



# STUDY TO ASSESS THE BURDEN LEVEL IN CARE GIVERS OF MENTALLY CHALLENGED CHILDREN

Ms.Kavitha.P<sup>1</sup>, Dr.Sivapriya.S<sup>2</sup>

<sup>1</sup>Research Scholar, Ranimeyyammai College of Nursing, Annamalai University. India

<sup>2</sup>Lecturer, Department of Pediatric Nursing, Ranimeyyammai College of Nursing, Annamalai University.  
India

## ABSTRACT

Children who are mentally challenged need at most care and attention in meeting the basic needs. In this present descriptive study 30 caregivers of mentally challenged children were selected to assess their burden level. Purposive sampling technique was used to select the samples. Majority of the samples depicted high level of burden. There was significant association found between the demographic variable (educational qualification) and the burden level in care givers of mentally challenged children. Parents or caregivers of children who are mentally challenged need social & educational support in caring them and meeting their demands.

Key words: Burden, Mentally Challenged children, Care givers

## INTRODUCTION

Children are the assets of our nation. Child development involves the biological, psychological and emotional changes that occur in human beings between birth and adolescence. Parents or care givers need to take care of children and be aware to assess their development on time. When parents usually think about intellectual or cognitive development they are thinking more about learning academic skills and building a knowledge base. Intellectual disability is a term used when there are limits to a person's ability to learn at an expected level and function in daily life. Levels of mental challenged or intellectual disability vary greatly in children. The World Health Organization (WHO) classifies intellectual disability as mild (IQ: 52-69), moderate (IQ: 36-51), severe (IQ: 20-35) and deep (IQ: <20) following the psychometric assessments. The term family burden was first mentioned by Grad and Sainsbury. They defined it as the negative expenditures created by the intellectually disabled children for their families. The care to be provided to mentally

challenged children and their parents requires an interdisciplinary team approach. The team comprises of professionals such as nurses, doctors, physical therapists, psychologists, dietitians and special education experts. A nurse plays a key role who positions the disabled people and their families at the center of care and ensure coordination with health care team. Nurses who provide care to mentally challenged children and their parents play a variety of distinct roles. The present study was conducted to assess the burden level in care givers of mentally challenged children.

### **OBJECTIVES:**

1. To assess the burden level in care givers of mentally challenged children.
2. To find the association between the burden level in care givers of mentally challenged children with their selected demographic variables.

### **HYPOTHESIS:**

1. **H<sub>1</sub>:** There will be a significant association between the burden level in care givers of mentally challenged children with their selected demographic variables.

### **REVIEW OF LITERATURE**

**Singh et al (2020)** conducted a Cross sectional study with hospital based technique to know the level of burden among care givers of children with intellectual disability in northern India. Total 98 children with intellectual disability along with their caregivers were recruited through systematic sampling from outpatient department of District Mental Health Program Unit (DMHP), District Hospital, of Bihar. Informed consent was sought from the participants and structured socio-demographic data sheet and family burden interview schedule was administered. Burden was experienced by the caregivers in various aspect of family life: family routine, financial and mental health burden. Almost every domain of the burden is significantly high in the male caregivers in comparison to female caregivers. Caregivers experience physical, economical, emotional, and personal burden while caring the intellectually disabled child throughout their life.

**K. Maheswari (2014)** carried out a study to assess the burden experienced by the care givers of disabled children. It has been estimated that about 10 per cent of children experience developmental disorders requiring access to the health care system and extensive care giving, often throughout childhood and into the adult years. Community- based care settings may serve to increase demands on family members, it is essential to be more active participants in the care of their child. Purposive sampling method was adopted to collect data from 50 respondents. Descriptive research design was used and the results indicated that less than half of the respondents (44%) have high level of burden and majority of the care givers are female.

### **MATERIALS AND METHODS**

In this descriptive study 30 samples were selected to assess the burden level in care givers of mentally challenged children. The investigator used purposive sampling method to select the care givers who fulfilled the inclusive criteria at the selected School.

## INCLUSION CRITERIA

The study include care givers of mentally challenged children who are

- interested to participate in the study.
- available during data collection.

## EXCLUSION CRITERIA

The study excludes care givers of mentally challenged children who are

- absent during data collection.
- not willing to participate.

## DATA COLLECTION PROCEDURE

The study was conducted with 30 care givers of mentally challenged children selected by purposive sampling method. Informed consent was obtained from the Special school prior to the collection of the data. 30 care givers were selected and informed consent was obtained from them who fulfilled the criteria. The demographic data were collected from the care givers and their burden level was assessed using Zarit Care Giver Scale and recorded the values. Finally educational guidance was provided to the care givers.

## RESULTS

After a week of data collection the following results were summarized

Regarding the age, 7% caregivers are in 25-30 years; 17% caregivers are in 31-35 years; 53% caregivers are in 36-40 years; and 23% are above 50 years.

Regarding caregivers majority 87% were parents and 10 % were grand parents and 3 % were others.

Regarding the educational qualification majority 43% were Under graduates, 37% were post graduates, illiterate and other qualification were 10% each.

Regarding level of intellectual disability majority 87% were mild cases, 13% were moderate and none belonged to severe or profound type.

Regarding area of residence of care givers 23% in rural, 37% in urban, 17% in semi rural and 23% in semi urban areas.

Regarding socioeconomic status 7% belonged to upper class, 33% belonged to upper middle class, 40% belonged to lower middle class, 17% belonged to upper lower class and 3% belonged to lower class.

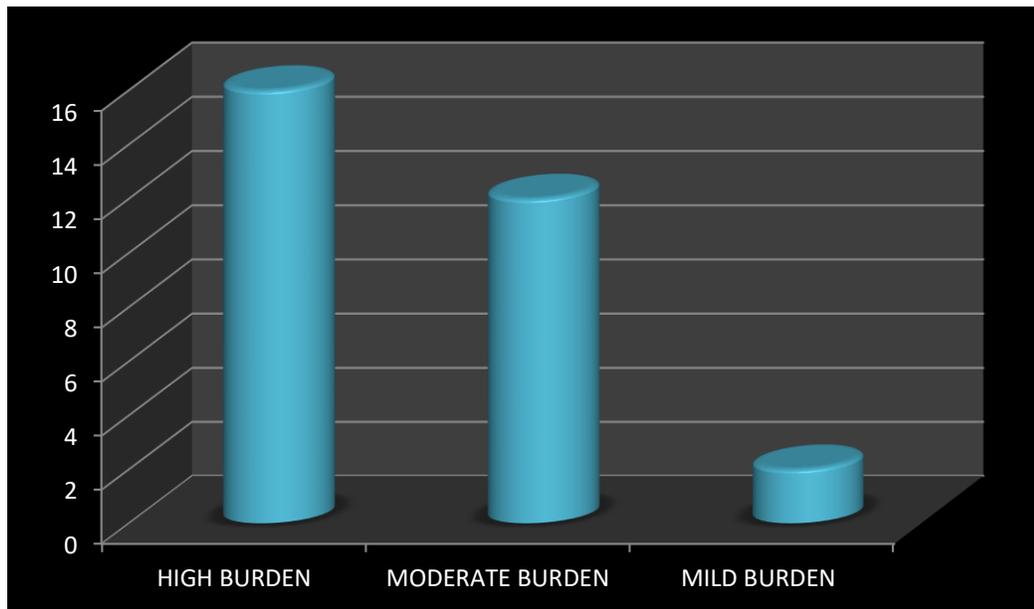


Fig:1. Level of burden level in care givers of children with intellectual disabilities.

Figure 1 depicts the level of burden level in care givers of mentally challenged children. 16(53%) had high burden, 12(40%) had moderate burden whereas 2(7%) had mild burden.

There was significant association found with educational qualification where as no association was found between other selected demographic variables and the burden level in care givers of mentally challenged children.

## DISCUSSION

Majority of the samples had high level of burden.

Hypothesis 1:  $H_1$  was accepted for educational qualification whereas was rejected for other selected demographic variables.

## CONCLUSION

Care givers of mentally challenged children face varying level of burden and they should be supported with educational guidance to take at most care of these children.

**BIBLIOGRAPHY :**

1. World Health Organization. World report on disability and rehabilitation. 2010.
2. American Psychiatric Association. Intellectual disability. August 2021.
3. Chou KR. Caregiver burden: a concept analysis. Journal of Pediatric Nursing 2000; 15:398– 407.
4. Anirban Ray. An Assessment of Burden of Care on Parents with Intellectual Disability in Eastern Indian Population. 6(6) Journal of Medical Science and Clinical Research. June 2018.
5. Upendra Singh, Sweta and Bhupendra Singh. International Journal of Cognitive Behaviour. 2020, 3:005 Volume 3 | Issue 1 DOI:10.23937/2690-3172/1710005.
6. K. Maheswari IOSR Journal Of Humanities And Social Science (IOSR-JHSS). 19(7), Ver. IV (July. 2014), PP 06-08 e-ISSN: 2279-0837, p-ISSN: 2279-0845.

