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**A STUDY ON STRESS FACED BY THE MOTHERS OF METALLY CHALLENGED CHILDREN  
BETWEEN THE AGE GROUP OF 0-6 YEARS**

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### Abstract

From all the handicaps mentally handicap constitutes the most serious and difficult problems. The reaction of parents is often anger, depression, shock and stress. The impact of the family on the other hand has a painful bearing on all aspects of social functioning of the family members in the society. The parents especially the mother's attitude will be playing an important role in the life of mentally challenged child.

This study is on stress faced by the mothers of mentally challenged children between the age group of 0-6 years.

### Introduction

Mentally retarded children are the dependent individuals who require a lot of care, support and help. But more than the child the parents face lot of problems from the child as well as the society. This is because the ignorance of the society about the mentally retardation.

This study brings out the stress and problems faced by the mothers of mentally retarded children. The study highlights the stress causing factors of mothers especially in economic, social, educational and psychological problems.

**Keywords:** Mentally retarded Children, Stress of mothers, Social problem.

### Statement of the Problem

As the mentally retarded child grows into adulthood, the burden of the family becomes heavier and it limits the social functioning of the parents and also the siblings. The discrimination faced by the mentally retarded child as well as the parents can put the families of the mentally retarded into stress.

### Objective

\*The study is to assess and to find out stress face by the mother of the mentally challenged children.

\*To study the emotional reactions of the mothers of the mentally challenged child

\*To study opinion of the family towards stress of mothers due to mentally challenged child.

\*To study the impact of the agency on the mentally challenged child.

\*To critically analyse the general health and activities of daily living of the mentally retarded child.

### Research Methodology

The researcher has used descriptive cum diagnostic design for the study, as it deals with the stress of the mothers of mentally challenged children and also analyses the association between the variables. The researcher collected 56 samples. The researcher adopted a non proportionate stratified sampling method.

### DEMOGRAPHY AND SOCIAL STATUS OF THE RESPONDENTS

PARTICULARS		RESPONDENTS N=56	PERCENTAGE
AGE	21-25	10	18
	26-30	27	48
	31-35	11	20
	36-40	8	14
RELIGION	Hindu	47	84
	Muslim	2	4
	Christian	7	12
EDUCATIONAL QUALIFICATION	Schooling	37	66
	Graduation	16	29
	Professional	3	5
FAMILY INCOME (PER MONTH)	>5000	13	23
	<5000	43	77
AGE OF CHILD	0	5	9
	1	7	1
	2	7	13
	3	8	14
	4	4	7
	5	12	21
	6	13	23
GENDER OF CHILD	MALE	28	50
	FEMALE	28	50

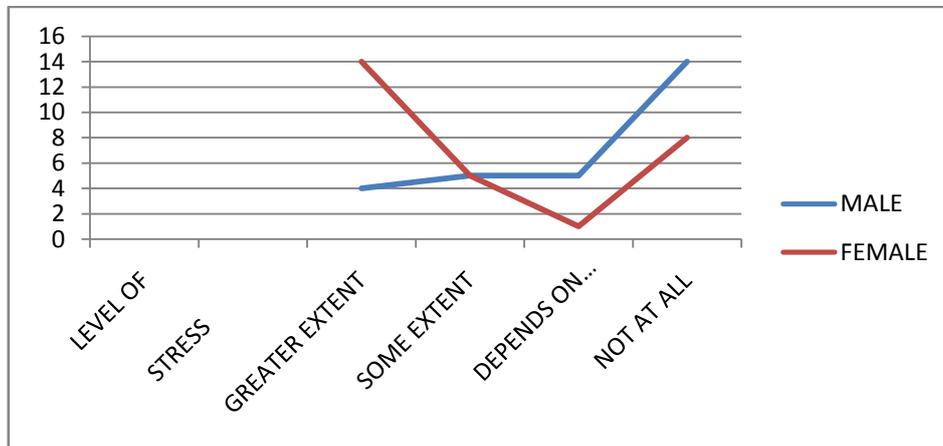
**CHART SHOWING THE LEVEL OF STRESS AMONG THE MOTHERS WHILE CONSIDERING**

**FEMALE CHILD COMPARING MALE CHILD.**

**Hypothesis**

H<sub>0</sub> = There is no relationship between the level of stress and gender of the respondents child

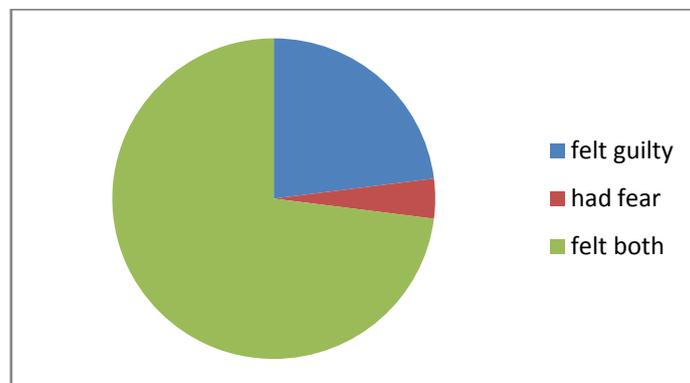
H<sub>1</sub> = There is relationship between the level of stress and gender of the respondents child.



Calculated chi-square=98.36,Table value-7.815

Since the CV is greater than the TV the null hypothesis is rejected. Which means Stress of mothers is high while considering the female child comparing with Male child.

**CHART SHOWING THE RESPONDENTS 1<sup>ST</sup> REACTION TOWARDS IDENTIFYING Mental Retardation**

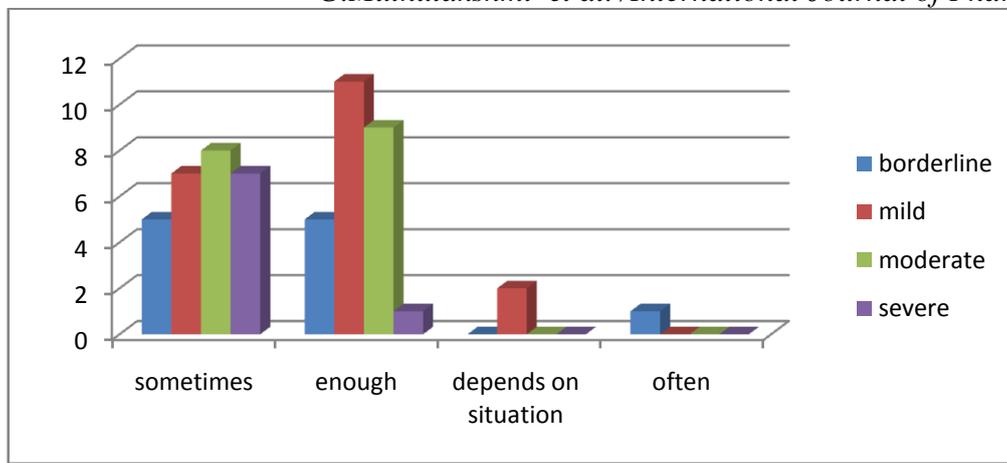


23% Of the respondent's reaction while identifying MR is felt guilty, 5% had fear and majority of them had guilty as well fear.

**CHART SHOWING THE RELATIONSHIP BETWEEN THE DEGREEE OF RETARDATION AND INCOME SUFFICIENCY TO RUN THE FAMILY.**

H<sub>0</sub> = There is no relationship between the degree of retardation and income sufficiency to run the family.

H<sub>1</sub> = As the level of retardation of the child increases the family income becomes insufficient.



Calculated chi-square = 136.01, Table value = 16.919

Since CV is greater than TV the Alternate hypothesis is accepted ,which means the level of retardation of the child increases the family income becomes insufficient.

### Findings

- \*Majority (73%) of the respondents felt guilty and had fear of 1<sup>st</sup> reaction of their child.
- \*94% of the respondent's felt that no one has rejected them
- \*63% of the respondent's never avoid the social gatherings.
- \*Half of the respondent's say that their children are happy with the new persons.
- \*70% of the sibling's co-operative with the child.
- \*68% of the respondent's say that other felt sad about their child
- \*Entire respondent's say that sibling's are affected to their child
- \*84% of the respondents say that agency's special education helps in their child improvement.
- \*89% of the respondents say that agency had improved their child to greater extent.
- \*The entire respondents say that after joining in these agencies their child as improved a lot.

### Suggestion

- \*Reducing the stigma towards mental retardation by the mass media through newspaper, magazines and articles and through television programmes.
- \*Health professional should help the family member through counselling.
- \*Professional social worker should help the family members to see the problem of mental retardation and its relationship to the family and help them become aware of the necessity for family involvement to cope with the difficulties that will arise as the child grows.
- \*Professional social worker should help the family members to overcome from stress and to face the reality.

## **Conclusion**

The families with the hope of providing total recovery to the mentally challenged child spend unnecessarily towards other members of the family. An additional expense upset the budget and affects the standard of living of the family. For the treatment of the mentally challenged child the other member of the family suffer inconvenience regarding accommodation and finance. The family's total concentration on the care of the mentally challenged child deprives the other normal children from parent's love and attention. Because of fear, ignorance, carelessness etc the stress of the mother arises and showered to the child. It would be possible only by a just and a fair society to help these mothers of mentally retarded children to overcome the various problems that face with both the society and their challenges child.

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