

Research Paper

Mental Health among the Parents of Intellectual Disable Children and Normal Children

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ABSTRACT

The Purpose of the Present study was investigating the level of mental health of parents of intellectual disable children and normal children. The total sample consisted of 240 children (120 parents of intellectual disable children and 120 parents of normal children) were selected from Bharuch city of Gujarat. The scale of “Mental Health of Parents Questionnaire” developed by Dr. Kamlesh Sharma was administered level of measure their mental health. Scoring has been done as per manual, further; the data were analyzed by using descriptive statistics mean, SD and t-test. Result was found that, there is no significant difference between mental health of parents of intellectual disable children and normal children. It was also found that, there is no significant difference between mental health of mothers and fathers.

Keywords: *Mental Health, Parents, Intellectual Disable Children, Normal Children*

Mental health refers to our cognitive, and/or emotional wellbeing - it is all about how we think, feel and behave. Mental health, if somebody has it, can also mean an absence of a mental disorder. According to the government's statistics, 20% of Indians need counseling at some point of their lives. One percent of the population suffers from serious mental health disorders, while 5-10% of Indians suffer from moderate disorders. Your mental health can affect your daily life, relationships and even your physical health. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological resilience.

While there are as many as 20 million Indians suffering from mental illnesses, the country has only 3,500 psychiatrists and 1,500 psychiatric nurses to treat them. According to the Head of the Department of Psychiatry at New Delhi's G B Pant Hospital R C Jiloha, an estimated 1-2% of India's 100-crore plus population suffer from major mental disorders and about 5% of the population from minor depressive disorders. Most of the psychiatrists are based in cities or private hospitals. However, government hospitals face an acute shortage,

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although they are the ones which treat the poor. In the United States there are 45,615 psychiatrists. (Annual Report The MINDS Foundation, 2012)

Such large amount of statistics of mental health and illness incite studies related to their diagnosis, nature and remedies on a large scale to improve the mental health of India. This paper tries to account one such study undertaken in Ahmedabad regarding mental health of parents of Intellectually Disabled and normal children.

Problem Of The Study:

The problem of present study is to find out mental health of parents of intellectual disable child and normal child.

Objective Of The Study

1. To find out the significant differences of mental health parents of normal and intellectually disabled children
2. To find out the significant differences of mental health of mother and father

Hypotheses:

1. There will be no significant difference in mental health among the mean of normal children parents and intellectually disable children parents.
2. There will be no significant difference in mental health among the mean of Mothers and Fathers.

METHOD

Sample:

Researcher has purposefully selected 240 children (120 parents of intellectual disable children and 120 parents of normal children) were selected as a sample from Bharuch city of Gujarat.

Tool:

For this purpose the following test tools were considered.

- **“Mental Health of Parents Questionnaire”**:- prepared by Dr. Kamlesh Sharma. The questionnaire has 60 questions with answer to be provided in “Yes”, “Uncertain” & “No” form only. The Answers for positive questions are rated a score of 2 for each “Yes”, 1 for “Uncertain” and 0 for “No” while for negative questions the score is 2 for “No”, 1 for “Uncertain” and 0 for “Yes” The test’s validity is 0.61 and correlation with “Abhar-Abharani Brist of stress Scale.”, The reliability of test is also satisfactory measured.

Procedure:

After finalizing the instruments and receiving the consent of the normal child parents and parents of intellectual disable choose were requested to fill the “Mental Health of Parents

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Questionnaire” without Omitting and item. All the data analysis using statistical measures such as mean, standard Deviation and ‘t’ test.

RESULT AND DISCUSSION

The present study attempted to assess the mental health 240 parents (120 normal children parents and 120 intellectual disable children parents.) The ‘t’ test was applied for the purpose of statistical interpretation to test the significant. Result and discussion for the present study are follows:

Table no. 1 Showing ‘t’ value and mean differences in mental health among the mean of normal children parents and intellectually disable children parents.

Sr. No.	Details	No.	Mean	SD	t	Level of Significance
1	Normal Children Parents	120	75.60	14.39	0.83	NS
2	Intellectually Disabled Children Parents	120	77.09	13.48		

Non significant at 0.05 level of significant

The above result table No. 1 we can see that ‘t’ test was used to know the value and mean differences in mental health among the normal children parents and intellectually disable children parents. Where mean mental health of 120 normal children parents was 75.60 & SD was 14.39 similarly mean mental health of intellectually disable children was 77.09 & SD was 13.48 and difference between their ‘t’ values was 0.83. It was no significant with 0.05 levels. Here null hypothesis was accepted. Hence, it can be safely said that parents of normal and intellectually disabled children was not differs in mental health. Thus hypothesis presuming level of Mental Health among parents of normal and intellectually disable children was found to be not proved. It means that, there is no significant difference between the mean score of mental health among parents of normal and intellectually disable children

Thus the null hypothesis 1 which sates “There will be no significant difference in mental health among the mean of normal children parents and intellectually disable children parents.”

Table no. 2 Showing ‘t’ value and mean differences between mental health of Mothers and Fathers.

Group	N	Mean	S.D	‘t’	Level of significant
Mothers	120	77.07	13.88	0.81	N.S
Fathers	120	76.61	14.01		

Non significant at 0.05 level of significant

The above result table No. 2 we can see that ‘t’ test was used to know the value and mean differences in mental health among the mean of mothers and fathers. Where mean mental health of 120 mothers was 77.07 & SD was 13.88 similarly mean mental health of fathers

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was 76.61 & SD was 14.01 and difference between their 't' values was 0.81. It was no significant with 0.05 levels. Here null hypothesis was accepted. Hence, it can be safely said that mothers and fathers was not differs in mental health. Thus hypothesis presuming level of Mental Health among mothers and fathers found to be not proved. It means that, there is no significant difference between the mean score of mental health among mothers and fathers. Thus the null hypothesis 2 which sates "There will be no significant difference in mental health among the mean of Mothers and Fathers"

CONCLUSION

1. The result shows there is no significant difference in mental health among normal children parents and intellectually disabled children parents. It means level of mental health is same in parents of normal and intellectually disables children.
2. The result shows there no significant difference in mental health among the Mothers and Fathers. It means level of mental health is same in mothers and fathers.

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