CHAPTER-5

SUMMARY AND CONCLUSION

The present study was an attempt to examine the stress and various mood states of visually impaired children. Previous chapter represents data analysis and results, whereas this chapter gives us an idea of the research in brief. In this chapter researcher has presented summary, conclusions, limitations and suggestions with recommendations.

5.1 Summary of the study:

The title of the investigation is ‘Stress and Mood State among the Parents of Physically Handicapped Children with Reference to Visually Impaired’. With reference to this title the first chapter entitled introduction, incorporated the main concepts such as, stress, mood states of visually impaired children. Researcher has been delineated a concept of visual impairedness and also included background and significance of the research.

The second chapter regarding review of the literature, in this chapter researcher included various studies on visual impairedness, stress and mood states. All the studies are associated with present day situation. Some studies are not completely but partly related to the present variables, which are included in the study.

The third chapter is research methodology. The samples means participants were drawn from the Nashik and Dhule district. These samples
were randomly selected. Here, researcher used 2x2 factorial research design. In this section the researcher has mentioned the population, sample, objectives, hypotheses, variables, operational definitions, design of the study, standardized tools for the purpose of data collection, all these methodological concepts tried to explain very clearly which are helpful for explain the design of research.

In the fourth chapter i.e. data analysis and results is incorporates analysis of the data, interpretation of results and discussion of data through the hypotheses. This is a survey type research. Hence, researcher has employed and fulfills all the requirements of survey research. By using the 2x2 factorial design and ANOVA was used for analysis of data. In this chapter mean scores of two group were compared. ANOVA (Analysis of Variance) and LSD (Least Significant Difference) and Pearson’s product moment correlation are the statistical techniques were used for data analysis.

The fifth chapter is summary and conclusion (epilogue) where the researcher has presented the examination of the research design, sample and statistical analysis with the help of summary of the research, conclusions, limitations and suggestions. Finally references are mentioned.
5.2 Conclusions:

Findings are substantial and relevant in line with hypotheses. These salient results are mentioned here in brief.

On the basis of data analyses following findings are observed.

1: According to stress level of fathers of visually impaired students is greater than the mothers of visually impaired students.

2: As per the gender of the visual impair children we conclude that the stress level is high in parents of male children than parents of female children.

3: According to data analysis it has found that, the anxiety level of mothers of visually impaired students is greater than the fathers of visually impaired students.

4: As per the gender of the visual impair children we conclude that the anxiety level is high in parents of female children than parents of male children.

5: According to data analysis it has found that, the depression level of mothers of visually impaired students is greater than the fathers of visually impaired students.

6: As per the gender of the visual impair children we conclude that the depression level is equal in parents of male children as parents of female children.
7: According to data analysis it has found that, the regression of mothers of visually impaired students is greater than the fathers of visually impaired students.

8: As per the gender of the visual impair children as the mean difference is small but significant, we conclude that the regression is high in parents of female children than parents of male children.

9: According to data analysis it has found that, the fatigue level of mothers of visually impaired students is greater than the fathers of visually impaired students.

10: As per the gender of the visual impair children we conclude that the fatigue level is high in parents of female children than parents of male children.

11: According to data analysis it has found that, the guilt level of mothers of visually impaired students is greater than the fathers of visually impaired students.

12: As per the gender of the visual impair children we conclude that the guilt level is high in parents of female children than parents of male children.

13: According to data analysis it has found that, the extraversion of fathers of visually impaired students is equal as the mothers of visually impaired students.
14: As the mean difference is small and not significant, we conclude that the extraversion is similar in parents of male children as parents of female children.

15: According to data analysis it has found that, the arousal of fathers of visually impaired students is equal to the mothers of visually impaired students.

16: As the mean difference is small and not significant, we conclude that the arousal is equivalent in parents of male children as parents of female children.

5.3 Limitations:

The research design, procedure, and results, when critically examined, lead to the impression that the present study is replete with a number of limitation which must be borne in mind in any attempt to generalize form and interpret the findings. The main limitations have been listed below:

1) Demographic area is limited to Nashik and Dhule district region of Maharashtra, India.

2) Only parents of blind students are involved in the present study.

3) Age and SES are the main barriers for the present study.
5.4 **Suggestions:**

1) In future widespread study is needed.

2) Insecurity and low self esteem among blind students is very keen problem in present day situation. Hence, the warm atmosphere should be provided to students with changing scenario.

3) Self confidence techniques should be taught to blind students to improve their self confidence.

5.5 **Expected contribution of the present study (Implications):**

To the best of his knowledge and belief, researcher feels that there are so many experiments are taken place in the field of visual impairment.

The present study shall probe into the potential, strength and weaknesses of the health psychology.

This study will guide and counselling to stress and mood states such as how to cope up the anxiety, depression, fatigue and guilt of the parents of visually impaired students.

This study may guide to health workers to decide new or innovative ways to enhance quality life and to take steps in the direction of quality life od such students.

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