



ASSESSING THE LEVEL OF STRESS AND COPING STRATEGIES AMONG PARENTS OF CHILDREN WITH DEVELOPMENTAL DISABILITIES IN SELECTED EARLY INTERVENTION CENTERS, DEHRADUN

Nursing

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ABSTRACT

This study was undertaken to assess the level of stress and coping strategies among parents of children with developmental disabilities in selected early intervention centers, Dehradun. Sample comprised of 100 parents of children with developmental disability. Non-probability purposive sampling technique was used for sample selection. The data collection tool consisted of three parts: demographic data, parental stress scale to assess level of parental stress and coping health inventory for parents to assess coping strategies. The result showed that 71 % parents were having moderate stress, 29% were having low stress. 75 % parents were having good coping and 25% were having moderate coping. The obtained score for correlation test is 0.249 that indicates low relationship between stress and coping strategies. Chi-square test shows that demographic variable education and religion shows an association with stress and disability of child variable shows an association with coping strategies.

KEYWORDS

Stress, Coping Strategies, Parents, Developmental Disabilities, Management

All parents wish for a healthy baby, but some parents though, not by their choice are gifted with developmentally disabled children. Disabled child is the one who deviates from normal health status either physically, mentally, or socially and requires special care, treatment and education. According to UNICEF global disability statistics, in the world 600 million people are physically challenged, among which one quarter or 150 million are children. It is estimated that 6 to 10% of children in India are born disabled. Parenting is the single largest variable implicated in childhood illnesses and accidents. Having a child with a chronic disability is stressful for any family. Parenting a child with a developmental disability tends to have its own set of additional challenges or difficulties associated with the child's impairments, which can have a great impact on parents' well-being. Developmental Disabilities (DD) is a broad term that has been used to refer to individuals with different diagnoses, including a great deal of heterogeneity in terms of levels of functioning and severity of impairments. Many researchers confirm that the parents of disabled children have requirements beyond those faced by parents of normal children, and those requirements are generally a factor of tension among parents (Morin and Carl, 2004). Thus, since the first moment in which the family is aware of the case of a disabled child through the diagnostic team, pediatrician, or whatever means the family becomes psychologically stressful and feels that they are in inescapable severe crisis. More attention paid to studies of psychological stress among families of those with special needs, where Jerar (1988) suggests that mothers of children with severe intellectual disability face psychological stress more than those of children with mild intellectual disability.

OBJECTIVES

The study was carried out to assess the (a) level of stress and coping strategies among parents of children with developmental disabilities. (b) To determine the relationship between stress and coping strategies among parents of children with developmental disabilities. (c) To find out the association between stress and coping strategies with selected demographic variables and (d) To develop and validate an information booklet regarding various stress management techniques to reduce the level of stress.

RESEARCH METHODOLOGY

Present study was conducted among parents of children with developmental disabilities in selected early intervention centers, Dehradun. Quantitative approach was selected for the study. In this study, non-experimental descriptive survey research design was used to assess the level of stress and coping strategies among parents of children with developmental disabilities. There were 100 parents selected by purposive sampling technique for the study who met the inclusion and exclusion criteria for sample selection.

DATA COLLECTION TOOL:

Data was collected by using three tools section- 1: Demographic

variables of the participants, 2: parental stress scale and 3: coping health inventory for parents.

To ensure the content validity, tools were given along with criteria checklist to six experts in the field of medical, clinical psychology and nursing. Test-retest reliability method was used to measure the reliability of present tool. For parental stress scale it was .82, the test-retest reliability for coping health inventory for parents (CHIP) tool was found .79 which shows that tool was reliable.

Pilot study was conducted in order to find the feasibility of the study and to plan for the data analysis. The tool was administered to 20 samples, fulfilling the determined criteria for this study at District early intervention center, Dehradun.

MAIN STUDY:

The main study was conducted at Latikaroy memorial foundation, District early intervention center and Tarang special school, Dehradun from May 27, 2019 to June 26, 2019. The data analysis was done by using descriptive and inferential statistics

RESULTS

Frequency and percentage distribution of demographic variables of samples shows that: according to age of parents the data reveals that 72% parents belongs to age group 31-40 years followed by 28% belongs to age group of 20-30 years.

Education of parents shows that 36% of parent's education was graduation, 25% were intermediate, 22% were having primary education and 17% were having other education.

According to occupation shows that 40% subject were having private job, 24% were having business, 19% were unemployed and 17% were having government job.

Distribution of subjects by Monthly Income of Family. reveals that 50% respondent's monthly income of family below Rs.10000 followed by 27% were having Rs.10001/- to Rs.20000/-, 19% were having above Rs.30000 and only 4% respondent's family income is Rs.20001/- to Rs.30000/-.

Number of children in family demonstrates that majority 63% respondent having 2 children, 29% were having 1 child. 7% were having 3 children and only 1% respondent having 4 children.

Distribution of parents according to type of family demonstrates that 54% parents belongs to joint family, 42% from nuclear family and only 4% belongs to extended family.

Age of the child reveals that 42% of child's age were 1-4 years, 38%

child's belongs to 5 – 10 years and 20% were 10 to 16 years of age.

Gender of the child shows that 65% children were male and remaining 35% children were female. Disability of the child table illustrates that 34% were with cognitive disability, 32% were with Global development delay, 20% were with behavioral problem, 11% child with motor defect, 2% were with hearing and speech disorder and 1% child with visual problem. Religion of the respondents depicts that 73% were Hindu, 25% were Muslim and 1% in each were Christian and other.

Figure 1 demonstrates that 71% respondents having moderate stress, 29% were have low stress and no one having severe stress.

Figure 2 illustrates that 75% respondent having good coping, 25% respondent were having moderate coping and none of the respondent having poor coping.

Table 1 shows the relationship between parental stress and coping strategies among the parents of children with developmental disabilities, the obtained score was 0.249 which indicate there is a low relation between parental stress and coping strategies.

Category	Mean %	Co-relation
Stress	49.21%	0.249
coping strategies	77.19%	

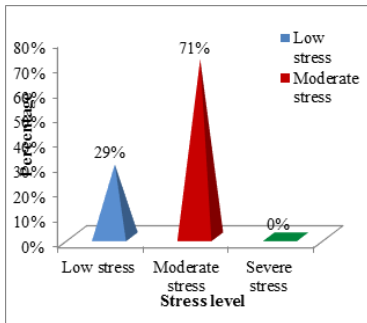


Figure 1: Stress level of parents of children with developmental disabilities

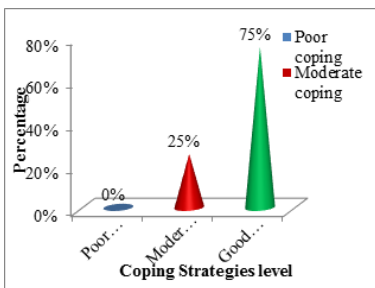


Figure 2: Coping strategies level of the parents of children with developmental disabilities

DISCUSSION

Majority of the participants in this study had moderate stress. Significant number of participants had good coping. The overall stress mean scores of respondents were found to be 44.29 (SD 6.15). Score ranged from 18-90. The overall coping strategies mean scores of respondents were found to be 104.21 (SD 17.94). Score ranged from 45-135. Present study contradictory to the study conducted by Sandhya M.S ,Dr. Asha P shetty showed that computed karl pearson's correlation coefficient revealed that there is no significant relationship {r= .197} between stress and coping strategies of mothers of physically challenged children at 0.05 level of significance at 58 DF. The study also contradictory to the study conducted by Venkatesh kumar in Mysore to know the psychological stress and coping strategies of 62 parents of mentally challenged children. The result revealed that a significant and negative correlation coefficient was observed between psychological stress and coping strategies.

For the variable education of parents obtained chi-square value is 0.002 that is <0.05 and for religion obtained chi square value is 0.038 that is <0.05 that indicates a significant association between stress and

education and religion of participants.

For the disability of child obtained chi- square value is 0.015 that is <0.05 that indicates a significant association between coping strategies and disability of child.

CONCLUSION

The present study concludes that the most of the parents were having low level of stress and significant number of parents having moderate level of stress. Some of the parents were having moderate coping and greater number of parents were having good coping. The findings of the study uncovers that there is low relation between parental stress and coping strategies. Results proclaimed from the study that there was no association found between stress and their selected demographic variables among parents except the association between stress and education, religion.

The results of the study divulged that there was no association between coping strategies and their selected demographic variables among parents except the association between coping and disability of child.

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