

## **A Study of Adjustment of Rural and Urban Parents of Children with Mentally Retarded**

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### **ABSTRACT**

To assessed and compared adjustments level of 100(one hundred) rural and 100 urban parents (one hundred) total two hundred parents of children with mentally retarded were assessed in which of the deferent areas of the following Home, Health, Emotional, Social by using the bells adjustment scale. The difference of the rural parents of children with mentally retarded “t” value of 2.60 and urban parents of children with mentally retarded “t” value of 1.59. according to Bells adjustment scale there was a significant deference in health, home, social, and emotional adjustments among the urban and rural parents of children with mentally retarded with a “P” value of <0.01 and 0.10.

**Keywords:** *Urban Rural Parents, Adjustment Home, Health Emotion Social Mentally Retarded, Good, Average Poor*

**T**his study was undertaken in the interest of doctoral degree perceiving from the Psychology department, Gulbarga University Gulbarga. Subjects to the study on depth view of the specialized in clinical setup to the mental health level in parents of children with mental health problems.

*It focused adjustment in different areas is the following:*

#### **Adjustment:**

Adjustment means regulating, adapting or settling in a variety of contexts has several meanings; many relate to insurance, contracts, or the resolution of disputes in engineering, mathematics, and geodesy, the optimal parameter estimation of a mathematical model so as to best fit a data set In metrology, the set of operations carried out on an instrument in order that it provides given indications corresponding to given values. In psychology, the behavioral process of balancing conflicting needs, or needs against obstacles in the environment. Humans and animals regularly do this, for example, when they are stimulated by their physiological state to seek food,

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they eat (if possible) to reduce their hunger and thus adjust to the hunger stimulus. Occurs when there is an inability to make a normal adjustment to **Home Health Emotion and Social** some need stress in the environment.

### ***Parents:***

The relationship between parent and child is of fundamental importance to U.S. society, because it preserves the safety and provides for the nurture of dependent individuals. (Alaimo, Kathleen, et al. 2002) For this reason, the parent-child relationship is given special legal consideration. Increasingly, local, state, and federal governments have become more involved in the relationship, especially when a child is abused or neglected. In addition, parental roles have shifted over time, and the law has moved with these changes. Legal rights that were once the sole province of the father are now shared with the mother, and, in general, the law seeks to treat parents equally.[10,11,16].

### ***Children:***

The term child is used in the limited sense to indicate an individual below the age of majority. The more precise word for such an individual is minor, juvenile, or infant. The age of majority, which transforms a child legally into an adult, has traditionally been the age of 21 years. Many states, however, have reduced the age of majority to 18 years.

### ***Parent-Child Relationship:***

In its most restricted use, the term parent refers only to a mother or father who is related to the child by blood. (Archard, David. 2003) This definition holds whether the child is legitimate (the natural parents are married to each other) or illegitimate (the parents are not married to each other). As of 2003, as a result of statutes, adoptive parents have the same rights and responsibilities as natural parents. Other persons standing in the place of natural parents, such as stepparents, are not, however, given such extensive rights and responsibilities. Although in some instances foster parents and foster care agencies have the legal responsibility to nurture a minor, they are not entitled to the full status of parent. A child is the issue or offspring of his parents. A posthumous child is one conceived prior to, and born after, the death of his father. Such a child has the same inheritance rights as a child born while his father is alive. A child is not entitled to full legal rights unless the child is born alive. The law does not ordinarily consider a fetus to be a child. [3, 4,5].

## **METHODS AND MATERIALS**

The following scale was used to assess the adjustment of urban and rural parents of children with mentally retarded in various areas of the following home health emotions social levels. A semi-structured information interview schedule which includes present, family, personal, educational academics religious mental health history prepared by the researchers was used.

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Mohsin – *Shamshad Adaptation of Bell Adjustment Inventory (1987)*: The inventory consists of 80 items measuring adjustment in four different areas: home, health, social and emotional separately as well as it yields a composite score for overall adjustment.[6,7,8,].

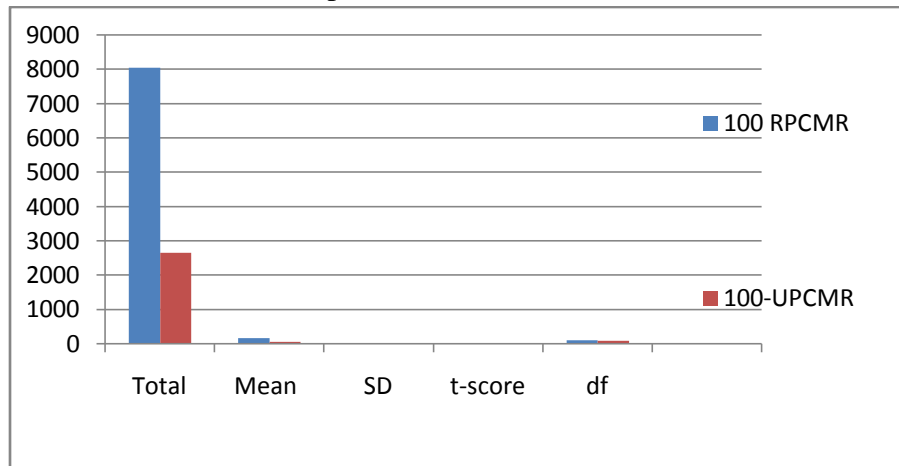
*Statistical analysis*: Depending on the data collected suitable parametric and Non parametric statistical tests would be used to verify the hypothesis. Students ‘t’ test , mean standard deviation

### RESULT ANALYSIS

**Table No. 1**

B A SCALE	100 RPCMR	100-UPCMR
Total	8045	2649
Mean	157.74	52.45
SD	8.69	3.65
t-score	2.6	1.59
df	98	86
Observation	100	100

The Result shows the total adjustment level of rural and urban parents of children with mentally retarded “t” score is 2.6 and 1.59 inrespective.

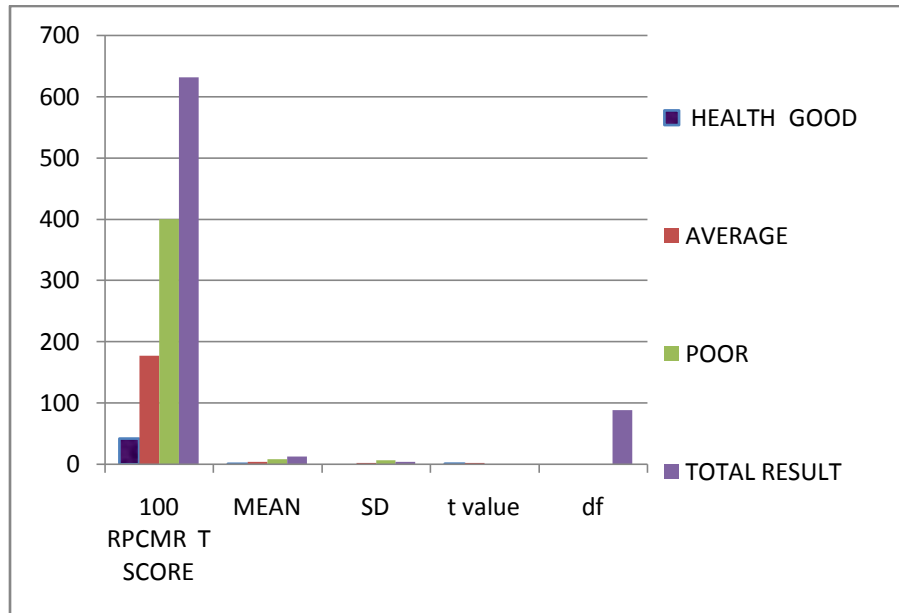


**Table NO.2**

RPCMR B A S	HOME GOOD	AVERAGE	POOR	TOTAL
Total SCORE	100	205	285	590
MEAN	1.98	4.05	5.7	11.48
SD	0	2.5	7.5	3.33
t value	1	2.5	0	3.5
df				1.5

The result shows the Home adjustment level of rural parents of children with mentally retarded total “t” score is 3.5.

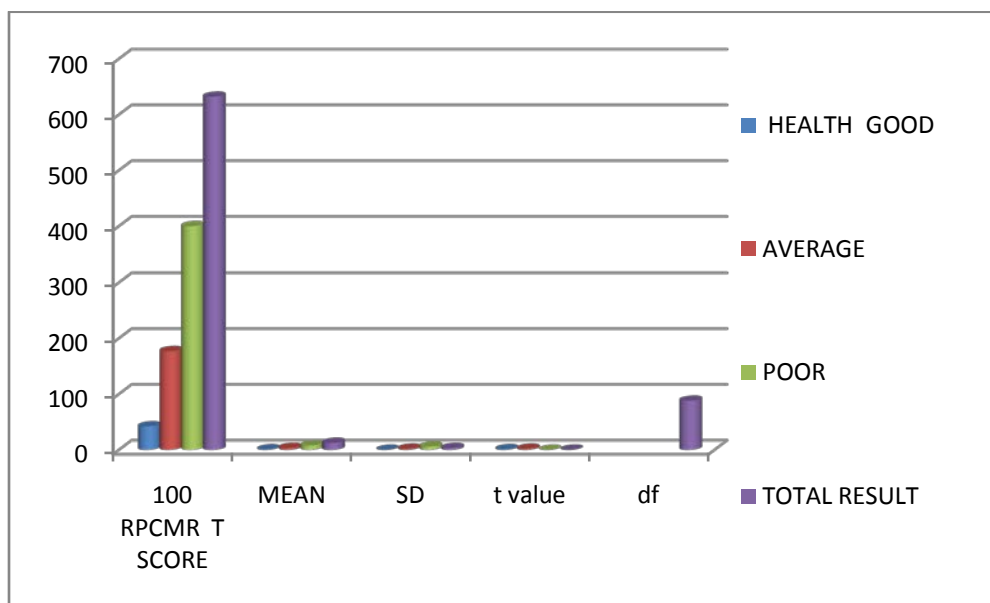
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**Table No.3**

100 -RPCMR SCORE	HEALTH GOOD	AVERAGE	POOR	TOTAL
SCORE	56	162	366	584
MEAN	0.90	3.37	7.7	12.03
SD	0.3	1.3	2.56	3.65
t Value	0.2	0.12	1.06	1.23
df				69

The result shows the Health adjustment level of rural parents of children with mentally retarded total “t” score is 1.23.

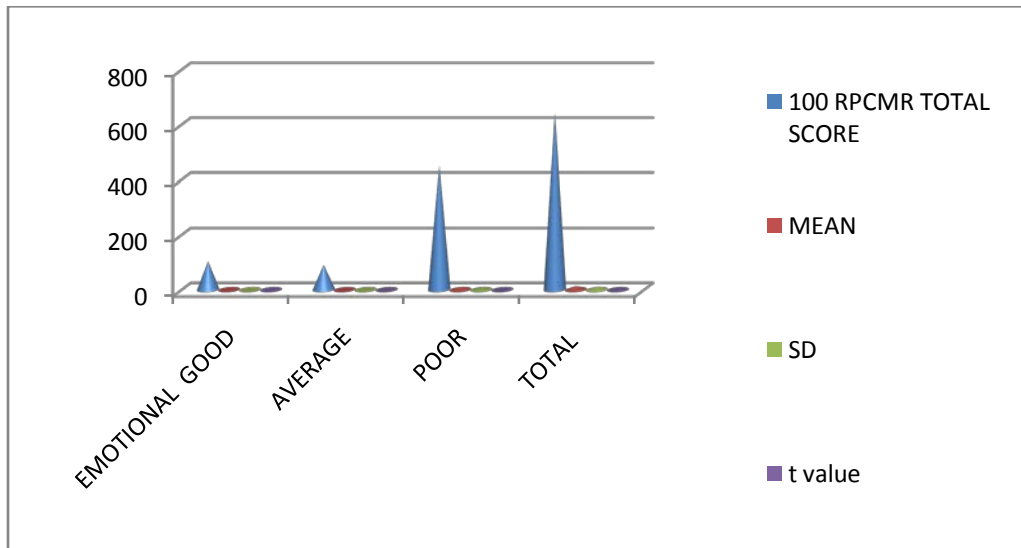


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**Table No: 4**

<b>B A S</b>	<b>EMO- GOOD</b>	<b>AVERAGE</b>	<b>POOR</b>	<b>TOTAL</b>
100 RPCMR TOTAL SCORE	103	90	451	644
MEAN	2.03	1.78	8.93	12.75
SD	0	2.5	5.5	10
t value	1.5	2.5	0	3.0
df				88

The result shows the Emotional adjustment level of rural parents of children with mentally retarded total “t” score is 3.0.

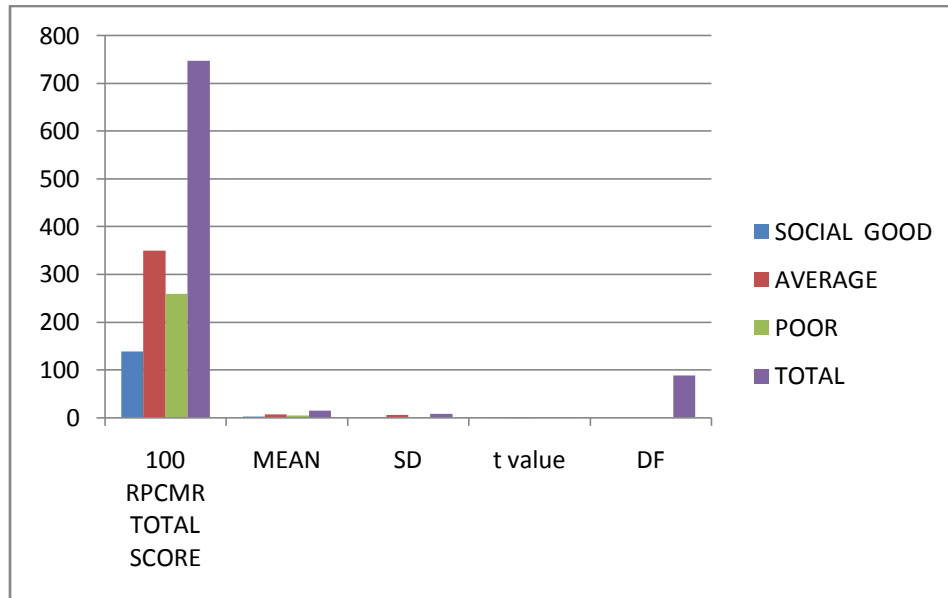


**Table No. 5**

<b>BAS</b>	<b>SOC GOOD</b>	<b>AVERE</b>	<b>POOR</b>	<b>TOTAL</b>
100RPCMR	138	350	259	747
MEAN	2.73	6.93	5.12	14.79
SD	1.5	2.5	0.05	7.5
T Value	1.5	1.0	0.7	1.02
df				88

The result shows the Social adjustment level of rural parents of children with mentally retarded total “t” score is 1.02.

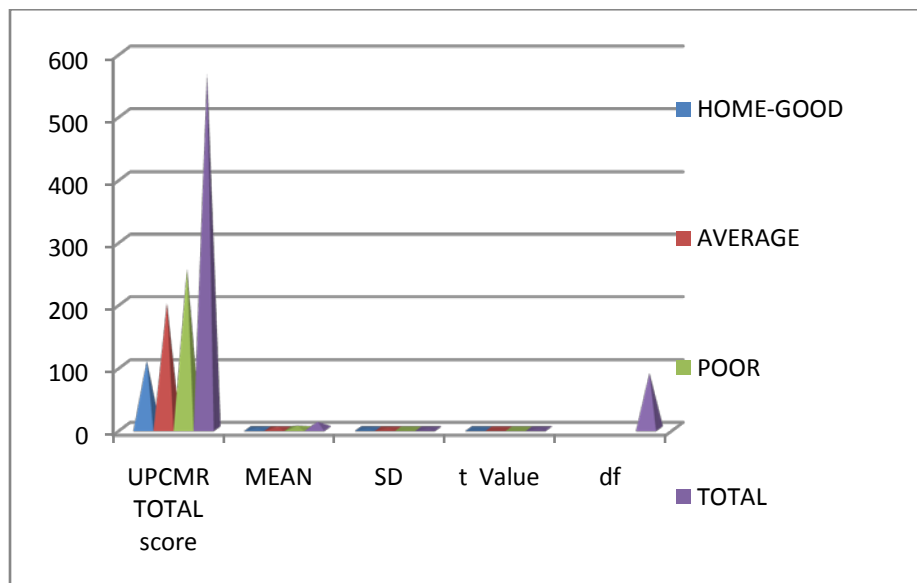
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**Table NO.6**

UPCMR B A S	HOME GOOD	AVERAGE	POOR	TOTAL
Total SCORE	85	105	185	325
MEAN	1.98	4.05	5.7	11.48
SD	0	2.5	7.5	3.33
t value	1	1.5	0	1.05
df				1.5

The result shows the Home adjustment level of urban parents of children with mentally retarded total “t” score is 1.05

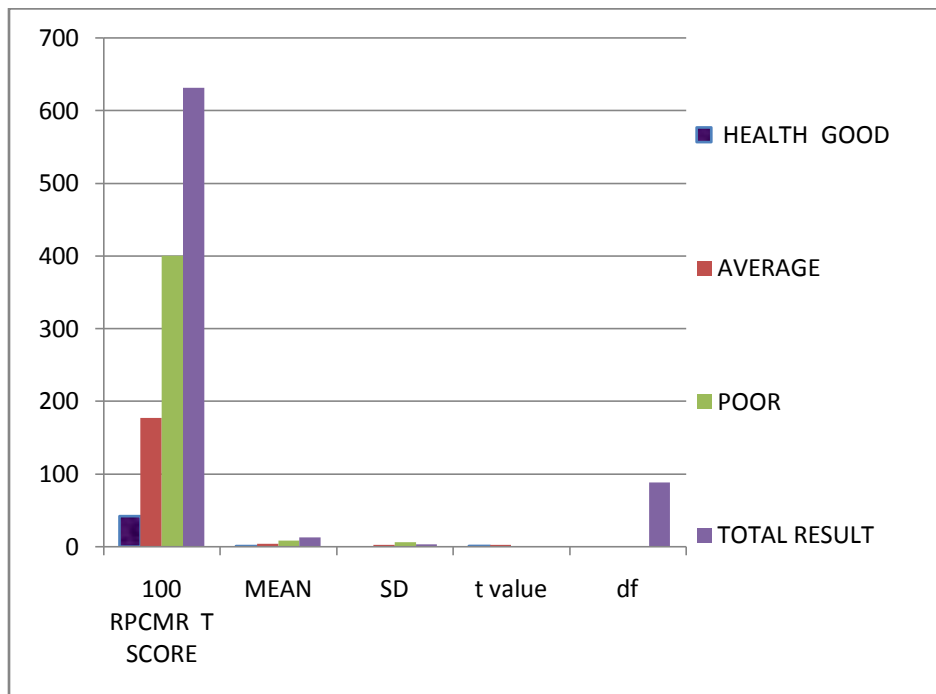


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**Table No. 7**

<b>100 -UPCMR</b>	<b>HEALTH GOOD</b>	<b>AVERAGE</b>	<b>POOR</b>	<b>TOTAL</b>
SCORE	46	172	396	614
MEAN	0.90	3.37	7.7	12.03
SD	0.3	1.3	2.56	3.65
t Value	0.2	0.12	1.06	1.23
df				69

The result shows the Health adjustment level of urban parents of children with mentally retarded total “t” score is 1.23.

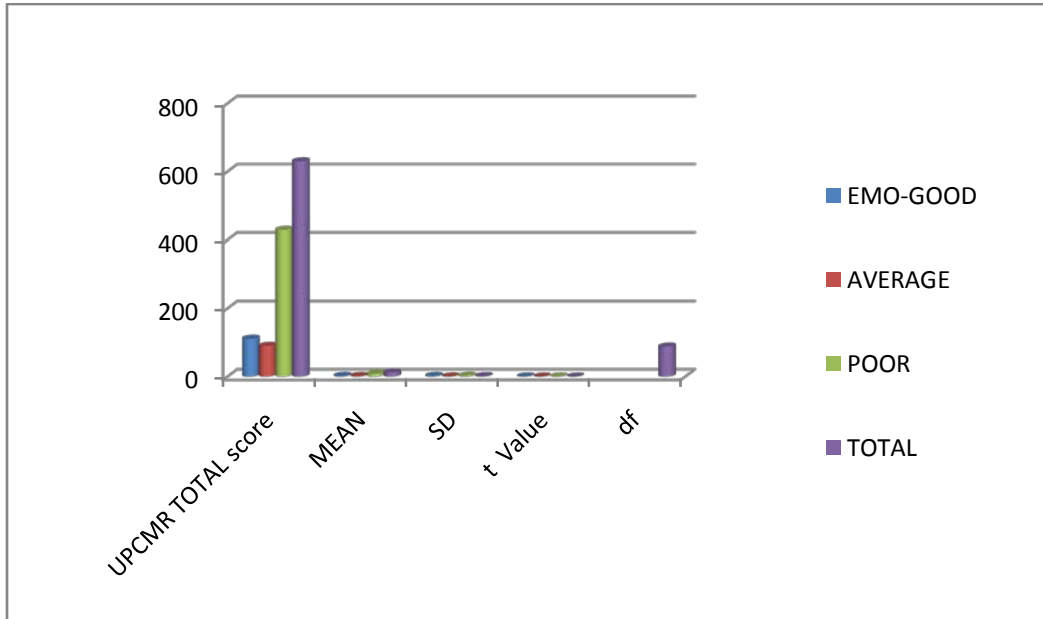


**Table No.8**

<b>100 -UPCMR</b>	<b>EMO-GOOD</b>	<b>AVERAGE</b>	<b>POOR</b>	<b>TOTAL</b>
SCORE	111	90	429	630
MEAN	2.17	1.76	8.41	12.35
SD	2.1	0.31	2.61	1.56
t Value	0.16	0.1	0.13	0.03
df				88

The result shows the Emotional adjustment level of urban parents of children with mentally retarded total “t” score is 1.56.

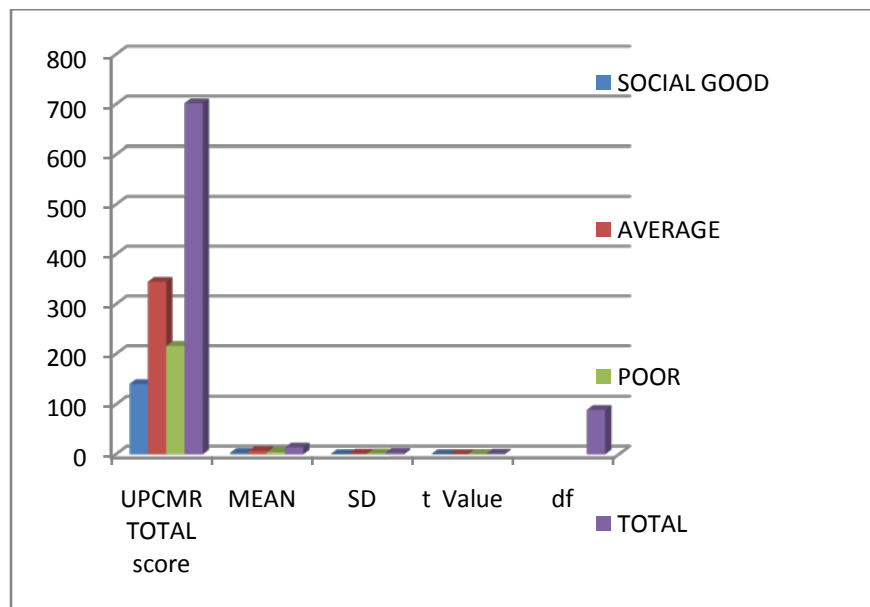
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**Table No. 9**

BAS	SOC GOOD	AVERE	POOR	TOTAL
100UPCMR	141	345	216	702
MEAN	2.76	6.76	4.23	13.76
SD	0.32	1.5	1.65	3.43
T Value	0.1	0.15	0.2	1.3
df				89

The result shows the social adjustment level of urban parents of children with mentally retarded total “t” score is 1.3.





## DISCUSSION

The result of Bells adjustment scale Rural and Urban parents of children with mentally retarded. Were found significant differences as mentioned in detailed the result shows the rural and urban parents of children with mentally retarded of mean score as the following adjustment level in Home, Health, Emotion, and Social “t” score is 2.6 and 1.59 in respective. (Table no.1) (Richards, Janet Leach. 1999).

The result shows the rural parents (RPCMR) adjustment of home health emotion and social levels of ‘t’ scores were found as in Home good average poor and total ranges 1, 2.5, 0, 3.53.33, Health 0.2, 0.12, 1.06, 1.23, Emotion 1.5, 2.5, 0.0, 3.0., social 1.5, 1.0, 0.7, 1.02, 2.5, 0.01, 0.3. (Ref. Table no.1-5).

The result shows the urban parents (UPCMR) adjustment of home health emotion and social levels of ‘t’ scores were found as in Home good average poor and total ranges 1, 1.5, 0, 1.05. Health 0.2, 0.12, 1.06, 1.23. Emotion 0.16, 0.1, 0.13, 0.03. Social 0.1, 0.15, 0.2, 1.3. (Ref. Table no.6-9).

## CONCLUSION

This study gives an insight on special coping of adjustment skills to the both area of parents. It seems to analyst present adjustment commitment with situation. Efforts are needed to create public awareness and to involve family members in psychological intervention. Organizations like social welfare, education department, NGO’s and counseling centers could expand their programs to promote alternative living pattern to being consultation with the Psychologist and Professional counselor rehabilitation centers. Efforts are needed to create public awareness and to involve family members in psychological intervention. Organizations like social welfare, education department, NGO’s and counseling centers could expand their programs to promote alternative living pattern for parents of children with mentally retarded and dyslexic children.

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### *Conflict of Interests*

The author declared no conflict of interests.

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