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“A Study On Problem Faced by The Parents Having Special Children” (With Special Reference to Bethaniya Special School, Pulikalody, Nilambur)

Parameswari

Department of Social work AJK College of Arts and Science

ABSTRACT

Mental retardation refers to a complex socio-cultural phenomenon characterized by difficulty in complying with cultural values regarding intellectual and social behavior. Retarded persons tend to violate such cherished cultural values of Western society as intelligence, emotional independence, economic self-sufficiency, and physical attractiveness. As a result, they have traditionally been rejected, isolated, stigmatized, and deprived of society's resources. Until quite recently, having a retarded child was generally considered to be a source of shame and indicative of serious deficiencies in one or both parents. Lack of understanding of the causes of retardation has further contributed to social ostracism and to a general tendency to deal with mental retardation through denial. The study aims to understand the problems faced by parents having special children. The study highlighted the profile, stress faced by the parents and attitude towards special children in society. The descriptive design was used and simple random sampling method was adopted. The frequency table and chi-square test were made to analyze the data. The suggestions were given to improve the conditions of parents as well special children.

KEY WORDS: Parents, Special children.

***Corresponding author**

Parameswari

Assistant Professor,

Department of Social work AJK College of Arts and Science

INTRODUCTION TO THE STUDY

Birth of a new child in a family is a time for rejoicing and celebration in a family. Parents have so many dreams and aspirations for their newly born child that birth of a child with mental retardation can be a traumatic and shattering event for a family. The feeling of grief and loss that the family goes through is caused by realization that the anticipated family members experience a range of emotions in response to a diagnosis of mental retardation including denial, shock, anger, grief, guilt, embarrassment, depression, withdrawal, ambivalence and fear of stigma. Mental retardation is a label given to anyone who has been assessed to have an IQ score of 70 or less on a psychological test of intelligence. However, mental retardation affects not only performance on tests of general mental functioning, but places limitations on one's capacity for language, speaking ability, social interactions and vocational skills.

STATEMENT OF THE PROBLEM

Kerala is the only one state that claims 100% literacy in India. Kerala is the first state that made 100% computer literacy. India took away all its cultural unethical things like 'sathi', a long time ago. But still the children of with Mental retardation are not getting fully acceptances from the society. This study contacted in Kerala with a special reference to Bethanya special school in Nilambur, Mallapuram.. This study is to find out the value of shame, worry and several other emotional problems and several other burdens that having the parents of special children in the rural areas of Kerala. After 70 years of independence new born MR children were isolated in the society. Special schools are the only things that give them new hope in their miserable life. They are become the hope givers in these families through making improvements in the life of these children and the parents gets an open group to share their support to each other.

IMPORTANCE OF THE STUDY

The India is changing into a special condition. Globalization is able to convince Indians to the western culture. Is India change completely into western culture? No. we still have some idealistic culture all over the place that marketed by the cooperate companies. No one wants to know the pain of the families having special children. They are suffering, with several emotional and mental stresses. Special schools are the only place that gives happiness to the children and also relief to their parents. The acceptances of special school among these families are improved in last few years. But they still have to take the risk because of late intervention. This study among the parents of special children to understand the level of stress, shame, avoidance of family members, avoidance of society, understand level of parent and child and several problems faced by them.

REVIEW OF LITERATURE

INTRODUCTION

All available literature concerning the problem at hand must necessarily be surveyed and examined before a definition of the research problem is given. This means that the researcher must be well-conversant with relevant theories in the field, reports and records as also all other relevant literature. Researcher must devote sufficient time in reviewing of research already undertaken on related problems. This is done to find out what data and other materials, if any, are available for operational purpose. "Knowing what data are available often serves to narrow the problem itself as well as technique that might be used ". This would also help a researcher to know if there are certain gaps in the theories.

PROBLEMS FACED BY THE PARENTS:

Ignorance

In spite of great technological advances with respect to mental retardation during recent years, a surprising number of professionals in the medical and behavioral sciences have little knowledge about the condition. Misdiagnosis and dispensation of misinformation are still common. Some parents are still assured that their child will "outgrow" the difficulty, and others are confronted with the "hopelessness" of their child's condition and are urged to proceed with immediate institutionalization.

Hopelessness

Those who apply a medical model to mental retardation tend to view it as an "incurable disease" and hence as "hopeless." This orientation generates self-fulfilling and self-limiting prophecies that impede the development of retarded individuals. Furthermore, parents readily detect such defeatist attitudes and either develop similar expectations or resent those who adopt such a negative approach toward their child.

Shame

Parents may anticipate social rejection, pity, or ridicule and related loss of prestige. These expectations are all too often quite realistic. Social withdrawal is a common consequence, as is the propensity for associating with other parents of handicapped children.

Self-sacrifice

Some parents dedicate themselves entirely to the retarded child, make great personal sacrifices, and adopt a "martyr" approach to life. Family disruption, including neglect of other children and marital conflicts, may accompany this pattern.

Inequity

From earliest childhood we are conditioned to believe that fairness and justice ultimately prevail. Most members of our society have adopted an orientation to life based on the premise that "good" will triumph and that, in the unlikely event that our judicial system falters, some greater force will ensure that heroes are rewarded and villains punished. When faced with retardation in his child, the parent is overwhelmed by the enormity of the apparent inequity; and his natural reaction is to ask, "Why me ?" In his desperate search for an answer to this question, he is likely to entertain two possibilities: either he deserves the "punishment," because of grievous "sins," or the world is neither fair nor just

Vidhya Ravindranadan and Raju, S. University of Kerala, Thiruvananthapuram.

The findings of this study indicated that parents have a negative attitude towards their children with mental retardation. The most important implication of his study is the need for uplifting the parent's social and psychological well-being. It is expected that it will help the parents to deal effectively with their children having problem. Society plays an important role in the upbringing of mentally retarded child. Some parents may feel ashamed of their children with retardation and consider them as a burden. Others may consider it as their duty to take care of such children. This may depend on how the society views children with mental retardation.

METHODOLOGY

OBJECTIVES OF THE STUDY

- To know the personal profile of the respondent.
- To know the emotional problems faced by the parents having special children
- To know the social stress faced by the parents having special children
- To know the burden of parents having special children
- To know the attitude of family towards special children

RESEARCH DESIGN

The entire processes involved in research methodology are called research design. Research design is plan of study mad by researcher before undertaking his research work. It is otherwise called research strategy The researcher had adapted descriptive research design to investigate and study the problem the major goal of simple descriptive research is to describe evens, phenomena and situations. Since description is made on the basis of scientific observation, it is expected to be more accurate and paresis than casual.

UNIVERSE OF STUDY

All the items under consideration in any field of enquiry constitute a universe. The researcher collected data from reference from Bethany special school ,Pulikalodi, Mampadpanjayath, Nilambur, Malapuram Disct, Kerala.

SAMPLING PROCEDURE

A sample as the name implies, is a smaller representation of a large whole. In other words a section of the population selected from the latter in such a way that they are representative of the universe called a sample. The researcher took 50 respondents for the study by simple random sampling method to collect the samples.

METHOD OF DATA COLLECTION

The researcher collected data from the reference given by Bethanya Special school for mentally retarded children in Pulikalodi, Nilambur, MalappuramDist, Kerala. Researcher has interviewed 50 respondents by simple random method

SOURCESS OF DATA

Data was collected from both primary and secondary sources. The primary data are those which are collected fresh and for the first time and thus happened to be original in character. Primary data were collected from the respondents through interview schedule and personal interview. Secondary data were collected from the journals, books magazines, websites and previous studies are conducted the same field.

TOOLS OF DATA COLLECTION

The research used observation and interview schedule as a tool for collecting data. The interview schedule was prepared in accordance with the objectives of the study.

STATISTICAL ANALYSIS

After data collection the data were updated in SPSS Software. The tables and chi square test used to analyze the data

ANALYSIS AND INTERPRETATION

Table No-1 Distribution of respondents based on relation to the child

| Sl.No | Relation | No. Of Respondents | Percentage |
|-------|----------|--------------------|------------|
| 1 | Father | 5 | 10 |
| 2 | Mother | 43 | 86 |
| 3 | Guardian | 2 | 4 |
| Total | | 50 | 100 |

INTERPRETATION

The above table indicates that 86% of respondents are mothers of the children as the 10 % of them are fathers. 4 % of the respondents are their guardians. Total 50 respondents were given their opinion.

Table No-2 Distribution of Respondents Based On the Condition of the Child

| Sl.No | Relation | No. Of Respondents | Percentage |
|-------|----------|--------------------|------------|
| 1. | Mild | 16 | 32 |
| 2. | Moderate | 11 | 22 |
| 3. | severe | 23 | 46 |
| total | | 50 | 100.0 |

INTERPRETATION

The above table indicates that 46% of children are in severe condition as the 32% of children are mild. 22% of the children are moderate

**Table No-3
Distribution of Respondents Based On the Monthly Income of the Family**

| Sl.no | Relation | No. of Respondents | Percentage |
|-------|-------------|--------------------|------------|
| 1 | Below 10000 | 16 | 32 |
| 2 | Up to 30000 | 28 | 56 |
| 3 | Up to 50000 | 6 | 12 |
| Total | | 50 | 100.0 |

INTERPRETATION

The above table indicates that 56% of the respondents are having an income in between 10000- 30000 as the 32% of respondents of them are coming under an income up to 10000. 12% of the respondents are having up to 50000 as their monthly income.

Table No-4

Respondents Worried About What Will Happen to Child When I Will Not Able to Look After Him Longer

| Sl.no | Relation | No. of Respondents | Percentage |
|-------|-------------|--------------------|------------|
| 1 | Worried | 36 | 72 |
| 2 | Not worried | 13 | 26 |
| Total | | 50 | 100 |

INTERPRETATION

The above table indicates that 72% of the respondents are worrying that what will happen to the child when they are not able to look after him longer. Only 26% of respondents are mentally strong and had a positive attitude towards life.

Table No-5 Respondents Accepted That Special Care Institution Is Important to Child

| Sl.no | Relation | No. of Respondents | Percentage |
|-------|--------------|--------------------|------------|
| 1 | Accepted | 45 | 90 |
| 2 | Not accepted | 5 | 10 |
| Total | | 50 | 100.0 |

INTERPRITATION

The above table indicates that 90% of the respondents are accepted the institutional care for their children. The respondents are really happy about the institutional care in last few years. People are not accepted the special care before few years.

**Table No-6
Relationship between Educational Qualification and Feeling Embarrassed Due to special Child**

| Feel embarrassed due to child | Educational qualification | | | | Total |
|-------------------------------|---------------------------|------------------|------------------|------------------------|-------|
| | Up to 8 th | 10 th | 12 th | Above 12 th | |
| Yes | 8 | 4 | 2 | 0 | 14 |
| No | 10 | 8 | 4 | 14 | 36 |
| Total | 18 | 12 | 6 | 14 | 50 |

Chi-square test value: 0.044

INTERPRITATION

The above shows that the chi-square value is .044 is lesser than 0.05.Hence there is a relationship between educational qualification and feeling embarrassed due to child

MAIN FINDINGS

- ❖ 86% of respondents are mothers
- ❖ 46% of the children of respondents are severe or prebound
- ❖ 56% of the respondents are having an income in between 10000- 30000(middle class people)
- ❖ 62% of the respondents are lower class people who having a BPL card
- ❖ 90% of children were undergoing training in special school
- ❖ 72% of respondents were having unwanted worries about their future.
- ❖ 90% of the respondents are accepted the institutional care for their children.
- ❖ There is a relationship between educational qualification and feeling embarrassed due to children with special needs

SUGGESTIONS

- ❖ Panjayath should do more care about the families with MR people
- ❖ Ward wise rehabilitation center for children and their families should open with the help of special kudumbasree project.

- ❖ Integrated opportunity making for these children to improve their skills
- ❖ Panjayath should appoint trained social workers for the welfare of these families.
- ❖ Government grand were never enough for several families they are having more than one patient in the families
- ❖ Make opportunity for the entertainment for these children with public support
- ❖ Society should accept the problems of these families and provide support instead of sympathy and injecting misconception.
- ❖ Several parents should be convinced for the earlier intervention and special school support

CONCLUSION

Mental retardation is a medical condition that only be treatable not curable. People lives along with these children are also suffering with that impairment. Parents of special children are also vulnerable to several physiological problems such as stress, lonely feeling, suicidal thoughts, uncontrollable worries etc. this study is for checking the condition of parents in village area in Nilambur, MalpuramDist, kerala with a special references of Bethanya special school,puliikalodi, nilambur. This study has its own limitations as mentioned above but, it will help who like to refer more, related to this topic.Finding and suggestions in this study were only related to this area.

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