



# A STUDY OF MENTAL HEALTH OF PARENTS OF VISUAL IMPAIRMENT AND INTELACTUAL DISABLED CHILDREN

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## • INTRODUCTION:

Mental health can affect daily living, relationships, and physical health looking after mental health can preserve a person's ability to enjoy life. Doing this involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience. However, this link also works in the other direction. Factors in people's lives, interpersonal connections, and physical factors can all contribute to mental health disruptions. Although the term mental health is in common use, many conditions that doctors recognize as psychological disorders have physical roots. Conditions such as stress, depression, and anxiety can all affect mental health and disrupt a person's routine.

## Definition of mental health:

“Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.”

-WHO

## Type of mental health

1. Anxiety disorders.
2. psychotic disorders (such as schizophrenia)
3. Eating disorders.
4. Personality disorders.

## Disability:

A physical, mental, cognitive, or developmental condition that impairs, interferes with, or limits a person's ability to engage in certain tasks or actions or participate in typical daily activities and interactions.

## Visual impairment:

Visual impairment is defined as the limitation of actions and functions of the visual system.

**The National Eye Institute** defines low vision as a visual impairment not correctable by standard glasses, contact lenses, medication or surgery that interferes with the ability to perform activities of daily living.

## Types of visual impairment:

- Loss of Central Vision. The loss of central vision creates a blur or blind spot, but side (peripheral) vision remains intact. ...

- Loss of Peripheral (Side) Vision. ...
- Blurred Vision. ...
- Generalized Haze. ...
- Extreme Light Sensitivity. ...
- Night Blindness.

### Intellectual disability:

According to **RPWD ACT 2016** mentalretardationisknown as Intellectualdisability.

“Mental Retardation is a condition of arrested or incomplete development of mind of person which is specially characterized by sub normality of intelligence”.

**(Person with Disability Act, 1995).**

**DSM-IV (APA, 1994)** mental retardation is defined as “significantly sub average general intellectual functioning that is accompanied by significant limitation in adaptive functioning, in certain skill areas which are Communication, Self-care, Home living, Social skill, Community use, Self-direction, Health and safety, Functional academics, Leisure, Work”.

### Challenges of parents of child with disability:

- ✓ Learning about the disability.
- ✓ Researching, locating and accessing effective treatments and resources.
- ✓ Coping with the emotional and physical demands of caring for an individual with a disability.
- ✓ Getting to the innumerable appointments with medical providers, therapists, advocates, and school personnel.
- ✓ Advocating for appropriate school interventions, accommodations, and placements.
- ✓ Paying for the many treatments and interventions not covered by health insurance or the school system.

- **Review of literature:**

**Salovita, Italiana and Leinonen, (2003)** attempted to explain the parental stress of fathers (120) and mothers (116) caring for a child with intellectual disability. They emphasized the importance of intervening factors in explaining the stress. In the mothers the single most 38 Review of Literature important predictor of parenting stress was the negative definition of the situation while in the fathers it was associated with the social acceptance of the child.

**Girolametto, and Tannock, (1994)** compared defectiveness and parental stress of 20 mothers and fathers of children with developmental disabilities and language impairment. Results indicated that the fathers differed from mothers in two of the dimension of defectiveness; fathers used more response control and topic controls than mothers. Both parents had similar levels of child-related and parenting stress, but mothers perceived more stress than fathers related to responsibilities associated with parenting a child with a handicapped.

**Margalit, Shulaman and Stuchiner (1989)** investigated feelings of stress, interrelation of the children's pathology and family climate variable with the levels of parental stress among parents of mentally retarded children who demonstrated behaviour disorders. Thirty nine families with moderately mentally retarded children divided into two groups: children demonstrating disruptive behaviour (n=17) and children who did not demonstrate behaviour disorder (n=20).They used child behaviour checklist, classroom behaviour inventory, family environment scale and the questionnaire on resources and stress. Results revealed significant differences between the two groups. The children with disruptive behaviour were described by their parents as more hyperactive and aggressive, and were described by their teachers as more distractible and dependent on adults. No differences were found between the profiles of family climate among the two groups of parents. The levels of children's pathology and aspects of family climate predicted the parental stress, pinpointing different patterns of variables for fathers and mothers. Interrelation between children's pathology, family climate, and parental feeling of stress was found.

**Esdail, and Greenwood, (2003)** compared the mothers (n=53) and fathers (n=25) for parenting stress and attribution for parent child interaction outcomes. Measures like parenting stress index (PSI) (**Abidin 1995**) parenting attribution test (PAI) and child interaction survey (CIS) were used. Results indicated significant differences in mother's and father's experiences of parenting stress, and parenting attribution. Mothers generally reported more stress than the fathers.

**Bailey, Golden, Roberts, and Ford, (2007)** examined maternal depression in families having a child with disability. Results revealed that mothers of children with disabilities generally exhibited a higher than average rate of depressive symptoms and were more at risk for clinical depression.

- **Statement of the problem**

The present research is an effort to study mental health of fathers and mothers of visual impairment and intellectual disabled children. The exact problem of the present research was as under.

**“A Study of Mental health parents of visual impairment and intellectual disabled children”**

- **Objectives:**

1. To study and compare mental health of fathers and mothers of visual impairment children.
2. To study and compare mental health of fathers of visual impairment and intellectual disabled children.
3. To study and compare mental health of fathers of visual impairment and mothers of intellectual disabled children.
4. To study and compare mental health of mothers of visual impairment and fathers of intellectual disabled children.
5. To study and compare mental health of mothers of visual impairment and intellectual disabled children.
6. To study and compare mental health of fathers and mothers of intellectual disabled children.

- **Hypotheses:**

**HO1.** There is no significant difference between fathers of visual impairment children and mothers of visual impairment children with regards to their mental health.

**HO2.** There is no significant difference between fathers of visual impairment children and fathers of intellectual disabled children with regards to their mental health.

**HO3.** There is no significant difference between fathers of visual impairment children and mothers of intellectual disabled children with regards to their mental health.

**HO4.** There is no significant difference between mothers of visual impairment children and fathers of intellectual disabled children with regards to their mental health.

**HO5.** There is no significant difference between mothers of visual impairment children and mothers of intellectual disabled children with regards to their mental health.

**HO6.** There is no significant difference between fathers of intellectual disabled children and mothers of intellectual disabled children with regards to their mental health.

- **Variables:**

In present research type of parents (fathers and mothers) and type of disability of children (visual impairment and intellectual disability) were taken as independent variable and scores of mental health was taken as dependent variable.

- **Sample:**

In present research 30 fathers and 30 mothers of visual impairment children, 30 fathers and 30 mothers of intellectual disabled children total 120 fathers and mothers of disabled children were randomly selected from parent's home visit and school visit of Ahmedabad municipal schools.

- **Research tools:**

### Mental Health Check List by Dr.Pramod Kumar

The final form of the Mental Health Check-list (MHC) consist of 11 items – 6 mental and 5 somatic presented in a 4 point rating format.

#### Reliability

The split-half reliability, correlating the odd-even items (applying the Spearman-Brown formula for doubling the test length), has been found to be .70 (N=30) with an index of reliability of .83.

The test-retest reliability has also been studied. It has been found to be .65 (N=30) with an index of reliability of .81. The retest was given with time interval of two weeks.

#### Validity

The face validity of the MHC appears to be fairly high as items were prepared by asking teachers of psychology to list all such symptoms which, according to them, showed poor mental health.

The content validity was adequately assured as only those symptoms which showed 100 per cent agreement amongst the judges regarding their relevance to the study of mental health were selected.

Of these, only those items which gave a fairly high discrimination value, i.e. .30 or above, following item-analysis were finally included in the check-list.

On the assumption, that martially high adjust couples (having had a higher satisfaction of basic needs like love, companionship and sexuality) would show better mental health status than poorly adjusted couples, the MHC was administered to a group of 108 couples – 54 showing high marital adjustment and 54 showing poor marital adjustment.

#### Scoring

A numerical value of 1, 2, 3 and 4 is assigned to the 4 response categories, i.e. for ‘rarely’, ‘at times’, ‘often’ and ‘always’, respectively. The total score varies from 11 to 44, showing the highest to the lowest (poorest) mental health status of the person.

- **Procedure:**

Ahmedabad municipal schoolsfor collection of data, fathers and mothers of disabled childrenwere selected from primary schools by using systematic randomly sampling. The rapport was established with them and clear instructions were given. Then mental healthinventory were given to them to fill in their responses. After finishing the process of data collection, scores were given according to score key indicated in the Inventory manuals.

- **Statistical analysis:**

To analysed data “t” test was used.

### Results and discussion:

Table no 1

Showing mean, SD and t value of mental health of fathers ofvisual impairmentchildren and mothers of visual impairment children

Group	N	MEAN	SD	t value	Level of significance
Fathers of visual impairmentchildren	30	17.7	4.78	3.93	0.01
Mothers of visual impairmentchildren	30	22.3	4.30		

Table No. 1 Shows the t value of mental health of fathersand mothers ofvisual impairmentchildren was 3.93 which is significant at 0.01 level. It means fathers of visual impairment children were significantly differed as compare to Mothers of visual impairment children on mental health. The mean score of fathers of visual

impairment children on mental health was 17.7 with 4.78 SD and mean score of Mothers of visual impairment children was 22.3 with 4.30 SD. Here Mothers of visual impairment children have good mental health than fathers of visual impairment children.

**Table no 2**

**Showing mean, SD and t value of mental health of fathers of visual impairment and intellectual disabled children**

Group	N	MEAN	SD	t value	Level of significance
Fathers of visual impairment children	30	17.7	4.78	7.71	0.01
Fathers of intellectual disabled children	30	27.26	4.84		

Table No. 2 Shows the t value of mental health of fathers of visual impairment and intellectual disabled children was 7.71 which is significant at 0.01 level. It means fathers of visual impairment children were significantly differed as compare to fathers of intellectual disabled children on mental health. The mean score of fathers of visual impairment children on mental health was 17.7 with 4.78 SD and mean score of fathers of intellectual disabled children was 27.26 with 4.84 SD. Here fathers of intellectual disabled children have good mental health than fathers of visual impairment children.

**Table no 3**

**Showing mean, SD and t value of mental health of fathers of visual impairment and mothers of intellectual disabled children**

Group	N	MEAN	SD	t value	Level of significance
Fathers of visual impairment children	30	17.7	4.78	12.37	0.01
Mothers of intellectual disabled children	30	32.03	3.48		

Table No. 3 Shows the t value of mental health of fathers of visual impairment and mothers of intellectual disabled children was 12.37 which is significant at 0.01 level. It means fathers of visual impairment children were significantly differed as compare to mothers of intellectual disabled children on mental health. The mean score of fathers of visual impairment children on mental health was 17.7 with 4.78 SD and mean score of mothers of intellectual disabled children was 32.03 with 3.48 SD. Here mothers of intellectual disabled children have good mental health than fathers of visual impairment children.

**Table no 4**

**Showing mean, SD and t value of mental health of mothers of visual impairment and fathers of intellectual disabled children**

Group	N	MEAN	SD	t value	Level of significance
Mothers of visual impairment children	30	22.3	4.3	4.2	0.01
Fathers of intellectual disabled children	30	27.26	4.84		

Table No. 4 Shows the t value of mental health of mothers of visual impairment and fathers of intellectual disabled children was 4.2 which is significant at 0.01 level. It means mothers of visual impairment children were significantly differed as compare to fathers of intellectual disabled children on mental health. The mean score of mothers of visual impairment children on mental health was 22.3 with 4.3 SD and mean score of



fathers of intellectual disabled children was 27.26 with 4.84 SD. Here fathers of intellectual disabled children have goodmental health than mothers of visual impairment children.

**Table no 5**

**Showing mean, SD and t value of mental health of mothers ofvisual impairment and mothers of intellectual disabled children**

Group	N	MEAN	SD	t value	Level of significance
Mothers of visual impairment children	30	22.3	4.3	8.7	0.01
Mothersof intellectual disabled children	30	32.03	3.48		

Table No. 5 Shows the t value of mental health of mothers ofvisual impairmentand mothers of intellectual disabled children was 8.7 which is significant at 0.01 level. It means mothers of visual impairment children were significantly differed as compare to mothers of intellectual disabled children on mental health. The mean score of mothers of visual impairment children on mental health was 22.3 with 4.3 SD and mean score of mothers of intellectual disabled children was 32.03with 3.48 SD. Here mothers of intellectual disabled children have goodmental health than mothers of visual impairment children.

**Table no 6**

**Showing mean, SD and t value of mental health of fathers of intellectual disabled children and mothers of intellectual disabled children**

Group	N	MEAN	SD	t value	Level of significance
Fathers of intellectual disabled children	30	27.26	4.84	4.38	0.01
Mothersof intellectual disabled children	30	32.03	3.48		

Table No. 6 Shows the t value of mental health of fathers of intellectual disabled children and mothers of intellectual disabled children was 4.38 which is significant at 0.01 level. It means fathers of intellectual disabled children were significantly differed as compare to mothers of intellectual disabled children on mental health. The mean score of fathers of intellectual disabled children on mental health was 27.26 with 4.84 SD and mean score of mothers of intellectual disabled children was 32.03 with 3.48 SD. Here mothers of intellectual disabled children have goodmental health than fathers of intellectual disabled children.

**• Conclusions:**

1. There is significantly difference between fathers of visual impairment children and mothers of visual impairment children. Here Mothers of visual impairment children have goodmental health than fathers of visual impairment children.
2. There is significantly difference between fathers of visual impairment children and fathers of intellectual disabled children. Here fathers of intellectual disabled children have goodmental health than fathers of visual impairment children.
3. There is significantly difference between fathers of visual impairment children and mothers of intellectual disabled children. Here mothers of intellectual disabled children have goodmental health than fathers of visual impairment children.

4. There is significantly difference between mothers of visual impairment children and fathers of intellectual disabled children. Here fathers of intellectual disabled children have goodmental health than mothers of visual impairment children.
5. There is significantly difference between mothers of visual impairment children and mothers of intellectual disabled children. Here mothers of intellectual disabled children have goodmental health than mothers of visual impairment children.
6. There is significantly difference between fathers of intellectual disabled children and mothers of intellectual disabled children. Here mothers of intellectual disabled children have goodmental health than fathers of intellectual disabled children.

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