SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

When everyone else says you can't, determination says, “YES YOU CAN”
Disability in a child provokes a series of disequilibrium among the parents in their psychological aspects which directly or indirectly affect them in various social and psychological well beings. Parent shows a series of reactions after knowing that their child is disabled and they start showing the guilt, sorrow, denial, anger, which affects different parents differently, so that these sort of stressors leads the parents to physical and mental health Problem.

When a child is diagnosed with disability, all the attention focused on helping the child. But parents also need assistance in coping with stress, maturity with their emotions and also for the positive personality approaches. Parents of disabled children have very high level of parenting stress signifying that they perceived for more stress in their role as parents than did parents of children without disabilities, many studies highlighted the same aspects in their findings.

Approximately 3 to 5 percentage of the population of children experience or get affected with physical, intellectual and mental health problems according to the National Health Survey in India and other Western countries. Stress and Emotional problems like depression are more common among the parents of disabled children which indirectly impose a significant burden on the society (Elgar et al, 2003, 2004). Depressive symptoms, stress and emotional pressure have been cited as having the highest disease burden of all health conditions in parents, impairing social and physical functioning and being associated with suicide, parental separation, divorce problems, increased health care
costs, morbidity, crime rate increase, and mortality (World Health Organization -2001).

**Disability in India**

Over the last fifty years, right to education has evolved in India inspired by a host of factors including judicial interpretations, enactment of special laws and amendment to the constitution. The constitution of India has made education a fundamental right for all children including the disabled children in the age group of 6-14 years. Section 26 of Persons with Disabilities Act (1995) affirms the capacity of Indian State to afford free education beyond 14 years of age, particularly in the context of disabled children.

According to the Census 2001, there are 2.19 crores people with disabilities in India who constitute 2.13 per cent of the total population. This includes persons with visual, hearing, speech, loco motor and mental disabilities. Seventy five per cent of persons with disabilities live in rural areas, 49 per cent of disabled population is literate and only 34 per cent are employed. The earlier emphasis on medical rehabilitation has now been replaced by an emphasis on social rehabilitation.

In India different definitions of disability conditions have been introduced for various purposes, essentially following the medical model as such, they have been based on various criteria of ascertaining abnormality or pathologic conditions of persons. In absence of a conceptual framework based on the social model in the Indian context, no
standardization for evaluating disability across methods has been achieved. In common parlance, different terms such as disabled, handicapped, crippled, physically challenged, are used inter-changeably, indicating noticeably the emphasis on pathologic conditions.

**Persons with Disability Act, 1995**

Through the Act is built upon the premise of equal opportunity, protection of rights and full participation, it provides definitions of disabled person by following the medical model. According to the Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995, "Person with disability" means a person suffering from not less than (40%) forty percent of any disability as certified by a medical authority (any hospital or institution, specified for the purposes of this Act by notification by the appropriate Government). As per the act "Various types of Disability" are, (i) Blindness; (ii) Low vision; (iii) Leprosy-cured; (iv) Hearing impairment; (v) Loco motor disability; (vi) Mental retardation; (vii) Mental illness, which were defined as below.

Initially Parental response may be a form of emotional disintegration. This may evolve into a period of families’ adjustment and later into reorganization of the families daily day to day life situations. Some of the parents cannot cope up beyond certain level of stress due to the emotional disintegration. So they decide to give their child for adoptions or to aboard or to place the child in any institutions. These
decisions are not easy and it is so stressful to the families especially to the parents.

**Objectives:**

1. To find out the stress among parents of disabled children with demographic variables.
2. To find out the emotional maturity among parents of disabled children with demographic variables.
3. To find out the personality among parents of disabled children with demographic variables.
4. To find out the relationship among the Stress, Emotional Maturity and Personality among parents of disabled children.

**Sample**

The researcher used the “Stratified random sampling” technique for collection of data. The sample of 400 is from 200 families of parents of disabled children randomly selected from 10 special schools in Union Territory of Puducherry. The sample includes 200 fathers and 200 mothers from selected group of disabled children. The details of sample are given below.

**Tools**

Three standardized tools were used for the present study. They are

1. Stress Questionnaire constructed by Latha Satish (1997)
2. Emotional Maturity Scale developed by Yashvir Singh and Mahesh Bhargava (2005)
The present study has used the following demographical variables, they are parental gender, parental age, parental qualifications, parental occupation, annual income of the family, marriage type, type of family, category of disabled children and the age of disabled children.

**Findings of the Study**

**Stress**

- Significant differences were found for some dimensions. Between fathers and mothers on mild stress, moderate stress, severe stress and total stress. Mothers experience severe stress on their disabled children.

- Significant differences were found between parental age i.e. below 30 yrs and above 30 yrs on mild stress, moderate stress, severe stress and total stress. Below 30 yrs aged parents experience severe stress on their disabled children.

- Significant differences were found between fathers and mothers on their interaction of age i.e. below 30 yrs and above 30 yrs on mild stress, moderate stress, severe stress and total stress. Below 30 yrs both fathers and mothers were experience severe stress on their disabled children.

- Significant differences were found between parental qualifications i.e. below 10th class, below 12th class, graduate and post graduate on mild stress, moderate stress, severe stress and total stress. Below 10th class parents experience severe and total stress on their disabled children.
- Significant differences were found between parental occupations i.e. government, private, self employed and unemployed on mild stress, moderate stress, severe stress and total stress. Unemployed parents experience severe and total stress on their disabled children.

- Significant differences were found between parental annual income i.e. BPL, up to 2 lakhs, 2 to 4 lakhs and above 4 lakhs on mild stress, moderate stress, severe stress and total stress. Below poverty line parents experience severe and total stress on their disabled children.

- Significant differences were found between parental marriage type i.e. consanguineous and non-consanguineous on moderate stress and total stress. Consanguineous parents experience moderate and total stress on their disabled children.

- Significant differences were found between fathers and mothers on their interaction of parental marriage type i.e. consanguineous and non-consanguineous on mild stress, moderate stress, severe stress and total stress. Both consanguineous fathers and mothers were experience severe stress and total stress on their disabled children.

- Significant difference was found between parental type of family i.e. joint family and nuclear family on moderate stress. Nuclear family parents experience moderate stress on their disabled children.
• Significant differences were found between fathers and mothers on their interaction of parental type of family i.e. joint family and nuclear family on mild stress, moderate stress, severe stress and total stress. Both nuclear family fathers and mothers were experience severe stress and total stress on their disabled children.

• Significant difference was found between disability of child i.e. loco motor disability, hearing impaired, visually impaired and mental retardation on severe stress. All parents of disabled children experience severe stress but, parents of children with mental retardation experience higher severe stress.

• Significant difference was found between disabled child age i.e. below 5 yrs, 6 to 10 yrs and 11 to 14 yrs on mild stress, moderate stress, severe stress and total stress. Parents of children with below 5 yrs age experience severe and total stress.

**Emotional Maturity**

• Significant differences were found between fathers and mothers on emotional stability, emotional progression, social adjustment, personality integration, independence and total emotional maturity dimensions. Fathers experience unstable and mothers experience extremely unstable on their disabled children.

• Significant differences were found between parental age i.e. below 30 yrs and above 30 yrs on social adjustment, personality integration, independence and total emotional maturity dimensions.
Above 30 yrs parents experience unstable and below 30 yrs aged parents experience extremely unstable on their disabled children.

- Significant differences were found between fathers and mothers on their interaction of age i.e. below 30 yrs and above 30 yrs on emotional stability, emotional progression, social adjustment, personality integration, independence and total emotional maturity dimensions. Below 30 yrs fathers are unstable and mothers of both age groups were experience extremely unstable on their disabled children.

- Significant differences were found between parental qualifications i.e. below 10th class, below 12th class, graduate and post graduate on emotional stability, emotional progression, social adjustment, personality integration, independence and total emotional maturity dimensions. Below 10th class and 12th class parents experience extremely unstable, graduate parents experience unstable and post graduate parents experience moderately stable on their disabled children.

- Significant differences were found between parental occupations i.e. government, private, self employed and unemployed on emotional stability, emotional progression, social adjustment, personality integration, independence and total emotional maturity dimensions. Only government job parents experience extremely stable and private, self employed and unemployed parents experience extremely unstable on their disabled children.
• Significant differences were found between parental annual income i.e. BPL, up to 2 lakhs, 2 to 4 lakhs and above 4 lakhs on emotional stability, emotional progression, social adjustment, personality integration, independence and total emotional maturity dimensions. Below poverty line parents and up to 2 lakhs earning parents experience extremely unstable and 2 to 4 lakhs and above 4 lakhs groups experience unstable on their disabled children.

• Significant difference was found between parental marriage type i.e. consanguineous and non-consanguineous only on independence dimension. Consanguineous parents experience higher independence rather than non-consanguineous parents.

• Significant differences were found between fathers and mothers on their interaction of parental marriage type i.e. consanguineous and non-consanguineous on emotional stability, emotional progression, social adjustment, personality integration, independence and total emotional maturity dimensions. Both consanguineous and non-consanguineous fathers experience unstable and both consanguineous and non-consanguineous mothers were experience extremely unstable on their disabled children.

• Significant differences were not found between parental type of family i.e. joint family and nuclear family on emotional stability, emotional progression, social adjustment, personality integration, independence and total emotional maturity dimensions. So both
joint and nuclear family parents experience equally unstable on their disabled children.

- Significant differences were found between fathers and mothers on their interaction of parental type of family i.e. joint family and nuclear family on emotional stability, emotional progression, social adjustment, personality integration, independence and total emotional maturity dimensions. Both joint and nuclear family fathers experience unstable and both joint and nuclear family mothers were experience extremely unstable on their disabled children.

- Significant difference was found between disability of child i.e. loco motor disability, hearing impaired, visually impaired and mental retardation on emotional progression, social adjustment, personality integration, independence and total emotional maturity dimensions. All parents of disabled children experience unstable but, parents of children with mental retardation experience extremely unstable.

- Significant difference was found between disabled child age i.e. below 5 yrs, 6 to 10 yrs and 11 to 14 yrs on social adjustment, personality integration, independence and total emotional maturity dimensions. Parents of children with below 11 to 14 yrs age experience unstable. Parents of children with below 5 yrs age and 6 to 10 yrs age experience extremely unstable.

**Personality**
• Significant difference was found between fathers and mothers on neuroticism. Both fathers and mothers of disabled children need attention for modifying their behavior.

• Significant differences were not found between parental age i.e. below 30 yrs and above 30 yrs on neuroticism and extraversion.

• Significant difference was found between fathers and mothers on their interaction of age i.e. below 30 yrs and above 30 yrs on neuroticism. Fathers and mothers in both age groups need attention for modifying their behavior.

• Significant differences were not found between parental qualifications i.e. below 10th class, below 12th class, graduate and post graduate on neuroticism and extraversion.

• Significant difference was found between parental occupations i.e. government, private, self employed and unemployed on neuroticism. All groups of parents of disabled children need attention for modifying their behavior.

• Significant differences were not found between parental annual income i.e. BPL, up to 2 lakhs, 2 to 4 lakhs and above 4 lakhs on neuroticism and extraversion.

• Significant difference was found between parental marriage type i.e. consanguineous and non-consanguineous on neuroticism.
Consanguineous and non-consanguineous parents of disabled children need attention for modifying their behavior.

- Significant difference was found between fathers and mothers on their interaction of parental marriage type i.e. consanguineous and non-consanguineous on neuroticism. Both consanguineous and non-consanguineous fathers and mothers of disabled children need attention for modifying their behavior.

- Significant differences were not found between parental type of family i.e. joint family and nuclear family on neuroticism and extraversion.

- Significant difference was found between fathers and mothers on their interaction of parental type of family i.e. joint family and nuclear family on neuroticism. Both joint and nuclear family fathers and mothers of disabled children need attention for modifying their behavior.

- Significant difference was found between disability of child i.e. locomotor disability, hearing impaired, visually impaired and mental retardation on neuroticism and extraversion. All groups of parents of disabled children need attention for modifying their behavior.

- Significant difference was found between disabled child age i.e. below 5 yrs, 6 to 10 yrs and 11 to 14 yrs on neuroticism. Parents of children with all age groups need attention for modifying their behavior.
• The inter correlations between stress, emotional maturity and neuroticism of parents were positively related but, extraversion was not significant for some dimensions and negatively correlated.

Conclusions:

The objectives of the present study find that the Stress, Emotional Maturity and Personality of Parents of disabled children. The findings observed that significant difference was found between fathers and mothers on stress, emotional maturity and neuroticism. Mothers experience severe stress on their disabled children. Fathers were unstable and mothers experience extremely unstable on their emotional maturity. Significant difference was found between disability of child i.e. loco motor disability, hearing impaired, visually impaired and mental retardation on severe stress, emotional progression, social adjustment, personality integration, independence and overall emotional maturity and personality traits. Both fathers and mothers of disabled children need attention for modifying their behavior.

Limitations of the Research

This study is confined to the parents of disabled children in Pondicherry region only.

The dependent variables measured in the study are stress, emotional maturity and personality of parents with limited dimensions.

The independent variables like parent gender, parent age, parent qualifications, parent occupation, annual income, marriage type, type of family, category of disabled children and disabled children age were taken into consideration on selected sample only.

Recommendations of the study

The special counselling and guidance require for the parents suffering with stress, lack of emotional maturity and personality problems. The extreme problem of the parents should be consulted with Psychologist to overcome their problems.
The relaxation techniques, like Yoga, Walking and Meditation will be helpful to the parents to cope up with the stress, control of their emotional and personality problems.

The Religious practices, spiritualism, counsellor’s advise will be helpful to the parents of disabled children to reduce stress, emotional and personality problems.

Listening to music and spending time with humour along with the family members will also helpful to reduce stress, emotional disturbances and control over certain personality problems.

Parents of disabled children are advised to avoid usage of tobacco products and alcohol. These products will give some temporary relaxation but it will become habituation which causes secondary problems to themselves and also to the family.

As per the PWD Act and Indian Constitutional Acts the disabled children are having right to education and all the disabled children should be recommended for the common or inclusive education.

Parents and teachers have to encourage the disabled children. There are many documentary films available on internet, so that parents and teachers have to see these films to enable the self confidence for caring their disabled children.
Children are the gift of god and treat the disabled child as human being with love and care to them, show sympathy on them and a proper service to be rendered to hem, for their better empowerment in the society.

Suggestions for Further Research

Future research can be conducted on the basis of some of the findings obtained in the present study.

It may be worthwhile to add some stress cope up strategies like yoga, meditation, relaxation techniques and controlling techniques as dimensions in the forth coming research.

It may be useful to include a few social and emotional maturity variables like social relationships, family relations, social relations in work situations, family cultural activities, child care and service, child school activities, child discipline and control, child rearing practices, and betterment in sibling’s relationship.

It may be worthwhile to include a few individual factors like caste, religion, region, customs and traditions, inclusive education for the child, parent child relationships, parent-teacher relationship, peer group relationships, family relationships, cross cultural variations, smoking and alcohol usage of parents, single parent attitude can be assessed in the future research.
The comparisons across different districts related to disability within the state, the comparisons across different sample groups in the state and country and the comparisons across different levels of disability in different nations can be done to examine the differences in parental behaviors and disabled child behaviors.