CHAPTER - IV
RESULT AND DISCUSSION
RESULTS AND DISCUSSION

➤ Anxiety

• Anxiety and Gender.
• Anxiety and Socio Economic Status.
• Anxiety and Type of Handicap
• Interaction effect of Independent variable On Anxiety.

➤ Adjustment

• Adjustment and Gender.
• Adjustment and Socio Economic Status.
• Adjustment and Type of Handicap
• Interaction effect of Independent variable On Anxiety
Every parent wants his or her child to be physically and developmentally perfect. Often some children have a temporary or permanent physical or mental disability. The birth of a child with a disability, or the discovery that a child has a disability, can have profound effects on the family. There is perhaps no event more devastating to a family than a child born with a birth defect. In the present investigation effort has been made to advance the knowledge regarding some psychological variable like Anxiety and Adjustment concern with the parents of physically handicapped children.

**Anxiety**

During the past three decades or so, the concept of anxiety has figured prominently in the psychological literature. Anxiety is an unpleasant emotional state, the sources of which are less readily identified. It is frequently accompanied by physiological symptoms that may lead to fatigue or even exhaustion. Anxiety disorders are often debilitating chronic conditions, which can be present from an early age or begin suddenly after a triggering event.

Further child with disability brings about different hardness for child and his/her parents. This condition commonly starts with a shock. Sometimes there are feelings of guilt, sorrow and helplessness. When children are diagnosed with developmental delays or found to be handicapped, their parents may experience psychological turmoil similar to that experienced by suicidal individuals. On the other hand,
obligation in dependent daily living activities demolishes dynamics in family. Consequently, family members especially parents roles have to change. These different responsibilities cause stress, anxiety and depression.

In this research anxiety of parents has been studied with the relation of children with physically challenged and gender.

Regarding parents' anxiety of handicapped children various variables have been studied as an independent variable in the present investigation and their effect were tested on the bases of computed F ratio under respective hypothesis as follows;

<table>
<thead>
<tr>
<th>Independent Variable</th>
<th>F Ratio</th>
<th>Significance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>328.20</td>
<td>.01</td>
</tr>
<tr>
<td>Socio Economic Status(SES)</td>
<td>726.61</td>
<td>.01</td>
</tr>
<tr>
<td>Type Of Handicap</td>
<td>3.95</td>
<td>.05</td>
</tr>
</tbody>
</table>
Anxiety and Gender:

Hypothesis 1

"There will be no significant difference between mother and father of handicapped children on their anxiety level."

Anxiety and depression among parents of children having disabilities is an important symptom for therapists, professionals to consider when providing treatment for a child or family as well as recent research to add new information in this area. It was found in the various investigation that children whose mothers are depressed show a variety of problems in cognitive, linguistic and social functioning when compared to children whose mothers are not depressed.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Father</th>
<th>Mother</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
</tr>
<tr>
<td>Anxiety</td>
<td>41.44</td>
<td>12.01</td>
</tr>
</tbody>
</table>

Table - 4.2
Mean and SD value for Gender on Parents’ Anxiety
Table 4. 2 present the Mean value and SD value on the anxiety level of mother and father of handicapped children.

The mean score for the father on Sinha’s Comprehensive Anxiety Scale, 1971 (SCAS) was 41.44 (SD = 12.01). The mean score was 55.56 (SD = 10.81) for the mother. These results represent higher anxiety in the father and mother of handicap children. These results represent especially higher trait anxiety in the sample group.

Further It can be observed from the table 4.1 and figure 4.1 that the Mean score of the father are less than their counterparts on their anxiety criteria. Mean difference were found to be significant as
depicted in table 4.1 where F value for gender has been found significant at .01 level of confidence. It revealed that mother of handicapped children are higher in their anxiety level as compare to father of handicapped children.

The present finding is in line with the study of Gonca Bumin (2008) who has been investigated the relationship among anxiety and depression with quality of life in mothers with disabled children in his research. The study was performed three rehabilitation centers in Ankara. One hundred and seven disabled children’s mothers included of the study. Beck Depression Inventory (BDI), State Trait Anxiety Inventory (STAI) and Nottingham Health Profile’s Part -1 (NHP) were used to assess depression, anxiety and quality of life of mothers. Findings of this study indicated that mothers with disabled children have anxiety and depression. Increased depression and anxiety level affected with badly in mother’s quality of life.

Veisson and Marika (1999) have done research on “Depression symptoms and emotional states in parents of disabled and non-disabled children” in which they studied the depressive symptoms and emotional states among 151 mothers and 57 fathers of disabled children and 101 mothers and 55 fathers of non-disabled children. They found the parallel results that parents, especially mothers of disabled children, have significantly more negative emotional states and also significantly more depressive symptoms. Significant differences in depression symptoms between the disabled and control
parent group were found in most symptoms. Parents in the control group were significantly happier, glad, satisfied, proud, grateful, and happy for their child, pleased and hopeful.

On the basis of present finding it can be concluded that the most affected person in the family is usually mother in such a situation. Mothers of children with disabilities often experience greater stress and emotional demands than do other mothers. Mothers have to undertake too much stress because they are alone with their children in daily life. Not all mothers of children with disabilities have difficulties of adaptation even when they have to face highly stressful life situations. However, it has been explained that children and others are at risk of stress-related problems when mothers are overburdened by the demands of care giving, earning a living, and other responsibilities. Despite to these, it was also found in the study of Gonca Bumin (2008) that depression and anxiety effect on quality of life in mothers of children with different disabilities has not been investigated enough.

Result can also described under the view of Ben.1993;Katz 1986 in which they said that as Gender is the single most salient individual variable in the socialization process, affecting how people think, feel and behave of themselves and how others respond to them. In that way it can be concluded that differences in the social interaction based on gender begin in infancy and influence expectations throughout the life span.
Null hypothesis regarding the effect of gender on anxiety level of parents with handicapped children was proven wrong thus it has been rejected in this research.

**Anxiety and Socio Economic Status:**

**Hypothesis 2**

"There will be no effect of the Socio-Economic-Status of the family on the parents' anxiety level of handicap children."

**Table – 4.3**

Mean and SD value for SES on Parents' Anxiety

<table>
<thead>
<tr>
<th>Variable</th>
<th>Low SES</th>
<th>High SES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
</tr>
<tr>
<td>Anxiety</td>
<td>68.52</td>
<td>10.01</td>
</tr>
</tbody>
</table>
Table 4.3 depicts the mean score for Socio Economic Status on level of anxiety among parents with physically challenge children. The mean score of the Parents of handicapped children who belongs to low SES was found higher (68.52) than parents who belong to high SES on their level of anxiety that was 48.48. This difference was found significant at .01 level of confidence as F value for SES was computed 726.61(Table 4-1). On the basis of result the null hypothesis regarding SES effect on parents’ anxiety has been rejected in this investigation.
Anxiety and Type of Handicap:

Hypothesis 3

"There will be no significant difference in the anxiety level among the parents of physically handicap, blind and deaf & dumb children."

Children with different disabilities cause different levels of stress and anxiety in their parents. Parents of children with Physically challenge show increased levels of expressed emotion towards their children. Parental over-involvement being significantly positively correlated with parental stress suggests that concern and worryabout children with physically disability are an extra burden for Parents.

On the other hand, parental mental situations affect the quality of their life. Quality of life is an overall sense of well-being with a strong relation to a person's health perceptions and ability to function. On a larger scale, quality of life can be viewed as including all aspects of community life that have a direct and quantifiable on the physical and mental health of its members.
Table – 4.4

Mean and SD value on Anxiety of parent with different Type Of Handicapped Children

<table>
<thead>
<tr>
<th>Variable</th>
<th>Orthopaedic</th>
<th>Blind</th>
<th>Dumb &amp; Deaf</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
</tr>
<tr>
<td>Anxiety</td>
<td>58.58</td>
<td>11.01</td>
<td>76.46</td>
</tr>
</tbody>
</table>

Figure – 4.3

Bar Diagram Showing Mean Score on Anxiety of parent with different Type Of Handicapped Children
Table 4.4 shows mean value for parents of dumb & deaf, blind and orthopaedic i.e. 78.48, 76.46 and 58.58 respectively which revealed that parents with dumb and deaf child feel higher anxiety than parents with orthopaedic child. Parents of blind children and dumb & deaf were found parallel on their anxiety level.

Table 4.1 which is Based on Three way analysis of variance for the anxiety level of parents with handicapped children depicts that F - Ratio is significant for type of handicap on Parents’ level of anxiety at the .05 level of significance, which means that there is significant difference on the level of anxiety, among parents’ of orthopaedic, parents of blind and parents of deaf & dumb children therefore the aforementioned null hypothesis being rejected here.

**Interaction Effect of Independent Variable on Anxiety:**

**Hypothesis 4**

"There will be no following interactional effect of independent variables (Gender, SES and Type of handicap) on parents' anxiety level -

- Gender * SES
- Gender * Type of Handicap"
- **SES * Type of Handicap**

- **Gender * SES * Type Of Handicap**

Table 4.5

F Value For Interaction Of Various independent Variables On Anxiety Of Parents With physically Handicap

<table>
<thead>
<tr>
<th>Interaction Source</th>
<th>F Value</th>
<th>Significance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender * SES</td>
<td>4.018</td>
<td>.05</td>
</tr>
<tr>
<td>Gender * Type of Handicap</td>
<td>1.688</td>
<td>NS</td>
</tr>
<tr>
<td>SES * Type of Handicap</td>
<td>15.30</td>
<td>NS</td>
</tr>
<tr>
<td>Gender * SES * Type Of Handicap</td>
<td>3.955</td>
<td>.05</td>
</tr>
</tbody>
</table>

Table 4.5 Shows F value for interaction of various independent variable considered in the present investigation namely Gender * SES, Gender * Type of handicap, SES * Type of Handicap and Gender * SES * Type of Handicap Which have been found 4.018, 1.688, 1.530 and 3.955 respectively. These f values for interaction effect were not found significant except for Gender * SES and for Gender * SES * Type of Handicap. It can be concluded on the basis of the obtained F value
that anxiety level of parents with handicapped children influenced by not only from any particular variable where as all variable work together to determine parents' anxiety level.

The results of this research also get indirect support from the study of Baker et al. They found dense anxiety and higher level of depression in mothers of children with severe behavioural problems. Manne et al. Also showed that high level of correlation between depression and anxiety level in mothers of children undergoing bone marrow transplant. However, Brandt showed that anxiety and depression scores were significantly higher among the mothers of psychotic children specially if they belongs to low socio economic status. Lawoko et al. indicated that the multivariate analyses revealed however that variables such as distress, hopelessness and financial situation were more important in explaining the reduced quality of life than parental gender and the presence/severity of the children's heart diseases. Severity of disease, age and gender of the child, social and financial conditions are identified as factors that affect quality of life in most of the studies.

**Obtained results of the present finding support the following null hypothesis regarding interaction effect of independent variable on anxiety i.e.-**

- Gender * Type of Handicap
• **SES * Type of Handicap**

*And do not support the following null hypothesis for interaction effect of;*

• **Gender * SES**

• **Gender * SES * Type of Handicap**

**Adjustment**

Adjustment generally refers to modification to compensate for to meet special conditions. In the dictionary the term adjustment means to fit, make suitable, adapt, arrange. Modify, harmonize or make correspondence. Whenever we make an adjustment between two things adapt or modify one of both to correspond to each other. For example wearing of cloths according to the requirement of the seasons is an example of the adjustment. Before understanding the adjustment as a process it is necessary to examine some of the definitions of adjustment given by the various researches; adjustment may be defined as, “A process of bringing about a balance between motives, restrictions on their satisfaction, opportunities offered by the environment for the same and personal limitations”.

As far the parents’ adjustment is concern parents’ psychological adjustment can be defined as the adaptive task of managing upsetting
feelings aroused by the handicapness of the child and preserving a reasonable emotional balance. Pless and Pinkerto have postulated that adjustment to Physical challenge over time and that at any given moment psychological adjustment will reflect the cumulative product of earlier transactions. Thus, on the one hand parents' psychological adjustment reflects the outcome of parents' ability to maintain a balance between the demands of stressful situations and the availability of personal (e.g. optimism) and social resources (e.g. partner support), whereas on the other hand, parents' psychological adjustment enhances the accomplishment of other general adaptive tasks, such as: preserving a satisfactory self-image, keeping the family together, and preparing for an uncertain future, as well as the accomplishment of handicap-related tasks, for example: dealing with the limitations, and establishing functional relationships with health caregivers.

Table 4.6

F values For Various independent variables on Adjustment level of parents with handicapped children

<table>
<thead>
<tr>
<th>Independent Variable</th>
<th>F Ratio</th>
<th>Significance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>653.05</td>
<td>.01</td>
</tr>
<tr>
<td>Socio Economic Status( SES)</td>
<td>54.44</td>
<td>.01</td>
</tr>
<tr>
<td>Type Of Handicap</td>
<td>169.83</td>
<td>.01</td>
</tr>
</tbody>
</table>
Adjustment and Gender:

Hypothesis 5

"There will be no significant difference between mother and father of handicapped children on their adjustment level."

Table - 4.7

Mean and SD value for Gender on Parents' Adjustment

<table>
<thead>
<tr>
<th>Variable</th>
<th>Father</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
</tr>
<tr>
<td>Adjustment</td>
<td>172.97</td>
<td>5.98</td>
<td>139.07</td>
</tr>
</tbody>
</table>

Figure - 4.4

Bar Diagram Showing Mean Score of Mother and Father of handicapped on Their Adjustment
Table 4.7 and figure 4.4 present the mean and S.D. values on the adjustment. It can be observed from the table that the mean score of the father are higher (M.=172.97) than mother which is 139.07 on their area of adjustment.

Table 4.6 depicts F value for gender on adjustment which was found significant at .01 level of confidence. father adjustment scores on the adjustment was higher than mother of the handicapped children which revealed that father are less adjusted with their childs' handicapness than mother as low scores indicating high adjustment. So mother and father were found significantly differ on their level of adjustment.

The finding is in line with a study by Ignace PR Vermaes, Jan MAM Janssens, Anna MT Bosman and Jan RM Gerris(2005) in which they revealed that mean difference on adjustment between the mother and father is significant that confirms that adjustment is dependent on gender effect. Few consistent results were also found for adjustment in terms of effect of gender on adjustment.

Result can be attributed on the individual differences is expected between mothers and fathers because of role differentiations in care and work. Mothers are often their child’s main caregiver. Consequently, they are more exposed to handicap-related situations than fathers and may therefore experience more psychological stress than fathers and in turn more adjustable than father.
Thus the above stated null hypothesis has not been proved and thus rejected in the present research.

**Adjustment and socio Economic Status:**

**Hypothesis 6**

"There will be no effect of the Socio-Economic-Status of the family on the parents' adjustment level of handicap children."

Various Researchers have made several attempts to measure the effect of socio-economic-status on adjustment. Socio economic status is directly or indirectly related to the parents' adjustment: directly by providing the opportunities for optimum uses of potentials and indirectly by being predictive of behaviour. Factors like parents' education and occupations, number of family member, economic standing, locality, membership in club etc are generally include to assess individuals' socio-economic status.

**Table – 4.8**

**Mean and SD value for SES on Parents' Adjustment**

<table>
<thead>
<tr>
<th>Variable</th>
<th>Low SES</th>
<th></th>
<th>High SES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
</tr>
<tr>
<td>Adjustment</td>
<td>183.08</td>
<td>11.21</td>
<td>159.66</td>
<td>10.67</td>
</tr>
</tbody>
</table>
The result table 4.8 and figure 4.5 indicates that the parents who belong to low socio-economic-status score higher on their mean score than parents who belong to high socio-economic-status on asthans'Adjustment Inventory which revealed that parents of handicapped children those belong to low socio economic status are more maladaptive than those who belongs to high socio economic status.

Table 4.6 shows that the obtained F values on adjustment are significantly higher in favour of parents belong to high socio-economic-status (low score indicating the higher level of adjustment) as f value was found significant at .05 level of confidence.
On this result basis null hypothesis regarding socio economic status effect on parental adjustment with handicapness of their child has been rejected.

A result is not in line to the study of Vidhya Ravindranadan and Raju, S. (2007) in which they investigated the level of adjustment and attitude of parents of children with physically and mentally challenge. The results indicated that parental religion, income, and education do not have any significant influence on adjustment variables, but there is change in parental attitude among different religious groups. Locality of parents influences only on the dimensions of social adjustment and parental attitude.

A result is accordance with the results of Moreno's study in which it was observed that how status is evidence that the adjustment of the subject is not good. A large number of studies search the relationship between the socio status of the individuals and adjustment. In these studies it was observed that the subjects low in social status make more unfavorable responses for adjustment than the subjects high in social status (Baron, 1951).
Adjustment and Type of Handicap

Hypothesis 7

"There will be no significant difference in the adjustment level among the parents of physically handicapped, blind and deaf & dumb children."

Table – 4.9
Mean and SD value on Adjustment of parent with different Type Of Handicapped Children

<table>
<thead>
<tr>
<th>Variable</th>
<th>Orthopaedic</th>
<th>Blind</th>
<th>Dumb &amp; Deaf</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
</tr>
<tr>
<td>Adjustment</td>
<td>168.68</td>
<td>9.76</td>
<td>181.09</td>
</tr>
</tbody>
</table>

Figure – 4.6
Bar Diagram Showing Mean Score on Adjustment of parent with different Type Of Handicapped Children
Table 4. and Figure 4. Presents the mean and S.D. values on the adjustment level of parents with handicapped children. The adjustment level affected by number of variables, in which type of physical challenge with which child suffer keeps prominent role to determine their parents' adjustment with family and social life. Further to a parent, every child is special in his or her own way. But some children have special needs that challenge parents to find ways to best prepare these children not only for present but also future. This challenge also affects their level of adjustment. Mean scores on the adjustment level of the all three parents groups namely Orthopaedic, Blind and deaf & dumb were found differ which revealed that Physical challenge and its type with which child suffer affects their parental adjustment. These difference on adjustment were found significant as F value for type of handicap was found significant at .01 level of confidence (Table 4.)

**Thus the null hypothesis regarding the effect of handicap type in child on adjustment level of their parents has not been proven true in the present investigation thus it was rejected here.**
Interaction Effect of Independent Variable on Adjustment

Hypothesis 8

"There will be no following interactional effect of following independent variables (Gender, SES and Type of handicap) on parents' adjustment level.

- Gender * SES
- Gender * Type of Handicap
- SES * Type of Handicap
- Gender * SES * Type Of Handicap

Some people adjust in their life successfully; many others could not it means that there are some factors that help in satisfactory adjustment and the other factors that hinder the satisfactory adjustment. These factors independently as well as interacting with other factors and affect the persons' level of adjustment. In order to understand that, attempt has been made not only to see the effect of considered independent variables (Gender, SES and type of handicap) separately but also to see there interaction effect on adjustment level of parents with handicapped children.
Table 4-5

*F Value For Interaction Of Various independent Variables On Anxiety Of Parents With physically Handicap*

<table>
<thead>
<tr>
<th>Interaction Source</th>
<th>F Value</th>
<th>Significance Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender * SES</td>
<td>5.25</td>
<td>.05</td>
</tr>
<tr>
<td>Gender * Type of Handicap</td>
<td>14.00</td>
<td>.01</td>
</tr>
<tr>
<td>SES * Type of Handicap</td>
<td>3.36</td>
<td>.05</td>
</tr>
<tr>
<td>Gender * SES * Type Of Handicap</td>
<td>3.66</td>
<td>.05</td>
</tr>
</tbody>
</table>

Table 4.10 Shows F value for interaction of various independent variable considered in the present investigation namely Gender * SES, Gender * Type of handicap, SES * Type of Handicap and Gender * SES * Type of Handicap Which have been found 5.25, 14.00, 3.36 and 3.66 respectively. These f values for interaction effect of independent variable were found significant at both level of confidence as depicted in above result table. It can be concluded on the basis of the obtained F value that adjustment level of parents with handicapped children is not a result of any single independent variable, various variable
interact with other variable and resultant interaction influences adjustment level of parents with handicapped children.

Besides Physical disability related stressors, other major life events and daily hassles may add to the demands on parents. Stress-coping theories maintain that the extent to which parents are negatively affected by these demands, will depend on how they appraise, or give meaning, to them. In the process of appraisal parents estimate how their personal capacities and their resources of social support meet the demands of stressful situations that generate through childs' handicapness. The personal capacities to interact with stressful situations are determined by parents' personality characteristics, coping styles, and strategies. The social resources are determined by the extent to which parents have access to emotional as well as instrumental support from their relationships with others, for example their socio economic status, type of handicapeness in child, marital support, family support, informal support from extended family and friends, and formal support from professional caregivers. Depending on how parents estimate the balance between the physical disability-related stressors, their personal capacities, and their social resources, they can be expected to have more or less difficulties to adjust to having a child with physically challenge. Thus, variability in parents' psychological adjustment can be expected to be associated with multiple factors concerning: characteristics of the child (e.g. severity of illness and developmental delays), characteristics of the parent (e.g.
personality characteristics and coping styles), characteristics of the family (e.g. marital quality and family climate), and characteristics of parents' environment outside the family (e.g. social support from extended family and friends.

Obtained F value under present finding do not support the following null hypothesis regarding interactional effect of independent variable i.e.-

- Gender * Type of Handicap
- SES * Type of Handicap
- Gender * SES
- Gender * SES * Type of Handicap