



Mental Health Status Among Parents Of Intellectually Disabled Children

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ABSTRACT

Background: Mental health refers to our cognitive, and/or emotional well-being - it is all about how we think, feel and behave. Our mental health can affect our daily life, relationships and even our physical health. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological well-being.

Objectives: The objective of this study was to investigate the level of mental health of parents of intellectually disabled children.

Method: The sample consisted of 240 parents (120 fathers and 120 mothers) of intellectual disabled children who were selected from Ahmedabad city. Their age range was 35 to 55 years and education minimum up to high school. A control group of 120 parents (120 fathers and 120 mothers) of normal children were also selected for this study. Mental Health of Parents Questionnaire developed by Dr. Kamlesh Sharma was administered to measure the level of their mental health.

Results: revealed that mental health of parents of intellectually disabled children was found to be impaired as compared to the parents of normal children.

Conclusion: Parents of intellectually disabled children possess poor mental health and they need psychological intervention for optimal mental health.

Key Words: *Mental Health, Intellectually Disabled, Psychological intervention.*

Introduction:

Mental health refers to our cognitive, and/or emotional wellbeing - it is all about how we think, feel and behave. Mental health, if somebody has it, can also mean an absence of a mental disorder. According to the government's statistics, 20% of Indians need counseling at some point of their lives. One per cent of the population suffers from serious mental health disorders, while 5-10% of Indians suffer from moderate disorders. Your mental health can affect your daily life, relationships and even your physical health. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological resilience.

While there are as many as two crore (20 million) Indians suffering from mental illnesses, the country has only 3,500 psychiatrists and 1,500 psychiatric nurses to treat them. According to the Head of the Department of Psychiatry at New Delhi's G B Pant Hospital R C Jiloha, an estimated 1-2% of India's 100-crore plus population suffer from major mental disorders and about 5% of the population from minor depressive disorders. Most of the psychiatrists are based in cities or private hospitals. However, government hospitals face an acute shortage, although they are the ones which treat the poor. In the United States there are 45,615 psychiatrists. (Annual Report The MINDS Foundation, 2012)

Such large amount of statistics of mental health and illness incite studies related to their diagnosis, nature and remedies on a large scale to improve the mental health of India. This paper tries to account one such study undertaken in Ahmedabad regarding mental health of parents of Intellectually Disabled and normal children.

Review of Literature :

Allen, Bowles, & Weber, 2013 The caregivers' perceived burden on childcare can be represented by the level of caregiving stress. Childcare can also cause stress in families with normally developing children; such stress generally decrease overtime as children grow up (Allen, Bowles, & Weber, 2013). However, for the caregivers of CDD, care may need to be maintained throughout the child's life (Allen et al., 2013). Parenting can be a lifelong occupation, which may exhaust all their physical, psychological, and social competence. Singer &Farker (1989) also explained that parents with children with disabilities often experience financial burden, mental and physical fatigue, loss of job opportunity, limitation in outdoor and leisure activities, social isolation, and marital conflict. In addition, parents' guilt toward their children, sadness, hopelessness, and frustration may amplify tension and conflict in family life (Chung & Cho, 2013), resulting in lower LS. Despite the importance of understanding how such care-related stress is associated with LS among the caregivers of CDD, only a handful studies have investigated the relationship between caregiving stress and LS among them.

A study by Schooler et al. 2003 showed that an attempt to intentionally improve their happiness was ineffective. In this study, participants were asked to listen to Stravinsky's Rite of Spring, and were either asked to try to feel happy while they listened to the music or were given no specific instructions. The results of this study showed that individuals who assumedly attempted to manipulate their mood did not in fact report greater mood compared to individuals who were not given instructions to do so. A main limitation of this design is the use of a single selection of music that is described as being "discordant" and "hedonically ambiguous" (Schooler et al., 2003).

Ryan & Deci, 2000 Based on this study, it is difficult to conclude that conscious effort to become happier is likely to be unsuccessful, because an alternative type of music, specifically one that is hedonically cheerful or positive, was not tested. Theoretical models of happiness and well-being, such as self-determination theory.

Lyubomirsky et al., 2005, and character strengths (Seligman et al., 2005), the sustainable model of happiness imply that it is important to consider whether the type of activity or method is theoretically or empirically supported. Furthermore, according to Lyubomirsky et al. (under review), it takes both a "will and proper way" to improve happiness. That is, raising happiness requires the combination of both a willingness to pursue happiness and the proper method of pursuit. Thus, the ineffectiveness of trying to feel happier while listening to music.

Asian and Pacific Decade of Disabled Persons (2002) The Economic and Social Commission for Asia Pacific (ESCAP), at its forty-eighth session held in Beijing, declared 1993-2002 as the Asian and Pacific Decade for Disabled Persons. The commission, while evaluating the situation of people with disabilities, in member countries, state that, "the opportunities for full participation and equality of people with disabilities, especially in the fields of rehabilitation education and employment, continue to be far less than those for their non-disabled peers."

Objectives of the study:

With references to the above problem main objective of the study were summed give below. All the objective have been students from Ahmedabad city.

1. Comparative review of mental health Parents of normal and Intellectually Disabled child
2. Comparative review of mental health of Mother and Father

Hypotheses:

1. There will be no significant difference on Mental Health between parents of normal and intellectually disabled child.
2. There will be no significant difference on Mental Health between Mother and Father.

Variables Involve:

In the present study mental health have been taken as the dependent variable, whereas demographic variables, types of Parent, age group and gender Independent variable.

Variables of the Study Parameters

Sr. No.	Variable	Types of Variable
1	Child Intellectuality (Normal/Disabled)	Independent
2	Parent (Mother/Father)	Independent
3	Age Group (Parents)	Independent
4	Mental Health	Dependent

Method**Participates:**

Study samples were collected on a random sampling basis in Ahmedabad city. For data of normal child parents and parents of intellectual disable were collected from Ahmedabad School, study was restricted to students above 7th standard. Questionnaires for parents were provided to students. Data for Intellectually Disabled child and their parents was collected from B. M Institute of Mental Health , Ahmedabad and Dr. Mrityunjay Clinic , Paldi in Ahmedabad.

Instruments:

For Collecting Data pertaining to “Mental Health of Parents Questionnaire” prepared by Dr. Kamlesh Sharma of Dr Bhimrao Ambedkar Research Institute , Indore. The questionnaire has 60 questions with answer to be provided in “yes”, “uncertain” & “No” form only. The Answers for positive questions are rated a score of 2 for each “yes”, 1 for “Uncertain” and 0 for “No” while for negative questions the score is 2 for “No”, 1 for “Uncertain” and 0 for “Yes” The test’s validity is 0.61 and correlation with “Abhar-Asharani Brist of stress Scale.”

Procedure:

After finalizing the instruments and receiving the consent of the normal child parents and parents of intellectual disabled children were requested to fill the "Mental Health of Parents Questionnaire" without omitting any item. All the data analysis using statistical measures such as mean, standard deviations, t-test and person's product moment correlation.

❖ **Research Design:**

The aim of present research was to study mental health of 120 normal child's parents and 120 parents of intellectual disabled means 240 parents was randomly selected Ahmedabad city of Gujarat. Selection for sample random method was used. To check the differences between groups, t-test was used and to check relation between variables, Karl Pearson 'r' (correlation) method was used. Result and discussion of present study is as under.

❖ **Result and Discussion:**

The present study attempted to assess the mental health of 240 (120 normal child's parents and 120 parents of intellectual disabled.) The t-test was applied for the purpose of statistical interpretation to test the significance. Result and discussion for the present study are follows:

Table no. 1.

Showing 't' value and mean differences between Mental Health of parents of normal and intellectually disabled child.

Sr. No.	Details	No.	Mean	SD	T	Level of Significance
1	Parents of Normal child	120	85.60	14.39	1.97	0.05
2	Parents of Intellectually Disabled child	120	77.09	13.48		

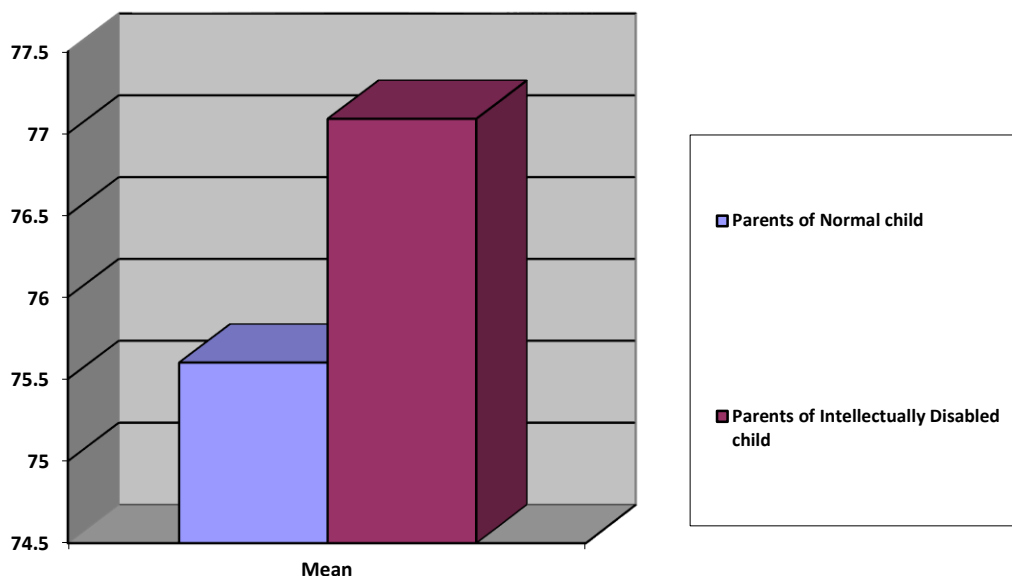


Table no. 1 Mental Health of parents of normal and intellectually disabled child. For the parents of normal child the mean is 85.60 and S.D is 14.39. For the parents of intellectual disable child the mean is 77.09 and S.D is 13.48. for both group 't' value is 1.97 and it is significant.

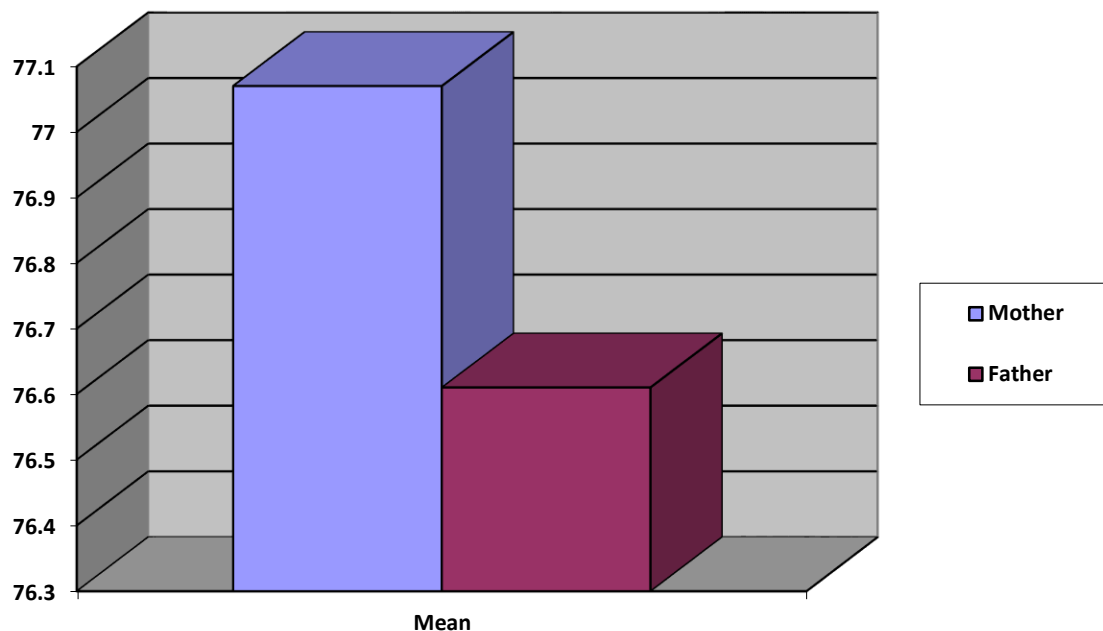
There are differences between Mental Health of parents of normal and intellectually disabled child. Mental health of normal child is better than parents of intellectually disabled child

Table no. 2 Showing 't' value and mean differences between mental health of Mothers and Fathers.

Group	N	Mean	S.D	't' Value	Level of significant
Mothers	120	77.07	13.88	0.81	N.S
Fathers	120	76.61	14.01		

Table no. 2 shows Mental Health of the Mother and Father. For Mother the mean is 77.07 and S.D is 13.88. For the mothers the mean is 76.61 and S.D is 14.01. For both group 't' value is 0.81 and it is not significant.

There is no significant difference between mental health of mothers and fathers.



Summary of the Finding:

- The result show there is not significant
It means level of mental health of is same in parents of normal and intellectually disabled child.
- The result show there is no significant difference in the mental health of mothers and fathers.
It means level of mental health is same in mothers and fathers.

Limitation of the study.

- The study was conducted in only Ahmedabad city (Gujarat) one of the most limitation of this study is small sample size of 240 parents of normal and intellectual disable child. The finding made in the study may be biased participants in sample selection for this research random method was used. The present research is only a part of the study, thus generalization should not be consummated, and the scientific is not approached in the selection of sample. The conclusion of present research is partially significant.

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