



LIFE SATISFACTION AND LOCUS OF CONTROL AMONG DIFFERENTLY ABLED AND NORMAL CHILDREN'S PARENTS

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Abstract: Bringing up children is a challenging job to parents whether it be normal or differently abled. When a child is differently abled, the parents have to put on great effort to meet day to day challenges. This study is therefore an attempt to understand whether there is any difference in the life satisfaction and locus of control between parents of normal and differently abled children. The sample taken for this study were 54 parents which includes 33 parents of differently abled children and parents of 21 normal children from the state of Kerala through Purposive sampling. The scale used were Levesion's scale for Locus of Control, a 24 item scale and a 34 item Life satisfaction scale prepared by Promila Singh and George Joseph 1996). The obtained results were analysed using Independent Samples t-test and Pearson's Product Moment Coefficient of Correlation. From the study it is clear that there is no significant difference in life satisfaction among parents of differently abled and normal children. There is no significant difference between locus of control among parents of differently abled children. There is no significant difference in life satisfaction among parents of differently abled and normal children. There is no significant difference between locus of control among parents of differently abled and normal children.

Key Words: Life satisfaction, Locus of Control, Differently abled children

I INTRODUCTION

Parenting is a privilege that falls on the shoulders of both the mother and the father. Parenting actually aims at preparing a child for social life. For the kids, parents serve as their primary role models. Parents influence the development, socialization and well-being of their children and children in turn affect the well-being of their parents (Frank J. Floyd, Kenta A., 1993). The most rewarding experience in a couple's life is having a kid. A child causes a significant shift in one's physical, psychological, economic, interpersonal, and social circumstances. Every parent has aspirations and goals for their kids. A child's natural development may be affected by genetics, hereditary conditions, brain damage, difficult deliveries, and other elements. This may lead to typical cognitive, behavioural, psychological, and physical patterns to appear, as well as socio-emotional issues that can be debilitating and have a long-term impact on a child's development. The Intelligence Quotient (IQ) of 70 and below indicate a mild to severe level of mental retardation. When compared to a typical child, a differently abled child requires different methods of education, training, reaction, and behaviour, as they are also a part of our society and play an equally important role in our social structure. The birth of a differently abled child is a huge shock for the parents and has a negative impact on their social, family, psychological, emotional, financial, and interpersonal relationships. It has an impact on parenting skills and parenting attitude, which in turn has an impact on the child's psychological, social,

emotional, and personality development. It is necessary for their parents to be healthier and happier in order to help special needs children.

Research is being conducted all over the world to better understand parental attitudes, emotional and reaction states, anxiety, frustration, adjustment, life satisfaction, mental health, and so on, and with each study, our understanding grows to help professionals, researchers, society, and parents themselves create a healthier, more supportive, and encouraging environment and relationship with special needs children. This study aims to find the relationship between locus of control and life satisfaction among parent and also to understand whether difference in the two variables exist among parents of differently abled children and that of normal children.

Life satisfaction is how people express their emotions and feelings (moods), as well as how they feel about their future directions and options. It is one of three major well-being indicators: life satisfaction, positive affect, and negative affect (Diener, 1984). "Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as a whole," says Ruut Veenhoven (1993). According to Cribb (2000), life satisfaction, along with other indicators of mental and physical health, is one of the indicators of 'apparent' quality of life. It is defined as an evaluation of one's overall living conditions derived from a comparison of one's aspiration to one's actual achievement. According to Diener, Oishi, and Lucas (2003).

Locus of control is the degree to which people believe that they, as opposed to external forces (beyond their influence), have control over the outcome of events in their lives. The concept was developed by Julian B. Rotter in 1954, and has since become an aspect of personality psychology. Locus of control can be internal or external. If one believes that he/she has control over what is happening, then that person has internal locus of control and if a person thinks that he/she has no control over what is happening and that everything is dependent on external factors, then that person has an external locus of control.

II RATIONALE OF THE STUDY

The birth of a differently abled child is a shock for the parents and may have a negative impact on their social, family, psychological, emotional, financial, and interpersonal relationships. When compared to a typical child, a differently abled child requires different methods of education, training, reaction, and behaviour. It is necessary for their parents to be healthier and happier in order to help special needs children. This study intends to find out whether the interventions that were so far made in this field has any impact on the quality of life of the parents of differently abled children and whether they are able to handle their life situations and demand of day to day life without struggle. The researcher hopes that this study will throw light on the areas to be focussed when the society is aiming at improving the quality of life of our fellow beings who are taking an extra effort in bringing up their differently abled offspring. The study also tries to analyse the effect of locus of control on the parent's life and its impact in maintaining the quality of life and their outlook. The study is significant because locus of control and life satisfaction are determinant in maintaining the quality of life among parents of differently abled and normal children. The findings of the study can be utilized in various areas like nursing practice, research, education and administration. Providing high level of tangible support to these parents in terms of physical help and non- tangible support by the community in terms of education, treatment facilities to enhance the cognitive skills of the child can significantly reduce the difficulties encountered by parents. The study emphasizes the need to identify such problems if any and help in developing positive coping to reduce the possibility of psychological breakdown among these parents. The review of related studies revealed that there are no studies about the locus of control and life satisfaction of parents of differently abled children. Studies about locus of control mainly focuses on psychological variables and are mostly conducted among adults and in academic settings. Life satisfaction studies are also lacking in this area. Studies relating the two variables are also less and no recent studies could be found. Moreover, such studies are not conducted in the Kerala context.

III OBJECTIVES OF THE STUDY

- To find out the relationship between life satisfaction and locus of control among parents of Differently Abled children
- To find out whether there is any significant difference in life satisfaction among parents of Differently Abled and normal children.
- To find out whether there is any significant difference in locus control among parents of Differently Abled and normal children.

IV Hypotheses of the study

- There is a relationship between life satisfaction and locus of control among parents of differently abled children
- There is significant difference in life satisfaction among parents of differently abled and normal children.
- There is significant difference in locus of control among parents of differently abled and normal children.

VI SAMPLE OF THE STUDY

A sample is the representative part of the total population. Sampling means selection of individuals from the population in such a way that every individual has the equal chance, to be taken into the sample population. The sample for the present study includes 21 parents of Mentally Challenged children and 33 parents of Normal children. The parents belong to different districts of Kerala. Purposive sampling is used in the study. The criteria for inclusion and exclusion for sample selection are

- Parents of children from age 10-20 are included
- Both boys and girls are included
- Parents outside Kerala are excluded
- Parents who abandoned their children are excluded
- Single parents are excluded

VII TOOLS USED FOR THE STUDY

The tools used for the present study are

7.1 Personal data sheet: Personal data sheet contains demographic details like Name, Age, sex, details of the child, marital status of parents. Consent for data collection was also sought.

7.2 Life satisfaction scale: Life satisfaction scale prepared by Promila Singh and George Joseph (1996) was used for the present study. Life satisfaction has typically been measured using one-or two item scales. The life satisfaction scale was based on the following dimensions

- (a) Taking pleasure in everyday activities.
- (b) Considering life meaningful,
- (c) Holding a positive self-image,
- (d) Having a happy and optimistic outlook
- (e) Feeling success in achieving goals.

These dimensions can be referred to as "current" life satisfaction (Neugarten et al, 1968). The present scale was constructed by considering the above five dimensions of life satisfaction. The Life Satisfaction Scale intends to measure the life satisfaction of the participants. "The tool may conveniently be administered to everyone.

Scoring: The scale consists of 34 items, each item is to be rated on the five-point scale-- Always, Often, Sometimes, seldom and never, and which are respectively scored as 5, 4, 3, 2 and 1. The items relate to the individuals all round activities and thus give a global picture of one's life satisfaction level. The higher the score on the life satisfaction scale the higher will be the level of life satisfaction.

Reliability: The test-retest reliability computed after a lapse of 8 weeks turned out to be 0.91

Validity: The coefficient of correlation of the present scale and Life Satisfaction Scale of Alam and Singh (1971) was found to be 0.83. The scale also possesses face and content validity since each item was judged by experts.

7.3 Levesion's Scale for Locus of Control

The concept of locus of control was developed by American psychologist Julian Rotter, who devised the Internal-External Locus of Control Scale (I-E) to assess this dimension of personality. The scale was developed in 1966. The Locus of Control Scale (LCS) is a 29-item questionnaire that measures an individual's level of internal versus external control of reinforcement.

Scoring: The scale is a forced-choice instrument, which consists of 29 pairs of statements, 23 of which are scored. There are six filler items (item no: 1, 8, 14, 19, 24, 27) that are not scored. A high score indicates an external locus of control on the internal-external dimension of the scale. In scoring, only external alternatives are endorsed. The maximum possible score on Levesion's Scale for Locus of Control Scale is 23 and the minimum is 0.

Reliability: Split-half test shows an Index of Reliability 0.88 and Test-Re-test shows an Index of Reliability 0.85.

Validity: Rotter (1966) reported good discriminant validity for the scale indicated by low correlation with such variables as intelligence, social desirability, and political affiliation.

VIII RESULT AND DISCUSSION

In this study Independent sample t-test is used to compare life satisfaction among parents of differently abled and normal children and locus of control among differently abled and normal children. Pearson's Product Moment correlation was used to find the relationship between life satisfaction and locus of control among parents of Differently Abled children.

H1: There is a relationship between life satisfaction and locus of control among parents of differently abled children

Table.8.1 Correlation between Life satisfaction and Locus of control of Differently abled children's parents

Variable	N	r
Locus of control	21	
		0.611
Life satisfaction	21	

The obtained value of coefficient of correlation (0.611) indicate that there is a significant positive correlation at 0.05 level. This means that there is a relationship between locus of control and life satisfaction among parents of differently abled children. Hence the hypothesis stating that there is a relationship between life satisfaction and locus of control among parents of differently abled children is accepted.

Researchers have identified several areas in which one's sense of control appears to affect outcomes, including education, health, and civic engagement. Overall, such research has generally suggested that those with a more internal locus of control are more successful, healthier, and happier. Therefore, it can be concluded that parents who have and internal locus of control can meet life's challenges and lead a satisfied life.

H2: There is a significant difference between life satisfaction among parents of differently abled and normal children.

Table 8.2 Mean, Standard Deviation and t value for life satisfaction among parents of differently abled and normal children.

Groups	N	Means	SD	df	t
Parents of normal children	33	142.40	16.305	52	-1.765
Parents of differently abled children	21	134.66	12.460		

The result shows that mean values of the scores for life satisfaction obtained from parents of Normal children (M=142.3939, SD=16.305) and parents of Differently abled children (M=134.66, SD=12.460) t (-1.765). The result also indicate that mean value of between life satisfaction among parents of differently abled is lower than that of normal children. The hypothesis stating that there is a significant difference between life satisfaction among parents of differently abled and normal children was tested using independent sample t-test. The obtained t value is -1.765, which is not significant. Thus, the obtained result indicates that there is no significant difference between life satisfaction among parents of differently abled and normal children.

H3: There is a significant difference between locus of control among parents of mentally challenged and normal children.

Table 8.3 Mean, Standard Deviation and t value for locus of control among parents of differently abled and normal children

Groups	N	Means	SD	df	t
Parents of normal children	33	75.09	12.46	52	0.826
Parents of differently abled children	21	77.57	7.24		

The result shows that mean values of the scores obtained for locus of control from parents of Normal children (M=75.09, SD=12.46) and parents of Differently abled children (M=77.57, SD=7.24) t (0.826). The result also indicate that mean value of between locus of control among parents of differently abled is slightly higher than that of normal children. The hypothesis stating that there is a significant difference between locus of control among parents of differently abled normal children was tested using independent sample t-test. The obtained t value is 0.826, which is not significant. Thus, the obtained result indicates that there is no significant difference between locus of control among parents of differently abled and normal children.

IX Conclusion

The aim of the study to find the Life Satisfaction and Locus of Control among Differently Abled and Normal Children's Parents. Here parents of differently abled and that of normal children serve as the independent variable and locus of control and life satisfaction serve as the dependent variable. Pearson's Product Moment Correlation Coefficient was calculated to find the relationship between relationship between locus of control and life satisfaction among parents of differently abled children. The result shows that there is a relationship between locus of control and life satisfaction among parents of differently abled children. The Independent Sample t-test was used to compare life satisfaction among parents of differently abled and normal children. The obtained result indicates that there is no significant difference in life satisfaction among parents of differently abled and normal children and there is no significant difference between locus of control among parents of differently abled and normal children.

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