

Mental Health among Mothers of Children with Multiple Disabilities

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ABSTRACT

It is common knowledge that a sizeable percentage of mothers of children with developmental disabilities experience high levels of stress and suffer from deteriorating mental health as a result of their experiences. It is imperative that research be carried out in order to better understand and assist mothers whose mental health has been damaged, and eventually to provide greater support for families who are caring for and assisting a child who has a disability. Having a child who suffers from a disability places a significant strain on a mother's life, and this is especially true in less developed nations where there is a shortage of financial assistance and other forms of government assistance. Having a child who suffers from a disability places a significant strain on a mother's life, and having a child who suffers from a disability Having a child who is disabled places a significant strain on the life of a mother, and having a child who is disabled places a significant strain on the life of a father as well. Having a child who struggles with a handicap is associated with a higher risk of mental health issues as well as a lower quality of life for the parent. This is because having a child who struggles with a handicap causes stress and anxiety. [The chain of causation] People who have high levels of personal social capital and communities that are rich in social capital generally experience day-to-day and long-term health and social benefits; the psychological well-being of mothers is of the utmost significance. These advantages are typically enjoyed by individuals who have high levels of personal social capital as well as by communities that have a significant amount of social capital. When compared to other children who have disabilities, those who have mothers who are depressed exhibit a greater degree of behavioral disturbance, lower cognitive functioning, more insecure attachment, a more challenging temperament, and a greater risk for developing depression themselves. Additionally, these children have a higher risk for developing depression themselves. In addition to this, the likelihood of these children developing depression themselves is significantly increased. The purpose of this study is to investigate the Mental Health among Mothers of Children with Multiple Disabilities.

Keywords: *Mental health, Children, Mothers, Disabilities, Distress.*

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In contrast, the birth of an atypical child is regarded as a personal failure for the mother, but the delivery of a normal child is recognised as a personal triumph for the mother. When a mother gives birth to a kid who has a disability, society has a propensity to blame and condemn the mother. This is especially true in situations where the mother is the one who gave birth. In addition, the mother may be led to believe that her child's condition stems from untrue causes, which leaves her with a dismal outlook on the years to come. Mothers, more so than fathers, are at a higher risk of depression because they prefer to take active roles in caring for their children with disabilities, even if it means giving up their employment or other leisure activities. This puts mothers at an increased risk of suicidal thoughts and behaviors. Because of this, the risk of suicide for moms is significantly higher than the risk for fathers. They also report significantly higher levels of anxiety compared to other mothers, and they worry about their children's capacity to find a place for themselves in society and the future. Low levels of energy and physical activity are related to low levels of depression, difficult feelings, and the various challenges they face in addressing the issues that their children are experiencing.

This impacts their overall quality of life and has an effect on the way they parent their children. When compared to parents of children who are healthy, parents of children who have disabilities, and mothers in particular, have reported lower levels of physical activity, health, and social relationships, as well as a lower overall perception of their quality of life. This is in addition to their children having a lower quality of life. This is in contrast to the experiences of parents whose children do not have a disability. In addition to the effects that children have on the health and happiness of their parents, other aspects of the family, particularly the conditions in which women live, are influential in how children mature. This is especially true when compared to the effects that children have on the health and happiness of their own parents. Whitely explored the connection between family stressors and children with disabilities who demonstrated dysfunctional behaviors and poor psychosocial adjustment. The children in this study all had some form of handicap. It was discovered that children's familial features were a better predictor of their level of psychosocial adjustment than the children's disability themselves. Being poor, having a mother with poor physical or mental health, and the stress that was placed on their families were the three biggest predictors of maladjustment in these children. It is of the utmost importance to ensure that mothers maintain a healthy mental state. When compared to other children with impairments, those whose mothers suffer from depression are more likely to exhibit behavioral disturbances, lower cognitive functioning, more insecure attachments, a more challenging temperament, and a larger risk for developing depression in later life. Additionally, these children have a greater chance of developing depression in later life. It was reported that mothers had a wide range of difficulties related to their mental health (e.g., depression, anxiety, post-traumatic stress disorder, bipolar disorder). Even though some of them admitted to having these mental health concerns, the majority of those who responded stated that being a parent increased their levels of stress and made it difficult for them to cope. In this day and age, the most common types of mental disease are those that are connected to feelings of worry and sadness. Men are not the only ones who might suffer from anxiety illnesses including obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD). Women are not exempt from suffering from these illnesses either (PTSD).

Research objective

Issues with one's mental health following childbirth after giving birth, some women discover that their low mood does not improve and they develop anxiety or depression as a result.

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During pregnancy or in the first year after the birth of their child, around one in every five mothers may experience some form of mental illness. Mental health issues are extremely common among women who are mothers and who have intellectual and developmental disability (IDD). However, these women are not included in the larger efforts being made to improve the mental health of women, and there are very few services available to assist the specific mental health requirements of these women. As a result, the purpose of the study is to investigate the Mental Health among Mothers of Children with Multiple Disabilities.

METHODOLOGY

This article takes a document and analytical approach to its investigation. This research study relies heavily on information that was gathered from official government websites, such as articles, books, the internet, and official documents. The majority of the content in this research study was derived from this information. Documentary research was utilized as a method for exhaustively investigating and explaining the facts as well as the relationships that exist between them. We compiled and examined qualitative data so that we could make an objective assessment of the situation. In addition to this, the research is qualitative in character, and a thematic analysis is being utilized in order to qualitatively evaluate the quality of secondary data.

RESULT AND DISCUSSION

When compared to moms of children whose development is typical, mothers of children with disabilities have a significantly higher risk of experiencing concerns connected to their own mental health. There is a dearth of information regarding the role that health professionals view themselves playing in assisting the mental health of mothers, and there is a need to address this gap in knowledge. The perspectives of health professionals who work with families of children who have a disability, more specifically with regard to the manner in which they give support for the mental health of the mother within the context of their roles. Specifically, whether or whether professionals consider it their duty and responsibility to provide support, the types of actions that they participate in to do this, and the challenges that they experience while doing so are the topics that will be covered in this article. The examination of the data that had been gathered resulted in the identification of four overlapping themes. Each of these themes suggested that although professionals were aware that mothers required assistance for their mental health, they were not always clear about the roles and responsibilities that they had to play in order to support maternal mental health. In addition, professionals had a hard time addressing concerns related to the mental health of mothers, were not always aware of the most effective approaches to improve maternal mental health, and faced challenges that could be overcome with proper training and systemic reforms. A person is deemed to have a disability if they suffer from an ongoing condition that hinders their capacity to participate in day-to-day activities. Multiple disabilities are a combination of a number of different sorts of impairments, including speech, physical mobility, learning, mental retardation, vision impairment, hearing impairment, brain injury, and possibly even more types of impairments. Children who have more than one disability are more likely to struggle in all five areas of development, including intellectual functioning, adaptive skills, motor functioning, sensory functioning, and communication skills. This is because children who have multiple disabilities tend to have more difficult time processing information. Parents of children with multiple disabilities, particularly moms who are the primary caregivers for their children, are more likely to experience stress than parents of children with a single handicap. This is especially true for mothers who are the primary caregivers for their children. Any parent whose child has a disability will inevitably go through periods of high stress. It is common knowledge that a

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sizeable percentage of mothers of children with developmental disabilities experience high levels of stress and suffer from deteriorating mental health as a result of their experiences. It is vital that study be carried out in order to better understand and assist mothers whose mental health has been compromised, and eventually to give more assistance for families who are caring for and assisting a child who has a disability.

It was discovered in a recent study that took place over the course of 18 months at UCSF and was carried out by researchers there that roughly fifty percent of all mothers of children with autism spectrum disorder (ASD) exhibited heightened levels of depressive symptoms. In comparison, the percentage of mothers who gave birth to infants with neuro typical development ranged from six to thirteen percent.

In addition, the findings of this study suggested that having a parent who is depressed does not increase the risk of children developing mental health and behavioral disorders, which runs counter to the findings of previous studies, which suggested that having a parent who is depressed increases the risk of children developing mental health and behavioral disorders. We observed that even among families with a child who has autism that are going through a lot of stress, higher levels of depression in the mother did not reflect an increase in the child's behaviour challenges over time. This was the case even though the families were going through a lot of stress. Because of the inherent difficulties that come with the responsibility of being a parent of a child who has special needs, every day can be difficult for parents who have a child who has special needs.

The phrase "it is an archetypal illustration of prolonged stress" comes to mind here. According to the findings of this sample, we already know that moms who have a higher degree of depression show indicators of quicker biological ageing. The anti-aging hormone klotho is found in lower amounts, and so do immune cells that are older. These are just two of the symptoms. We were interested in learning how their despair affected their child as well as the other way around.

A One-Way Street the researchers discovered that child behavioral disorders predicted higher levels of mother unhappiness in the future, and this was true regardless of whether or not the child had ASD. A One-Way Street the researchers called this finding "A One-Way Street." On the other side, the researchers did not detect any indication of an inverse impact; that is, a history of depressive symptoms in the mother did not accurately predict later behavioral disorders in the child. The realization that a mother's depression does not make her child's symptoms worse is a particularly important finding for mothers whose children have been diagnosed with autism spectrum disorder (ASD) (ASD). This is because it helps mothers feel less guilty about their children's diagnoses and the behavioral challenges they may be experiencing as a result of those diagnoses. We have high hopes that the results of this study will reassure women that it is normal to experience some degree of despondency when caring for a child and that their depression is not making their child's behavioral issues worse. We also have high hopes that the results of this study will help women understand that it is normal to experience some degree of despondency when caring for a child.

Previous research that this group has carried out demonstrates that feelings of self-blame and guilt are common among parents of children who have autism spectrum disorders (ASD). Furthermore, these emotions are excellent predictors of increased depression and lower levels of life satisfaction over the course of time. According to the findings of a

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number of studies, the likelihood that a parent would feel the following is greatly increased for parents of children with special needs,

- Frustrations
- Pessimism
- Hypersensitivity
- Anxiety

The frequency with which these and other symptoms tend to surface for you on a daily basis can be helpful in determining the next steps to take with regard to your mental health. Keeping track of the frequency with which, you experience these symptoms can help. It's possible that on top of the curveballs that the outside world throws at you, you're already dealing with regular bouts of worry or frustration on the inside of your head. This is on top of the fact that the outside world throws curveballs at you. The purpose of therapy is to provide you with helpful strategies to manage the numerous challenges you are facing at the moment so that you are better able to deal with the sensation of being overwhelmed that you might experience on a daily basis. If you are the parent of a child who has special needs, you might find it beneficial to investigate the following types of therapy for your child:

Psychodynamic therapy: This method of treatment is the one that most closely approaches what most people perceive to be meant when the term "talk therapy" is used. It can help you understand and acquire insight into your conduct, as well as teach you techniques to resolve bad feelings in a healthy manner. Additionally, it can teach you ways to understand and gain insight into other people's behaviour. In addition to this, it can instruct you in methods that will educate you how to deal with bad feelings in a way that is beneficial. If you are going through a tough time, whether it be grief, excessive worry, or fear about the future of your child, psychodynamic therapy can be a tremendously helpful outlet for you to talk about these concerns in a safe setting. If you are going through a tough time, psychodynamic therapy can be a tremendously helpful outlet for you to talk about these concerns.

Cognitive behavioral therapy (CBT): CBT takes a skills-based approach to talk therapy, which is one of its main components. In cognitive behavioral therapy, or CBT, you and your therapist will work together to accomplish two primary goals: 1) you will identify the specific problems or concerns you are facing, and 2) you will create and put into practise response strategies. For example, if you find that you are frequently overcome by stressful circumstances, you could benefit from learning relaxation techniques to help you clear your mind and respond calmly to problems as they arise. If you find that you are frequently overcome by stressful circumstances, you could benefit from learning relaxation techniques.

Couples counseling: Your romantic relationship may be the first thing to suffer when you are sharing parental responsibilities for a child who has special requirements because you will likely prioritize your child's needs above all other considerations. This is because you will be putting your child's needs ahead of everything else. Couples counseling can provide you with a mutually agreed-upon space to work through tension or conflicts, as well as a time to reconnect despite the fact that you both have busy schedules. This is one of the many benefits that couples counseling can offer.

Here's how to find a therapist for your needs:

Make contact with two or three therapists who have a proven track record of success working with the parents of children who have special needs and ask them to get in touch

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with you. Make a request for recommendations from the people in your social circle or from a local online community.

Consider how well you fit in with the group! Talk to a person who you believe will help you grow and become more accepting of who you are as a parent. This person can be anyone you can think of. Finding a therapist who can help you feel supported and provide a private space for you to voice feelings that you might not feel able to say to anyone else can be very helpful. It is important to look for a therapist who is someone you feel comfortable talking to about your problems. Finding a therapist who can make you feel supported and give you a private space to voice those feelings while also giving you the opportunity to do so can be very beneficial.

1.1 Multiple Disabilities

A person is considered to have a disability if they have any of the following conditions, as outlined in Section 2 of the PWD Act of 1995: (A) blindness (B) low vision (C) leprosy (D) hearing impairment (E) locomotors disability (F) mental retardation and (G) mental illness.

Multiple disabilities are referred to as concomitant or simultaneous impairments in the Individuals with Disabilities Education Act (IDEA) of 2004, which was passed in the year 2004. (Such as intellectual disability and blindness, intellectual disability and orthopedic impairment, etc.). Due to the fact that these impairments interact with one another, the individual in question has educational requirements that are so severe that they cannot be met by participating in a special education programme that is intended primarily for the treatment of one of the impairments. This expression does not refer to the medical condition that is often recognised as deaf blindness. According to the results of the Census that was carried out in 2011, there are a total of 2.68 crore disabled individuals living in the country. This represents 2.21 percent of the overall population of the country. It is the responsibility of the Department of Empowerment of Persons with Disabilities, which is housed within the Ministry of Social Justice and Empowerment, to make it possible for these individuals to gain their independence. People who have issues with their vision, hearing, speech, movement, mental faculties, mental illness, multiple disabilities, or any other sort of disability are included in this group of people.

Some women who have challenges with their mental health make the decision to stop taking their medication altogether when they find out that they are pregnant. It's possible that this will cause their problem to either persist or develop significantly worse. It is possible that becoming pregnant, giving birth, and caring for a newborn child will bring on a recurrence of a woman's mental health condition for some of those women who have suffered in the past with managing their mental health. The following is a list of some of the possible problems that can occur in the future.

In this day and age, the most common types of mental disease are those that are connected to feelings of worry and sadness. Women are more likely to be diagnosed with anxiety disorders, including post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), and tokophobia (an extreme fear of giving birth) (PTSD). Concerns around shifts in their physical appearance are a significant source of anxiety for women who battle with eating disorders. Women who have major mental disorders such as psychosis, schizophrenia, or bipolar disorder have a higher probability of experiencing a relapse, often known as being unwell once more, in comparison to women who have had earlier periods in which they did not have these illnesses. It has been found that the period of time just

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following childbirth is related with a more rapid and severe development of serious mental illness in comparison to other times in a woman's life, such as before or after the delivery of a child. There is no difference in the spectrum of mental health concerns that can develop during pregnancy or after delivery in comparison to other times in a person's life; nevertheless, certain treatments may change because of the possible repercussions on the baby. It is possible that the medical experts who care for you throughout your pregnancy and after birth will discover that you are at an elevated risk of having a mental health disorder; alternatively, the condition may reveal itself in a manner that was not anticipated. If you are concerned about your thoughts or feelings, one thing you should do is get assistance and advice from a professional.

1.2 Try Mindfulness-Based Exercises

Parents, and especially parents of children who have special needs, are always on the go and making decisions affecting their children's health and safety. This is especially true for parents of children who have special needs. This is especially important to keep in mind for parents of children with unique requirements. It's probable that in order to improve your capacity to focus, the first thing you need to do is learn how to relax your mind. If you follow these steps, you will prepare yourself to respond more effectively to any emergency that may arise. It's possible that practises like meditation or yoga, which help one become more conscious, could be of tremendous aid to you in this endeavour. Try out this activity, which was designed with people who suffer from anxiety and depression in mind specifically:

- Please make yourself at home and rest your eyes.
- Please remember to keep both feet firmly planted on the ground and your hands tucked into your lap.
- Please take a deep breath in through your nose and hold it for four seconds. Keep your attention on the breath and the chilly air that is entering.
- Exhale completely through your mouth for a count of six seconds. Pay attention to the warm air that is leaving.

Repeat as many times as necessary until you feel that you have integrated your mind and body and acquired a sense of equilibrium. You can perform this exercise as many times as necessary. It is a well-known proverb that humans are unable to drink from a cup that is already devoid of its contents. If you take the time to listen past the voice that is telling you "everything's fine," and refill yourself as much as you are actually able to, it may make a world of difference in your parenting as well as in your day-to-day life. This is especially true if you have children.

CONCLUSION

A number of obstacles that needed to be overcome in order to successfully manage maternal mental health issues were highlighted, despite the fact that all health professionals were aware of the prevalence of these issues and the significance of addressing them. A change in policy that allows parents to participate in child health services is one thing that could help mothers get better support. Other things that could help mothers get better support are health professionals who have been trained to talk about mental health and clearer referral paths. A disability is one that prevents a person from doing the things they need to do every day. About half of the parents in India who are responsible for taking care of disabled children suffer from mental anguish. According to the findings of this study, health care providers ought to pay more attention to the mental health of CGs. This should be especially true for

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CGs who comes from families with lower incomes, younger generations with their own health issues, restrictions on their activities, or a lack of social support. Additional research should investigate more specific information regarding the illnesses and impairments of disabled children, their utilization of medical services, and the quality and quantity of the CGs' social support in order to improve the manner in which supporting services are provided for disabled children and their families.

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Conflict of Interest

The authors affirm that they have no known financial or interpersonal conflicts that would have appeared to have an impact on the research presented in this study.

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