

A Study on the Levels Emotional States of Parents Having Children with Intellectual Disability

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ABSTRACT

Parenting a child with intellectual disability brings a lot of change in psychological makeup of the parents, owing due to irreversible condition of the nature of intellectual disability. An attempt is made to understand whether parents of the child having intellectual disability are affected or not, if effected whether mother and father of the child are equally affected or not. The perception of the condition of child is perceived differently by mothers and fathers was taken for the study. Research was directed to understand the eight emotional states (Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, Arousal) of parents having child with intellectual disability on mothers and fathers. A Comparative Study was undertaken to unearth the psychological makeup in parenting in terms of their eight emotional states levels that parents of intellectually disabled children have and comparison levels of those emotional states between mothers and fathers. A sample of 80 parents including 40 fathers and 40 mothers was randomly selected from Hyderabad, India. 8SQ scales was administered on these samples, eight emotional States levels was measured in both mother and father of intellectually disabled children. Research Revealed that Parents both fathers and mothers of children with intellectual Disability experience significant level of eight emotional states. Statistical Analysis on the results shows that there is no significant difference in emotional states levels that mothers and fathers are subjected, emotional states persistently existent in both female and male gender, emotional states (Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, Arousal) have an association, if one exists other two also exists in parents.

Keywords: *Psychological problems, Intellectual disabilities, Emotional States, Parents, Statistical Analysis*

Intellectual disability is a state of functioning in which impairments to the central nervous system (CNS) (e.g., body functions and structures) result in activity limitations and participation restrictions. Specifically, CNS impairments manifesting in intellectual disability result in limitations to intellectual functioning (Schalock, R., Borthwick-Duffy et al. 2010).

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Received: July 05, 2021; Revision Received: October 17, 2021; Accepted: October 27, 2021

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The common characteristics of intellectual disabilities: difficulty learning and processing information; problems with abstract thought; and problems with social interactions occur at varying levels unique to each individual. (Learn about the differences between mild, moderate and severe intellectual disability) Intellectual impairment involves problems with mental abilities that affect day-to-day functioning in three areas:

- Conceptual – includes problems with skill in language, reading, writing, mathematics, reasoning, memory, knowledge retention.
- Social - refers to issues with empathy, judgment, communication, making and keeping friends, and other social functions.
- Practical – focuses on problems with self-care, such as personal hygiene, job duties, personal finance, organization.

There is no cure for intellectual disabilities. However, most children with an intellectual disability can learn to do many things. It just takes them more time and effort than other children.

The most important distinction between people with intellectual disability and the general population is that people with intellectual disability have more intense support needs, and therefore need supports that are both qualitatively and quantitatively different than supports needed by most others in the general population.

Becoming a parent of a child with a disability can be a time of stress and change (Thompson, 2000). The diagnosis of a disability may disrupt the family system and require a new level of organization or balance (Burr, 1982; Patterson & McCubbin, 1983). Some life events can be influenced and shaped by individuals. Having a child with a disability is an event that leaves many parents feeling they have little control; however, they do have significant control over how they react and cope with their situation (Rose, 1987).

Studies have shown an association between parental Depression, Stress and Anxiety in care taking of children with intellectual disability. In developing countries such as India concerning the impact of raising children with intellectual disability upon the quality of parent function.

In India, the majority of children with intellectually disability have traditionally been taken cared by their families. In today's modern society this home-based care has resulted in many adverse consequences. Factors such as changes in the social system (e.g., breaking up of joint families) and the economic system (e.g. unemployment, inflation, poor family economic conditions etc.) have contributed to Depression, Stress and Anxiety that parents of intellectually disabled children experience.

According to previous re-searchers parents of children diagnosed with Intellectual Disability consistently report more stress than parents of typically developing children (dyson,99, dolf-noh fisman, speechly-1989).

The pressure of raising an intellectually disabled child is an important concept in parenting and mostly it has a close relation with parents emotions, stress and anxiety. Taking care of children with special needs may leads to high level of negative emotions for the parents. Therefore, the purpose of this research is

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- To Study the levels of eight emotional states (Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, and Arousal) in the parents who are rearing their intellectually disabled children.
- Compare levels of emotional States between mothers and fathers.

METHODOLOGY

The present study was conducted on patients of children have intellectual disability Hyderabad, in India. Nomothetic (Quantitative Approach) Psychology research method will be used for the study. The total sample consisted of 40 patients of children have intellectual disability i.e., 40 mothers and 40 fathers. For the purpose of our study, 8SQ Scale was administered upon patients of children have intellectual disability in individual situation and general instructions were given in the beginning of the test. The objective of the test was well explained to the parents before the administration. The parents of students studying in Preparna Special education school, Hyderabad, India and parents visiting National institute for the empowerment of persons with intellectual disabilities (Divyangjan), Secunderabad, India were selected for the study. Selection of parents was done with children having intellectual disability.

Sample size is 40 (i.e., >30) Hence z Test is more appropriate is use as statistical test. z values for Depression, Stress and Anxiety of both mothers and father data is calculated using Excel z test Data Analysis function.

NULL Hypothesis H₀ : There is no significant difference between father and mother of children with Intellectual disability with respective eight emotional States levels.

This study did not refer to any research ethics committee for approval as my country does not have an Institutional Review Board for this kind of Studies.

RESULTS

Statistical Analysis The obtained data were analysed by applying z-Test to find out the significance of difference between eight emotional States of mother and father of children having intellectual disability.

Table 1 . 8SQ Emotional States Statistical Data

		N	Mean	SD	Min. Value	Max. Value	z Value	P Value
Anxiety	Mother	40	17.50	4.7230	4	29	0.049	0.9607 NS
	Father	40	17.45	4.3380	6	26		
Stress	Mother	40	17.40	4.3190	8	23	-0.117	0.9068 NS
	Father	40	17.50	3.2423	9	25		
Depression	Mother	40	18.80	3.8970	11	29	0.345	0.7302NS
	Father	40	18.50	3.8829	7	26		
Regression	Mother	40	17.68	3.5040	7	28	0.031	0.9752 NS
	Father	40	17.65	3.6833	5	25		
Fatigue	Mother	40	16.88	3.8310	12	29	-0.379	0.7046 NS
	Father	40	17.23	4.4056	5	25		
Guilt	Mother	40	18.03	2.8510	13	22	-0.173	0.8627 NS
	Father	40	18.13	2.2892	14	25		
Extra	Mother	40	16.60	4.1250	5	24	-1.460	0.1444 NS

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		N	Mean	SD	Min. Value	Max. Value	z Value	P Value
version								
	Father	40	17.98	4.2996	7	27		
Arousal	Mother	40	17.60	3.1200	11	26	0.076	0.9395 NS
	Father	40	17.55	2.7638	13	25		

Level of Significance = 0.05, Critical value 1.96

NS- No Significant difference

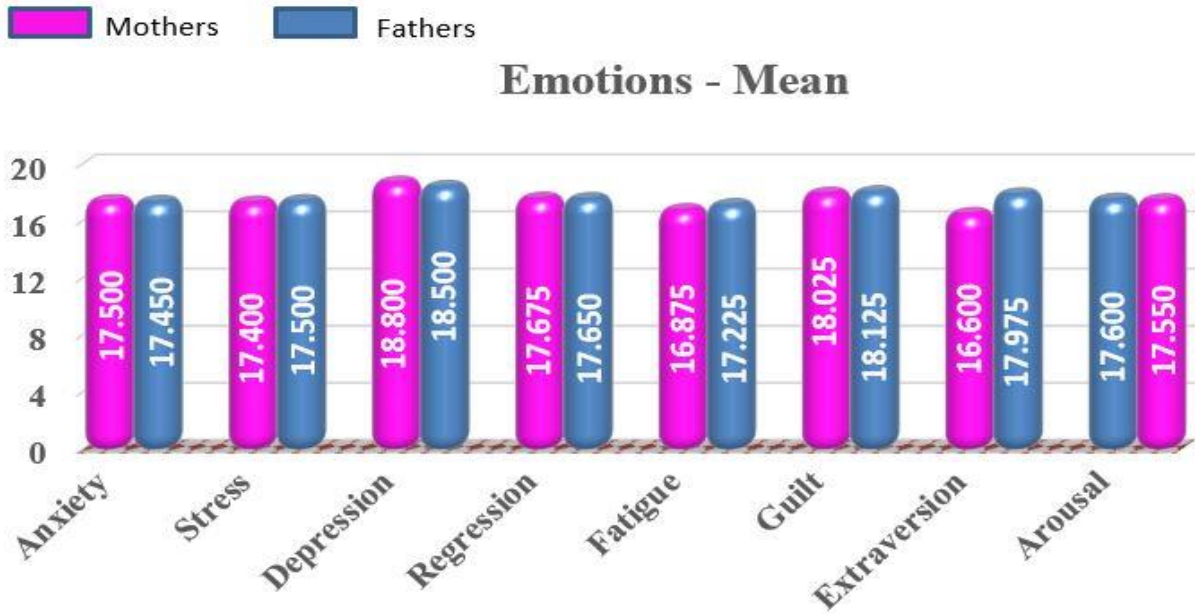


Fig. 1 Mean of 8SQ Emotional States Scale Scores



Fig. 2 Standard Deviation of 8SQ Emotional States Scale Scores

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From the sample data of 8SQ scale, mothers and fathers scores has been categorized in to levels as specified by 8SQ scale profile, below table shows percentage of parents that are in the category level.

Table 2. 8SQ Emotional States category percentage of parents data

		Anxiety	Stress	Depression	Regression	Fatigue	Guilt	Extraversion	Arousal
Low	Mother	2.5%	17.5%	0.0%	2.5%	5.0%	0.0%	35.0%	35.0%
	Father	0.0%	10.0%	2.5%	5.0%	7.5%	0.0%	32.5%	35.0%
Average	Mother	22.5%	40.0%	22.5%	45.0%	55.0%	0.0%	57.5%	60.0%
	Father	20.0%	45.0%	32.5%	42.5%	57.5%	0.0%	45.0%	62.5%
High	Mother	75.0%	42.5%	77.5%	52.5%	40.0%	100.0%	7.5%	5.0%
	Father	80.0%	45.0%	65.0%	52.5%	35.0%	100.0%	22.5%	2.5%

Both mothers and fathers of children with intellectual disability are having average and high level of emotions, very few percentages of parents are scored low for emotions Anxiety, Stress, Depression, Regression, Fatigue and Guilt. Both fathers and mother are sharing almost equal percentage on the emotions in all category level. All parents are subjected emotion guilt at high level and around 35% of parent as feeling low level of Extraversion and Arousal.

DISCUSSION

The data analysis of the results 8SQ anxiety states that Null Hypotheses is not rejected with statistical analysis which means there is no significant difference of anxiety between mothers and fathers of children having intellectual disability measure with 8SQ, the finding of the research is not consistent with Mohammadreza Bayat, et al, 2011. Since is Anxiety persistently existent in both female and male gender, because Anxiety is a sudden onset of fear or distress that peaks in minutes when faced with problem or making an important decision.

The finding of the results states that 8SQ Stress Null Hypotheses is not rejected with statistical analysis which means there is no significant difference between mothers and fathers of children having intellectual disability with respective 8SQ Stress, the finding of the research is not consistence with (Raj Kumari Gupta, Harpreet Kaur 2010), as they reported insignificant differences in total stress and physical stress among mothers and fathers. However, they differ significantly in mental stress with mothers scoring higher and in contrast, Gerstein et al. (2009) found that parental stress in raising a child with a disability differs in mothers and fathers. Since is Stress persistently existent with reference to the gender, as Stress is an adaptive response to an external situation that results in physical, psychological and/or behavioral deviations for organizational participants.

The researchers have concluded 8SQ Depression Null Hypotheses is not rejected in the light of statistical analysis which means there is no significant difference between mothers and fathers of children having intellectual disability with respective 8SQ Depression, the finding of the research is contradicting with Mohammadreza Bayat, et al, 2011 which said That there existed a significant difference between fathers and mothers as regards hostility behavior, depression, summarization inter personality senility and anxiety and obsessive-compulsive and there was no significant difference between fathers and mothers of intellectual disabilities children as regards psychotics, phobic and paranoid states. Since Depression is persistently existent with reference to the gender. As Depression is a state of

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low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings, and sense of well-being.

The finding of the results states that 8SQ Regression Null Hypotheses is not rejected with statistical analysis which means there is no significant difference between mothers and fathers of children having intellectual disability with respective 8SQ Regression. Since is Regression persistently existent with reference to the gender, as Regression is a defence mechanism leading to the temporary or long-term reversion of the ego to an earlier stage of development rather than handling unacceptable impulses in a more adaptive way.

The researchers have concluded 8SQ Fatigue Null Hypotheses is not rejected in the light of statistical analysis which means there is no significant difference between mothers and fathers of children having intellectual disability with respective 8SQ Fatigue. Since fatigue is persistently existent with reference to the gender. As fatigue is a chronic state of physical and emotional depletion that results from excessive job and/or personal demands and continuous stress.

The researchers have concluded 8SQ Guilt Null Hypotheses is not rejected in the light of statistical analysis which means there is no significant difference between mothers and fathers of children having intellectual disability with respective 8SQ Guilt. Since Guilt is persistently existent with reference to the gender. As Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings, and sense of well-being.

The finding of the results states that 8SQ Extraversion Null Hypotheses is not rejected with statistical analysis which means there is no significant difference between mothers and fathers of children having intellectual disability with respective 8SQ Extraversion. Since is Regression persistently existent with reference to the gender, as Extraversion is a defence mechanism leading to the temporary or long-term reversion of the ego to an earlier stage of development rather than handling unacceptable impulses in a more adaptive way.

The researchers have concluded 8SQ Arousal Null Hypotheses is not rejected in the light of statistical analysis which means there is no significant difference between mothers and fathers of children having intellectual disability with respective 8SQ Arousal. Since Arousal is the physiological and psychological state of being awoken or of sense organs stimulated to a point of perception. It involves activation of the ascending reticular activating system (ARAS) in the brain, which mediates wakefulness, the autonomic nervous system, and the endocrine system, leading to increased heart rate and blood pressure and a condition of sensory alertness, mobility, and readiness to respond.

From Sample data it is observed that both mother and father of children with intellectual disability are subjected to Stress and Emotion States. Parents having high level of stress that measure with 8SQ which is in consistence of find of Justin W. Peer and Stephen B. Hillman, 2014, who said parents of children with intellectual and/or developmental disabilities experience significant levels of stress.

CONCLUSION

The current study reveals that parents both mothers and fathers of children with Intellectual Disability experience significant levels of Eight Emotional States Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, Arousal. Statistical Analysis on the

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results shows that there is no significant difference in eight emotional States levels that mothers and fathers are subjected. Emotional States persistently existent in both parents irrespective of their gender. domains.

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Merla S. & S. Naveen Kumar (2021). A Study on the Levels Emotional States of Parents Having Children with Intellectual Disability. *International Journal of Indian Psychology*, 9(4), 286-292. DIP:18.01.027.20210904, DOI:10.25215/0904.027