant association between the level of stress with selected baseline Variables. Hence the null hypothesis was be rejected.

**Section B: Association between coping strategies among mothers of differently abled children with baseline variable.**

**Ho3 :** There is no significant association between the coping strategies among mothers of differently abled children with baseline variable

**H13 :** There is a significant association between the coping strategies among mothers of differently abled children with baseline variable

**TABLENO 7:** Association between coping strategies among mothers of differently abled children with baseline variable

N=60

Sl. No	Variable	df	X2	Inference
1.	Age	1	0.634	Non Significant
2.	Educational status	1	1.727	Non Significant
3.	Occupation	1	3.578	Non Significant
4.	Religion	1	1.345	Non Significant
5.	Income	1	0.211	Non Significant
6.	Type of family	1	1.256	Non Significant
7.	No : of child	1	1.151	Non Significant
8a.	Age in child	1	5.249	Significant
8b.	Sex	1	0.0117	Non Significant

Table Value: 3.841

Data presented in TABLE 7. Reveals that the calculated chi-square value of Age in child is greater than that of Table Value (3.841) at 0.05 level of significance. And concluded that there is a significant association between the coping strategies with selected baseline Variables. Hence the null hypothesis was rejected.

## CONCLUSION

Stress levels of the parents of differently abled children are generally very high. It is concluded that mothers in general reported greater stress than fathers. Mothers play a major role in parenting a child that too if the child is disabled she is piled up with severe stress. Parents were found to be using more positive and practical strategies to cope with stress induced by taking care of children with special needs.

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