

Correlation between Stress and Quality of Life of Mothers having Children with Intellectual Disability

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ABSTRACT

Background: Parenting a child with intellectual disability (ID) is stressful for the mothers and badly affects their Quality of life (QOL). This study aimed to examine the correlation between stress and QOL of mothers having children with ID. **Methods:** The research design employed was non-experimental descriptive cum correctional study. The sample consist 30 mothers of ID children. The study was conducted at Thakur Hari Prasad Institute of Research and Rehabilitation for Mentally handicapped Children, Hyderabad, Telangana State. Stress was assessed by Questionnaire on Resources and Stress QOL and QOL examined by World Health Organization Quality of Life BREF / WHO QOL BREF, REV., 2012). The data was analyzed by descriptive statistics and Pearson correlation(r) through SPSS version-21. **Results:** Results showed that there was high negative correlation was found between stress and QOL($r=0.89$) of mothers having children with ID. **Conclusion:** This study shows that stress affected QOL of mothers having children with ID. Therefore there is an urgency to develop stress management, and well being programme for mother to improve their QOL.

1. Introduction

Birth of a child with disabilities can be traumatic and shattering event for the family. One of those disabilities is Intellectual Disability (ID). Intellectual disability is a disability characterized by significant limitation in both intellectual functioning and in adaptive behavior, which covers many everyday social and practical skills. This disability originates before the age of 18(AIDD-American Association on Intellectual and Developmental Disabilities) .A Meta -analysis on the prevalence of ID shows that 10.37/ 1000 population are affected.[1]. As per census 2011, India, out of the 121 Cr population, about 2.68Cr person are disabled which is 2.21% of the population. ID shard 0.124% among all types of disabilities in India.

There is considerable evidence to suggest that parents of children with intellectual disabilities (ID) experience grater stress than parents without disabilities [2].Parenting an intellectual disabled child is not an easy task [3]. Among the couple, mother experience more stress and disturbed QOL than father because she is the major care taker of the child and strives to fulfill all the day care needs of the child. Mothers' stress that leads to poor parental health and well- being, can negatively affect the health and well- being of the child. This sense of stress may be associated with a child's characteristics, greater financial and care-giving demands and s a sense of loneliness and isolation [4, 5, 6]. WHO, in its 'Quality of Life Assessment, determine four main factors as indictors of quality of life for an individual. They are physical, psychological, social relationship and environment domains. Now a day's most of the parent's having children with disability deficit in any of the factors and tend to live a lower quality of life. When the concept comes to parent with intellectual disability, it affects them all the way. McConkey et al,(2008)

found that mothers with ID have poor mental health as well as low family functioning and some level of stress . [7].

After an extensive search of literature. The investigator found very fewer researches have been done to examine the association between stress and quality of life of mothers having children with intellectual disability. Thus the present study "Correlation between Stress and Quality of Life of Mothers having Children with Intellectual Disability" will be helpful to fill up this research gap.

2. Materials and Methods

Research Design: The research design employed was non-experimental descriptive cum correctional study

Place of the study: The study was conducted at Thakur Hari Prasad Institute of Research and Rehabilitation for Mentally Handicapped Children (THPI), Hyderabad, Telangana-State. THPI is residential and non-residential rehabilitation centre since 1968.

Sample: Simple random sampling technique was used in the selection of sample. The sample size was 30. The inclusive criteria for sample selection were, mothers: who were literate and age 20 years and above. Exclusive criteria were for sample selections were: Single parent family, more than one child with disability and Intellectual disabled child with multiple disabilities.

Description of the Tools: A general data sheet was prepared to collect general information about the intellectual disabled children, mother and family .Short Form of Questionnaire on Resources and Stress/QRS-F (Friedrich, Greenberg Crnic, 1983): 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 .Domain 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 indicate stress in mother, higher the score higher the stress indicate.

II: World Health Organization Quality of Life BREF / WHO QOL BREF, REV., 2012): The WHOQOL-BREF, an abbreviated version of the WHOQOL-100, revised in 2012. IT is a self administered questionnaire. It comprises of 26 items categorized into four broad domains: physical health, psychological well-being, social relationships and environment. Scoring the items is rated on a 5-point scale. *Validity and Reliability:* Internal consistency, Cranach alpha values for each of the six domain scores ranged from .71 (for domain 4) to .86 (for domain 5), Test and retest reliability ranged from 2-8 weeks. Correlations between items at time points one and two were generally high, it ranging from .68 form the Safety facet to .95. Both the questionnaire were translated into Telugu language.

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 contacts the special School authorities and got Permission to do the research work. Written consent was collected from all participants prior to participating in the study. After establishing proper rapport, the investigator supplied tools and got them filled.

Data Analysis: Data were analyzed using SPSS , version 21 through descriptive statistics:

3. Results

Karl Pearson’s product moment coefficient of correlation was computed between sores of stress and QOL of mothers having children with intellectual disability.

Table 1 Coefficient correlation between stress and QOL scores of mothers having children with intellectual disability.

Variables	N	M	r	p
Stress	30	33.47	-0.89**	0.000
QOL	30	52.10		

** Significant at the 0.01 levels (2-tailed)

Table 1 shows that negative correlations was found between stress and QOL of mother having children with ID. Thus, it can be concluded that as the stress increases, mothers’ QOL decreases and vice versa. This mean stress and quality of life scores of identified mothers negatively correlated($r=-0.89$) at 0.01 level of significant.

Figure 1. Graphical Representation of correlation between Stress and QOL of mothers of ID children.

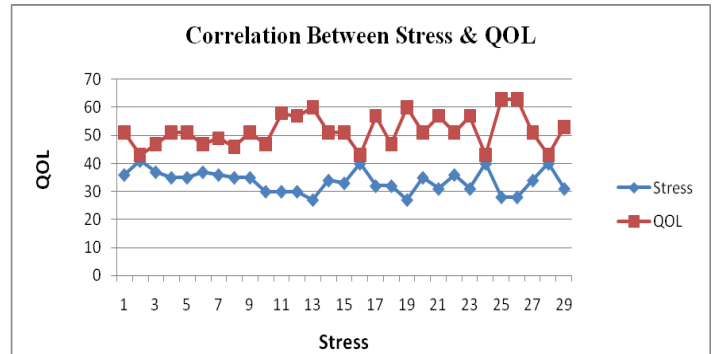


Figure1.shows negative correlation between stress and QOL; as stress increases, mothers’ QOL decreases and vice versa.

4. Discussion

Parents of children with disabilities face a number of challenges with respect to satisfaction with life, their emotional states, and their perception about pleasantness of life. Thus parent’s children with disabilities who perceive these challenges in a negative way show poorer psychological well being as compares to those faced by parents of children without any disabilities. The presence of a child with intellectual disability in the family calls for a lot adjustment on the parents, especially mothers. Although the unmet need of parents of children with ID are universally linked to stress, there could be same cultural difference in the way this stress impact parents and their QOL. These mother show high levels of stress (8), mental health problems, negative emotion, depression, anxiety (9)

In the present study, high negative correlation was fount between stress and QOL of mothers having children with ID. This finding is congruent with Browne & Bramston who reported that, as level stress increased the quality of life of parents’ decreases and vice-versa. (10) This Negative association was found between stress and QOL of mothers having children with ID may be because the presence of a child with intellectual disability lifting, sleep problems, and the chronic care and supervision needs of the child were some of the factors that threatened parents’ physical and emotional well-being. Accepting and adjusting to the child’s diagnosis was an on-going emotional task which makes them stressful .Watching the child suffers from ill-health or pain was emotionally distressing which affect their overall QOL. In relation to above result Gonca et al, (2008) has done a similar research to investigate the relationship among anxiety and depression with quality of life in mothers with disabled children and found that increased depression and anxiety level affected badly in mothers’ quality of life[11] .

5. Conclusion

This finding of the study shows that stress affected QOL of mothers having children with ID. The effective rehabilitation programs should provide sufficient opportunities for repeated follow-up interviews which offer will offer not only information on the children but also psychological support for the mothers.

Present study will serve as basis for conducting further research studies. This study only addressed the mothers of the intellectually disabled children while large scale studies are also required in other part of the country on father of such children.

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