Emotional Maturity among the Parents of Children with Intellectual Disability

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Abstract:

Background: Parents of children with intellectual disability (ID) traditionally have been considered as prime candidates for various psycho-social problems. This study examined the level of emotional maturity among the parents of children with ID and compared the personal variables with their emotional maturity used by Dr. Yashvir Singh and Dr. Mahesh Bhargavas’s Emotional Maturity Scale. Method: Hundred parents of children with ID completed questionnaires. Results: Fathers of children with ID, the respondents who are living in urban area, those who are living in joint family and the parents of male child with ID are showed high emotional maturity. It is also shows significant difference between the age group of the respondents and the monthly income of the respondents with regard to their level of emotional maturity. Conclusion: Social work intervention methods are suggestible methods to improve the emotional maturity of the parents of children with ID.

Index Terms - Intellectual disability, Emotional maturity,

INTRODUCTION

Emotional Maturity is the ability to distinguish and correctly recognize one's emotions while giving individuals the right to feel whatever emotions are acceptable to a specific circumstance. Emotional maturity is not only the determinant of personality patterns; it also helps to regulate the growth and development of an individual. According to Smitson (1974), “Emotional maturity is a process in which personality is continuously striving for greater sense of emotional health, both intra-physical and intrapersonal.” A person who is emotionally stable will cope better with both himself and others. Generally, emotionally mature person has more satisfaction in life; though satisfied with what he has, he persistently tries to achieve more. He has a good approach to life and has a positive outlook. To offer meaning to the idea of emotional maturity as applied to adolescents, it would be appropriate to consider maturity at various stages of growth leading up to mature adult stage.

Parents of children with intellectual disability traditionally have been considered as prime candidates for various psycho-social problems. Comparing parents of children with intellectual disability, with emotional disorders, and with no impairments, (Cummings et al., 1966) found that mothers of 4- to 13-year-old children with intellectual disability were more depressed, more preoccupied with their children, and had greater difficulty in handling their anger toward their children than did mothers of non-disabled children. Fathers, too, have been considered prone to suffer from emotional problems.

An emotionally mature person has the capacity to make effective adjustment with himself, members of his family, and his peers in the school, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully. To get rid from the emotionally disturbed behavior the person should try to develop certain matured behavior so that they can overcome their psycho-socio-physiological problems. Especially parents of children with disabilities will come across with these sorts of emotional crises which simultaneously affect in both parents and children in every day to day life situations.
in their psycho-physiological systems. Hence parents of intellectually disabled children should develop more mature behavior during the time of emotions.

OBJECTIVES OF THE STUDY
Following are the main research issues implied in the problem:
- To find out the level of emotional maturity among the parents of children with intellectual disability.
- To compare the relationship of the emotional maturity among the parents of children with intellectual disability with their personal variables.

NEED OF THE STUDY
Emotional disturbances like feeling frightened, mental tension, short tempered, Anger, self-blaming, feel exhausted are very common in all human beings. Though, these emotional problems are very high among some special groups in our society. The parents of children with intellectual disability are the prime group among this category. Having a child with intellectual disability is not a favorable situation for a peaceful life. But it happened due to various reasons and it is the responsibility of the parent to care their child. They are spending their majority of time for caring thee special children with intellectual disability. Along with the problem related to care a child with intellectual disability, these parents face other problems like, financial, job related, social life etc… In this research, the researcher attempt to assess the level of emotional maturity and its relationship with their personal profile.

TOOL FOR DATA COLLECTION
The researcher used self-structured questions to know the personal and socio-demographic profile of the respondent and for assessing the level of emotional maturity among the parents of children with intellectual disability used Emotional Maturity Scale – developed by Singh, Y., & Bhargava, M. (1990).

SAMPLING PROCEDURE
The researcher followed the purposive sampling method to identify hundred parents of children with intellectual disability for the study.

RESEARCH DESIGN
The main aim of the study is to identify the level of emotional maturity among the parents of children with intellectual disability and to assess the relationship with their personal and socio-demographic profile. So in this study the researcher adopted the descriptive research design.

ANALYSIS
In the present study simple percentage calculation was used to find out the details of the respondents. Further T-test and ANNOVA test were used to find out significant difference between groups and within groups with regard to the emotional maturity among the parents of intellectual disability.

MAJOR FINDINGS OF THE STUDY
1. Majority of the respondents (28 Per cent) of the respondents are in the age group of 46-55 years.
2. Most of the (55 Per cent) of the respondents are female.
3. 27 Per cent of the respondents educational qualification is below 10th standard
4. Private Job holders are more (50 per cent) among the respondent.
5. Most of the respondents (44 Per cent) of the have monthly income in between 10001-20000.
6. Most of the respondents (66 Per cent) are belonging to nuclear family.
7. Respondents from rural area (58 Per cent) are more than from urban area (42 Per cent).
8. 28 Per cent of respondent’s child’s age group is in between 11-15 years.
9. Majority (66 Per cent) of the respondents’ intellectually disabled child is females.
10. 49 Per cent of respondent’s children have mild intellectual disability.
11. Majority (63 per cent) of the respondents have low emotional maturity.

FINDINGS RELATED TO T-TEST
1. It was found that the mean value of fathers of children with intellectual disability was high with regard to the emotional maturity, which reveals that fathers of children with intellectual disability have high emotional maturity than mothers.
2. It was found that the mean value of respondents who lives in urban area was high with regard to the emotional maturity, which reveals that the parents of children with intellectual disability who are living in urban area have high emotional maturity than who lives in rural area.
3. It was found that the mean value of respondents who lives in joint family was high with regard to the emotional maturity, which reveals that the parents of children with intellectual disability who are living in joint family have high emotional maturity than who lives in nuclear family.
4. It was found that the mean value of respondent with a male intellectually disabled child was high with regard to the emotional maturity, which reveals that the parents of male child with intellectual disability have high emotional maturity than parent with intellectually disabled girl child.

FINDINGS RELATED TO ANNOVA-TEST
1. There’s a significant difference between the age group with regard to their level of emotional maturity. Respondents in age group of (56-65) years have high mean (1.6087) than respondents with other lower age group.
2. There’s a significant difference between the monthly income of the respondent with regard to their level of emotional maturity. Respondents monthly income (20000 and above) have high mean (1.5385) than respondents with other lower income group.
3. There’s a significant difference between the age of intellectually disabled child with regard to parents level of emotional maturity. Child in the age group of (16-20 years) have high mean (1.6087) than children with other lower age group of child.

RECOMMENDATIONS
- Parents of children with intellectual disability should attend frequent counseling and guidance sessions.
- Parents of children with intellectual disability may try to force it out bad emotions in your mind with different thought.
- Parents may detach from the resentment, the jealousy or the fury lingering within them.
- Parents may perform whatever the activity is best-suited to you in order to liberate your being from pent-up sentiments.
- Parents may practice yoga or other relaxation techniques.
- Parents may use entertainment methods, like watching movies, listening music’s etc…
Parents may keep in touch with professionals and government, private institutes in the field of rehabilitation of persons with disabilities as well as to the parents and relatives. Parents may become a member of parents associations and groups which will help to create group feelings and sharing of emotions with other parents.

SOCIAL WORK INTERVENTION

- Social workers may provide social work intervention methods to enhance the emotional maturity of the parents with intellectual disability.
- False formations and guidelines are getting these parents. Social workers may provide proper parental awareness programmes to improve the knowledge about the intellectual disability to the parents.
- Social workers may help the parents for improving the mental health through providing proper therapeutic interventions to the parents of children with intellectual disabilities.
- Social workers may provide help and support to avail the social security schemes implementing by the central and state governments to the parents and their children with intellectual disability.

REFERENCES


