

# Attitude of Parents towards Their Intellectually Disabled Children and its Associated Psychosocial Impact on Them

Suchismita Pahantasingh<sup>1</sup>, K. Jaykrishnan<sup>2</sup>, Jhunilata Pradhan<sup>1</sup>,  
Krishna Kumari Samantaray<sup>1</sup>, Rubi Pradhan<sup>1</sup>

<sup>1</sup>Msc.Tutor, <sup>2</sup>Assistant Professor,  
SUM Nursing College, Sector-8, Kalinga Nagar, Ghatikia, Bhubaneswar-751003

Corresponding Author: Suchismita Pahantasingh

## ABSTRACT

Today's modern life style is increasing the number of Intellectual disabled children and the birth of disabled child is a stigmatic situation both for the parents and family. Family members go through a plethora of emotions due to the detection of intellectual disability including denial, shock, anger, grief, guilt, embarrassment, depression. Some parents may have negative attitude and psychosocial impact towards intellectually disabled children.

**Objectives:** The study is an attempt to assess the attitude of parents towards intellectual disabled children, its associated psychosocial impact and the relationship between them.

**Materials and Methods:** A non experimental descriptive research design was undertaken to conduct the study. The data were collected from 30 samples from a selected special learning institution, Bhubaneswar. To achieve the goal of the study self structured five point Likert's scale and modified NIMH psychosocial impact scale was used to collect the data.

**Results:** The findings of the study demonstrate that 23.34% negative and 70% having positive attitude and upon parents there are 10% of intermediate positive psycho social impact, 90% severe positive psychosocial impact, 86% intermediate negative impact and 7% of mild and severe negative psychosocial impact and after analysis it is revealed that there is significant positive relationship between the attitude and psychosocial impact among the parents as the r value is 0.18. This means that if attitude becomes positive the impact will be positive.

**Key Words:** Attitude, Psycho social impact and intellectually disabled children

## INTRODUCTION

Birth of a baby in a family is a time for delighting and celebration in a family. Parents have series of thoughts and expectations for their newly born baby. This excitement may become suppressed with the birth of a disabled child. It does not matter whether the disablement is blindness, retardation or a physical deformity. [1] These discrepancy between the normal baby of their imagination and the actual new born child may develop negative attitudes and

parental trauma. The parents may confronted with a wide range of emotions like denial, shock, anger, grief, guilt, blame, frustration and despair due to the birth of a disabled child. Parents may over protect their child and blame to self that they are responsible for the child's disability. [2] Some parents also experience helplessness, feelings of incompleteness, resentment, shock and guilt where as others go through periods of disbelief, depression, self blame and embarrassment. [3]

In total population the occurrence of Mental Retardation (MR) is 2–3%. Prevalence of mild Mental Retardation is seven to ten times more than severe Mental retardation. Cause of severe MR can be determined in 60-70% of cases, as compared to mild MR where 35–55% remain idiopathic. [4]

A study was conducted by Nabaraj Koirala et al. to find out the prevalence of mental retardation by gender and age. From Nobel medical College and Teaching Hospital around 103 numbers of children were selected those who had attended the Psychiatric Out-patient Department over the study period of one year. The study findings revealed that the prevalence of mental retardation was 25% and from all those 26 respondents, 2 samples (8%) were profound, 3 severe (12%), 7 (27%) were moderate and 9 (35%) mild, and 5 (19%) were borderline. Out of all those 26 mentally retarded children 11 were male (42%) and 15 (58%) were female, and from those respondents, 07 were living in urban, and 19 were in rural areas. Most of the respondents were diagnosed between 6-10 years of age. [5]

A study was conducted by Niranjana Thengal to assess the attitude of parents and family members towards their intellectually disabled children in Assam and the result demonstrates that there were significant differences among the attitude of parents and statistical analysis also revealed that there was a significant difference between the attitude of male and female family members. This result shows that on attitude there was significant impact of gender in a family towards mentally retarded children. [6]

A study was conducted by Vilash Padhey to assess the attitude of parents towards their mentally retarded children. Two groups of parents were taken, one group having mentally retarded children, where as the other group of parents having normal school going children of the same age group and the result demonstrated that there is no difference is found in the attitude of parents of mentally retarded children and

those of normal children. From other analysis, it is seen that there are gender differences in parental attitude. Mothers possessing more negative attitude as compared fathers. It was also evident that levels of education have a significant effect on parental attitude. Parents had possessed more negative attitude towards their disabled children who had not completed education up to the 10th standard. [7]

A cross sectional study was conducted by Manisha Gohel et al. to find out the associated Psychosocial impact upon the Parents those were having mentally retarded children in Anand District. The objective of the study was to find out the psychosocial impact upon the parents with mental retardation child & its relationship with type of mental retardation. The study findings revealed that 45% were having mild, 46% moderate and 9% were having severe mental retardation, and from total samples 69% were male and 31% were female. There was no significant association found between specific thoughts of parents & type of mental retardation. There was no significant loss of support to parents from spouse, family, in laws, relatives, friends and neighborhood. Unemployed fathers had significantly (P value-0.04) more negatively affected relationship than the rest of the fathers. [8]

A study was conducted by Raj Kumari Gupta et al. to find out the stress among parents of children with intellectual disability. 102 parents were selected for this study, 30 of them had no disabled children. And after analysis the results demonstrates that, majority of the parents with intellectually disabled children experience some degree of stress in terms of physical and mental stress and both are significantly correlated, gender differences occur only in the mental area in relation to stress, and parents experienced higher range of mental stress score as compared to physical stress. [9]

#### **Objectives:**

The study is aimed to:

1. Assess the attitude of parents towards their intellectually disabled children.
2. Find out the associated psychosocial impact upon the parents.
3. Find out the co- relationship between attitude and associated psychosocial impact.

## MATERIALS AND METHODS

This quantitative descriptive survey for selected parents those are having intellectual disabled children consists of 30 samples conveniently in a selected special learning institution, Bhubaneswar. The research design chosen for this study was non experimental design. Five point Likert's scale and modified NIMH psycho social impact scale was used for assessing the attitude of parents towards their intellectual disabled children and its associated psycho social impact scale respectively. Attitude scale consists of 20 items and having score from 0-100. Attitude will be assessed in terms of strongly positive, positive, negative and strongly negative. Modified NIMH psycho social impact scale consists of 11 sub areas. 1- 10 sub areas having scoring from 0-110 and 11 sub areas having separate scoring system that is from 0-12. The reliability of the tool was 0.72 by Cronbach's co-efficient estimation. The collected data was analyzed by using MS Excel. The baseline data (demographic data) were analyzed by frequency and percentage. Inferential statistics such as chi square test was applied to find the association between attitude and psychosocial impact with selected socio demographic variables and also used to find the correlation between attitude and psychosocial impact at the p-value <0.05 level of significance.

## RESULTS

Figure-1 shows that most of the parents (70%) having positive attitude towards their Intellectual disabled child where as 23.33% of parents having negative and rest 6.66% having strongly negative attitude.

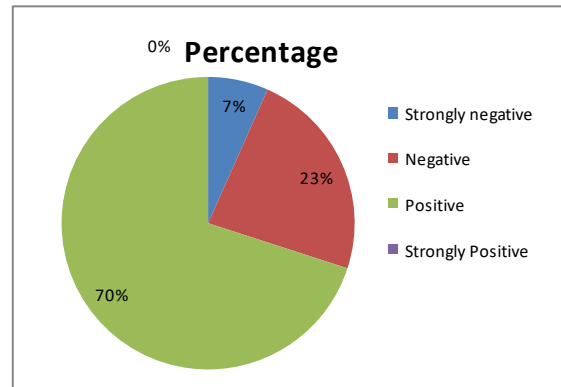


Figure-1: Frequency (f) and percentage (%) distribution of subjects according to attitude.

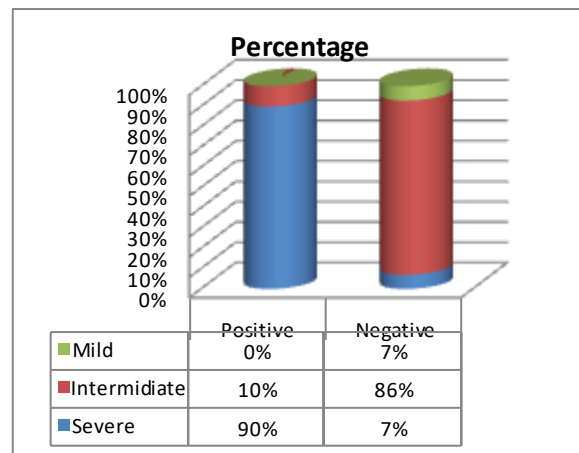


Figure-2: Frequency (f) and percentage (%) distribution of subjects as per psychosocial impact n=30

Figure-2 shows that that most of the parents (90%) having severe positive psychosocial impact and rest 10% having intermediate positive impact on them. Among Negative impact 86% of parents having intermediate negative psychosocial impact, 7% mild and severe negative psychosocial impact on them.

Table- 1: Co relationship between attitude and psychosocial impact

Sl. No	Factor	r value	Inference
1	Attitude	0.18	Positively co relate
2	Psychosocial impact		

Table-1 shows that attitude and psychosocial impact both are positively co-relate with each other as the r value 0.18.

## DISCUSSION

The objective of the understudies was to assess the attitude of parents towards intellectually disabled children and its

associated psychosocial impact on them. This study reveals that majority of the parents (70%) having positive attitude towards their Intellectual disabled child where as 23.33% of parents having negative and rest 6.66% having strongly negative attitude. As per psychosocial impact most of the parents (90%) having sever positive psychosocial impact and rest 10% having intermediate positive impact on them. Among Negative impact 86% of parents having intermediate negative psychosocial impact, 7% mild and severe negative psychosocial impact on them. In this study there is significant positive co- relationship between the attitude and psychosocial impact among the parents as the r value is 0.18. This means that if attitude becomes positive the impact will be positive. The above findings are supported by Nancy Govender and state that majority of parents expressed (84%) positive attitude towards their children and only few parents indicate a negative attitude.<sup>[10]</sup> The literature review done in the study revealed that intellectually disabled children have some negative impact on their parent and family members.

## CONCLUSION

This study was done for assessing the attitude of parents towards their intellectual disabled children, its associated psychosocial impact on them and the relationship between attitude and psychosocial impact. The outcome demonstrates that towards intellectual disabled children majority of the parents have positive attitude. Though upon some parents there is some degree of negative psychosocial impact, yet majority of the respondents consider it as their responsibility to take care of their disabled children and have positive psychosocial impact. The study also demonstrates that there is a positive

relationship between attitude and psychosocial impact.

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