

Psychological study of the anxiety of parents of normal and mentally retarded children

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ABSTRACT

The purpose of the presented research was to conduct a psychological study of the anxiety of parents of mentally retarded children. The study was performed on 240 parents. In which Sinha's anxiety test was used. The "T" test and diffraction analysis method were used for data analysis. The results show that parents of mentally retarded children are more likely to be anxious than parents of normal children.

Keywords: *Mentally Retarded Children, Anxiety, Psychological Study*

The present time is very complicated. At such times, everyone in the society is constantly worried about his or her own development. The development of an individual means not only his own development but also the development of the whole family. It is essential for the overall development of the family that every member of the family is healthy. Otherwise, the process of holistic development may be hampered. Some people have a physical or mental defect and their defect affects the development of the family.

A person with a physical or mental illness does not have the strength to act like a normal person and therefore has to pay special attention to it due to which some family time is spent behind him. In addition, there may be constant concern in the family about the future of such people. At present 3% of people in the world have a disability in one way or another and such disability affects their family development process.

The present study focuses on the parents of children with mental disabilities. The purpose of which is to get information about the concerns of parents of mentally retarded children.

Objective

The purpose of the presented research is to conduct a psychological study of the anxiety of parents of normal and mentally retarded children.

Hypothesis

- There will be no meaningful difference between the parents of normal children and the parents of mentally retarded children.

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METHODOLOGY

Sample

In the present research, parents of 240 normal children and 240 parents of mentally retarded children studying in schools across Jamnagar district were selected which included 120 mothers and 120 fathers in both of them and parents living in 60 rural and 60 urban areas in each of them. Were.

Research tools

The following tools were used to gather information from the parents of the children as the purpose of the present study was to make a comparative and psychological study of the anxiety and adjustment of the parents of children with general and mental retardation.

Personal Information Sheet

Here a personal information sheet was prepared to measure parental concern and adjustment including parent name, address, parent type, mother or father, area of residence, mother's study, father's study, mother's occupation, father's occupation, parent's family monthly etc. Came.

Anxiety scales

The 'Sinha's Comprehensive Anxiety Test' designed by Sinha was used to measure anxiety. Its Gujarati translation by Dr. Bhatt (1998). This test has high reliability and accuracy.

Statistical Method

The following statistical techniques have been used in the present research. 'T' value, 'F' value and LSD.

Procedure

The purpose of the present research is to conduct a psychological study of the concerns of the parents of normal and mentally retarded children. For this, feedback was taken from the selected respondent as per the research plan through face-to-face interviews. He was explained that this information was being used for research purposes only. Statistical analysis was performed based on the answers given by them.

RESULT AND DISCUSSION

In the present study, the parents of the children with general and mental retardation were divided into the following four sections according to the interaction.

1. Mothers of normal children
2. Fathers of ordinary children
3. Mothers of mentally retarded children
4. Fathers of mentally retarded children

The following hypothesis was formulated in the context of these four sections.

H₀₁: Among the anxieties of parents of normal and mentally retarded children No significant difference will be seen.

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Result Table No: 1 Table showing the difference between the type of parent (A) and the median of parental anxiety of normal and mentally retarded children in terms of parental (B) mutations (N = 480)

| Variable | N | Mean | F | sign |
|--|-----|-------|-------|------|
| Normal Children's Mother (A ₁ B ₁) | 120 | 37.73 | 14.79 | 0.01 |
| Normal Children's Father (A ₁ B ₁) | 120 | 34.93 | | |
| Mentally retarded Children's Mother (A ₂ B ₂) | 120 | 43.25 | | |
| Mentally retarded Children's Father (A ₂ B ₂) | 120 | 40.85 | | |

0.05 = 3.92

0.01 = 6.84

Result Table No: 2 L.S.D Table showing the difference between the type of parent (A) and the median of parental anxiety of normal and mentally retarded children in terms of parental (B) mutations (N = 480)

| Sr No | Pairs | Mean diff | sig |
|-------|--|-----------|------|
| 1 | A ₁ B ₁ VS A ₁ B ₁ | 2.8 | 0.01 |
| 2 | A ₁ B ₁ VS A ₂ B ₁ | 5.52 | 0.01 |
| 3 | A ₁ B ₁ VS A ₂ B ₂ | 3.12 | 0.01 |
| 4 | A ₁ B ₂ VS A ₂ B ₁ | 8.32 | 0.01 |
| 5 | A ₁ B ₂ VS A ₂ B ₂ | 5.92 | 0.01 |
| 6 | A ₂ B ₁ VS A ₂ B ₂ | 2.4 | 0.01 |

0.05 = 1.21

0.01 = 1.60

The result seen in Table 1 shows that the value of F obtained by calculation in terms of type of parent and interaction between parents is 14.79 whereas at the mean of 0.05 the value of f is 9.92 and at the mean level of 0.01 the value of f is 6.84. Is. The value of f obtained here is large so the difference is significant. Here Ho1 is rejected. It is concluded that there is a significant difference between the type of parent of a child and the interaction of the parent.

The result seen in Table No. 2 shows that the difference of L.S.D in terms of type of parent and interaction between parents is meaningful of 0.01 in six pairs. In which A₁B₁ i.e. mother of normal children's anxiety levels are 37.73 and 34.93 respectively. In addition, the difference between the two is 2.8. Which is meaningful at the level of 0.01. It can therefore be said that the mother of normal children is more concerned than the father of normal children.

A₂B₁ and A₂B₂ i.e. mothers of mentally retarded children and fathers of mentally retarded children are 43.25 and 40.85, respectively, and the difference between the two is 2.4. Which is meaningful in 0.01 economy. Therefore, it can be said that the mother of mentally retarded children is more concerned than the father of mentally retarded children.

CONCLUSION

The parents of mentally retarded children are more anxious than the parents of normal children, which is why the parents of normal children are not as concerned about the future of their child as the parents of mentally retarded children. Parents of mentally retarded children are particularly concerned about the future of their children.

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Conflict of Interest

The author declared no conflict of interest.

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