

Stress of the Mothers having Children with Intellectual Disability with Reference to Income of the Family

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ABSTRACT

Background and aim: Mothers of intellectual disabled (ID) children are always bearing a load of stress. The aim of this study is to assess stress of mothers having children with intellectual disability with reference to income of the family. **Method:** Sixty mothers were selected from Thakur Hari Prasad Institute of Research and Rehabilitation for Mentally handicapped children, Hyderabad, Telangana State. Stress was assessed by using Short Form of Questionnaire on Resources and Stress/QRS-F (Friedrich, Greenberg Crnic, 1983): The data were analyzed by applying statistical techniques like frequency distribution, mean standard deviations; percentages and One Way ANOVA through SPSS 21 version. **Results:** Results revealed that there was no significant difference ($p>0.05$) found in the mean stress scores of mothers having children with ID with reference to income of the family. **Conclusion:** Income of the family was significantly not related to Stress of mothers having ID children.

1. Introduction

Intellectual disability (ID) is a global challenge and it is an incurable lifelong disability. ID is a particular state of functioning that begins in childhood and is characterized by limitation in both intelligence and adaptive skills. Parenting an intellectually disabled child is not an easy task among the couple, mother experience more stress than father because she is the major care taker of the Childs and strives to fulfil all the day care needs of the child [1]. Mothers continue to carry the disproportionate burden in raising a intellectual disabled child, thereby being more prone to experience stress related to child care and often demonstrate stress, depression, anxiety. The child has special needs in addition to the regular needs of all children, and parents can find themselves overwhelmed by various medical, care giving and educational responsibilities. Buwade (2015) noticed that income of the family did not influence mother's stress level [2]. However, studies on income of the family and stress of the mothers having children with intellectual disability are limited; Therefore, we undertook this research to evaluate the stress of the mothers having children with intellectual disability with reference to income of the family. Finding of this study must be taken into account in policy making to provide better and more specific supports and intervention for this group of disability.

2. Research Methodology

Research Design: The research design employed was survey in nature though there is control and experimental group, researcher took only *pre test mean scores* from both experimental and control group to examine the stress of mothers with reference to income of the family.

Place of the Study: The study was conducted at Thakur Hari Prasad Institute of Research and Rehabilitation for

Mentally handicapped children, Hyderabad, Telangana State.(This data was taken from my Ph.D. thesis)

Sample and sampling technique: 60 mothers (30- Experimental Group, 30- Control Group) having children with intellectual disability .Simple random sampling technique was used in the selection of sample *Inclusive criteria:* Literate, Age 20 years and above, and Children age between 6-18 years. *Exclusive criteria:* Single parent family, More than one child with disability & Intellectual disabled child with multiple disabilities.

3. Description of the Tool

Short Form of Questionnaire on Resources and Stress/QRS-F (Friedrich, Greenberg Crnic, 1983): Short form of questionnaire on resources and stress (QRS-F) was developed by Friedrich, Greenberg Crnic in 1983[3]. QRS-F has been widely used to measure the impact of a developmentally delayed or chronically ill child on other family member. It consist of total 52 statement and the respondent have to indicate whether each of these statement hold true or false for them. The QRS-F consists of four domains. *Domain I:* Labelled Parents and Family Problems .*Domain II:* Labelled Pessimism. *III: Labelled Child Characteristics & Domain IV:* Labelled physical Incapacitation. *Validity and Reliability:* Validity is 0.93 and the reliability of QRS-F is 0.95 *Scoring:* True score one and false score zero. Number of score indicates stress in mother, higher the score higher the stress indicates. *Translation of Questionnaire:* The standard "forward-backward" procedure is applied to translate the questionnaire from English into Telugu.

Ethical Clearance: Ethical Approval to conduct the study was obtained from the institutional ethical committee. Written

test consent was collected from all parents prior to participation in the study

Data Collection Procedure: The researcher personally contacted the special School authorities. The scope of the study was explained to them their permission was sought for collection data from the parents. The researcher contacted them personally either by visiting their homes or in the institute. After establishing proper rapport, the investigator supplied tool and got them filled.

Scoring and Data Processing: The data collected were entered in a master sheet of the computer. Each subject of the sample was given an identification number serially numbering from one to 60. Against the identification number of each

subject the data pertaining to that subject was entered. The data collected through the general sheet was entered first followed by the data obtained through the QRSF stress questionnaire

4. Statistics Used

Descriptive statistics namely: frequency distribution, mean standard deviations; percentages and One Way ANOVA were used to present the results by SPSS 21 version.

5. Results and Discussion

One Way ANOVA was used to see the difference in mothers of ID children stress among three income groups.

Table 1. Mean and Standard Deviations of Mother's Stress with Respect to Income of the Family.

Group	Family Income	N	M±SD
Experiment Group	15000 and below	11	35.63±3.52
	15001-30000	11	33.00±3.68
	30001 and above	08	32.12±4.67
	Total	30	33.73±4.06
Control Group	15000 and below	11	34.90±4.08
	15001-30000	11	33.54±4.41
	30001 and above	08	31.38±5.04
	Total	30	33.47±4.53

Table.1 shows the means stress scores (Range 0-52) and standard deviations of identified mother with respect to the income of the family in experimental and control group at pre test. A close observation of mean stress scores shows that as

the family income increases the mean stress scores of identified mother's decreases in experimental and control group at pre test.

Table 2. Summary of One-Way ANOVA of Identified Mothers Stress with Respect to Income of the Family.

Group	Source of Variation	SS	df	MS	F	p
Experimental Group	Between groups	66.44	2	33.22	2.170	0.134
	Within groups	413.42	27	15.31		
	Total	479.86	29			
Control Group	Between groups	57.96	2	28.978	1.450	0.252
	Within groups	539.51	27	19.982		
	Total	597.467	29			

Not Significant at 0.05 ;(p>0.05)

Table.2 shows that obtained p- values are more than α level of 0.05. Hence, calculated both F-values are not significant at 0.05 levels which evident that mean stress scores of all the three income group of identified mother did not differ significantly in experimental and control group at pre test.

Thus, it can be concluded that the mean stress score of identified mothers did not affect by income of the family. Further it can be seen that identified mother's having low income experienced more stress compare to other income group. This may be because all three income group family often requires financial resources for child's multifaceted medical, educational and developmental intervention and free services are available to all families may further decrease the impact of socio-economic status in parents. In relation to present finding Sujata Sethi et al examined Parents' economic status of the family and results showed economic status did not make any significant difference to the perceived stress and burden [4]. Parental stress and depression to be related socio-economic status [5]. Upadhaya and Havalappanavar noticed that there is no significant influence of income on mother's

stress; however negative correlation indication that low income group has higher stress. High income brings about more financial and mental security for mother while low financial status of the family may worsen the already existing stress in case of having a mentally retarded children to complete the special need of the child.[6].

6. Conclusion

Family income was not consistently related to mothers stress in family with ID children. This may be because the fact that free services are available to all families may further decrease the impact of socio-economic status in parents. Most parents also received a monthly financial grant to compensate for expenses and reduced income caused by care-taking demands which may decrease extreme stress and financial strain in families from the lowest socio-economic group [7]. As per the PWD, National Trust and, RCI acts the disabled children are having right to education and all the disabled children should be recommended for the common or inclusive education. Financial needs of these families are more as they have to find extra money to spend for the special education,

training and treatment of this child .They should be given proper orientation towards the available financial grants from the government and help them to get it.

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