CHAPTER- 3
METHODOLOGY

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CHAPTER- 3
METHODOLOGY

3.1 INTRODUCTION:
In present research researcher has tried to study life satisfaction, Adjustment and Psychological Wellbeing among Mothers of Disabled Children with Regards to Mothers’ Educational Level. Statement of problem, main objectives, hypothesis, sample, variables, and tools for data collection, procedure, and statistical techniques, used for data analysis is discussed in this chapter.

3.2 STATEMENT OF THE PROBLEM:
In present research various areas of life satisfaction, certain dimensions of life satisfaction, will be studied. The exact problem of the present research is “A Study of Life Satisfaction, Adjustment and Psychological Wellbeing among Mothers of Disabled Children with Regards to Mothers' Educational Level”.

3.3 OBJECTIVES OF THE STUDY:
1. To assess various areas of life satisfaction like personal, health, marital, economic, social, job and overall satisfaction among Mothers of mentally challenged, autistic and cerebral palsy children.
2. To assess various areas of life satisfaction like personal, health, marital, economic, social, job and overall satisfaction between below graduate and above graduate Mothers of disabled children.
3. To assess interaction effect between type of Mothers and education level of Mothers of disable children with regards to various areas of life satisfaction like personal, health, marital, economic, social, job and overall satisfaction.
4. To assess certain dimensions of adjustment like Home, Health, social, Emotional and overall adjustment among Mothers of mentally challenged, autistic and cerebral palsy children.
5. To assess certain dimensions of adjustment like Home, Health, social, Emotional and overall adjustment between below graduate and above graduate Mothers of disabled children.
6. To assess interaction effect between type of Mothers and education level of Mothers of disable children with regards to adjustment like Home, Health, social, Emotional and overall adjustment.

7. To assess certain dimensions of psychological wellbeing like Satisfaction, Efficiency, Sociability, Mental health, Interpersonal relations and overall Mental Health among Mothers of mentally challenged, autistic and cerebral palsy children.

8. To assess certain dimensions of psychological wellbeing like Satisfaction, Efficiency, Sociability, Mental health, Interpersonal relations and overall Mental Health between below graduate and above graduate Mothers of disabled children.

9. To assess interaction effect between type of Mothers and education level of Mothers of disable children with regards to certain dimensions of psychological wellbeing like Satisfaction, Efficiency, Sociability, Mental health, Interpersonal relations and overall Mental Health.

3.4 HYPOTHESIS OF THE STUDY:

1. There will be no significant difference among Mothers of mentally challenged, autistic and cerebral palsy children with regards to various areas of life satisfaction like personal, health, marital, economic, social, job and overall satisfaction.

2. There will be no significant difference between below graduate and above graduate Mothers of disabled children with regards to various areas of life satisfaction like personal, health, marital, economic, social, job and overall satisfaction.

3. There will be no significant interaction effect between type of Mothers and education level of Mothers of disable children with regards to various areas of life satisfaction like, personal, health, marital, economic, social, job and overall satisfaction.

4. There will be no significant difference among Mothers of mentally challenged, autistic and cerebral palsy children with regards to certain dimensions of adjustment like Home, Health, social, Emotional and overall adjustment.
5. There will be no significant difference between below graduate and above graduate Mothers of disabled children with regards to certain dimensions of adjustment like Home, Health, social, Emotional and overall adjustment.

6. There will be no significant interaction effect between type of Mothers and education level of Mothers of disable children with regards to certain dimensions of adjustment like Home, Health, social, Emotional and overall adjustment.

7. There will be no significant difference among Mothers of mentally challenged, autistic and cerebral palsy children with regards to certain dimensions of psychological wellbeing like Satisfaction, Efficiency, Sociability, Mental health, Interpersonal relations and overall Mental Health.

8. There will be no significant difference among between below graduate and above graduate Mothers of disabled children with regards to certain dimensions of psychological wellbeing like Satisfaction, Efficiency, Sociability, Mental health, Interpersonal relations and overall Mental Health.

9. There will be significant interaction effect between type of Mothers and education level of Mothers of disabled children with regards to certain dimensions of psychological wellbeing like Satisfaction, Efficiency, Sociability, Mental health, Interpersonal relations and overall Mental Health.

3.5 SAMPLE:

In the present research 300 Mothers of disabled children was randomly selected from Preschool Training Department and Sharda School of B.M. Institute of Mental Health of Ahmedabad and various NGO of Ahmedabad and Gandhinagar district. Total sample was categorized as under.

<table>
<thead>
<tr>
<th>Educational Level of Mothers</th>
<th>Types of Mothers</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mothers of Mentally Challenge Children</td>
<td>Mothers of Autistic Children</td>
</tr>
<tr>
<td>Below Graduate</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Above Graduate</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>
3.6 VARIABLES:

Types and nature of variable under study was as under:

**Table No. 3.2**

Table of Variables

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of Variable</th>
<th>Type of Variable</th>
<th>Level of Variables</th>
<th>Name of Variable</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Types of Mothers</td>
<td>Independent variable</td>
<td>3</td>
<td>Mothers of mentally challenged children Mothers of autistic children Mothers of Cerebral Palsy Children</td>
</tr>
<tr>
<td>2</td>
<td>Educational Level</td>
<td>Independent variable</td>
<td>2</td>
<td>Under Graduate Mothers Above Graduate Mothers</td>
</tr>
<tr>
<td>3</td>
<td>Life Satisfaction</td>
<td>Dependent variable</td>
<td>7</td>
<td>Scores of Life Satisfaction scale like personal, health, Economic, Marital, Social, Job and overall Life satisfaction</td>
</tr>
<tr>
<td>4</td>
<td>Adjustment</td>
<td>Dependent variable</td>
<td>5</td>
<td>Scores of family adjustment inventory like Home, Health, social, Emotional and overall adjustment.</td>
</tr>
<tr>
<td>5</td>
<td>Psychological Well being</td>
<td>Dependent variable</td>
<td>6</td>
<td>Scores of Psychological Well being scale like satisfaction, Efficiency, Sociability, Mental Health, Interpersonal relations and overall Psychological Well being.</td>
</tr>
</tbody>
</table>

3.7 TOOLS:

In present research following tools were used for data collection:

3.7.1 Life Satisfaction scale by Q.G. Alam and R. Shrivastava
3.7.2 Bell’s Adjustment Inventory
3.7.3 Psychological Well-being scale by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary.
3.7.1 Life Satisfaction Scale by Q.G. Alam and R. Shrivastav

- **Reliability**
  Test–retest reliability was computed after a lapse of 6 weeks. The obtained quotient was .84.

- **Validity:**
  The validity of the scale was obtained by correlation it with Saxena’s Adjustment inventory and srivastava Adjustment inventory. The quotient was .74 and .82 respectively. Further the scale has face validity as all the items are closely related to the covered areas. The items were judged by the experts. Thus the scale is beyond doubt. It also possesses content validity.

- **Scoring:**
The scale has 60 items. Every item is to be responded either in yes or no. there is no other alternative. Every ‘yes’ response is assigned 1 mark. The sum of marks is obtained for the entire scale.

3.7.2 Bell’s Adjustment Inventory:
Bell’s adjustment inventory is one of the most widely used general adjustment inventories. The adult form provides five separate measures of personal and social adjustment viz., home, health, social and emotional adjustment. The inventory consisted of 160 questions, 32 in each of the five areas. Each item is prefixed by] one of the five letters—a, b, c, d, e corresponding to the area to which the item belongs. The subjects are asked to give their responses in terms of “yes” or “No”, or “?”The inventory has been successful when used as aid in counseling adults whose personal problems pertain to any of the categories included in the test. It is suitable for use to both the sexes. The high reliabilities of the separate measures make possible comparisons of one individual with another. The measurement of five types of adjustment by one blank permits location of specific adjustment difficulties. The total scores may by used to indicate the general adjustment status. It may be mentioned here that for the purpose of the present study only four areas of adjustment were included. Occupational adjustment area was dropped as it was not applicable to non-working group of subjects.
• **Scoring**

Scoring of the inventory is most easy to convert the number of responses where the individual has encircled “yes” only. For each encircled “yes” responses, one score, thus, make total score of the individual in the part. The inventory is totally negative inventory, when an individual answers in “yes”, it indicates his difficulties. If the answer is “No”, it indicates that the individual has no such difficulties. If one answers in “?”, his answer is neither affirmative nor negative towards difficulties. Therefore, only “Yes” responses are scored to measure adjustment difficulty.

• **Reliability**

The adjustment inventory possesses high reliability. The reliability coefficients have been determined by split half and test re-test method. For split half, the correlation between odd and even items was calculated and corrected by the Spearman’s Brown Formula.

The reliability coefficients are shown as:

<table>
<thead>
<tr>
<th>Method</th>
<th>Split Half (r)</th>
<th>Test-Retest (r)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0.84</td>
<td>0.91</td>
</tr>
<tr>
<td></td>
<td>0.81</td>
<td>0.90</td>
</tr>
<tr>
<td></td>
<td>0.87</td>
<td>0.89</td>
</tr>
<tr>
<td></td>
<td>0.89</td>
<td>0.92</td>
</tr>
</tbody>
</table>

• **Validity**

The adjustment inventory was validated against K. Kumar’s Adjustment Inventory. The two inventory scores yielded a positive correlation. This study was conducted on sample of 400 cases of four educational groups. Validity Coefficients are given in the following table:
Table: 3.4

Area-Wise Validity Coefficients of the Inventory of Bell’s Adjustment Inventory

<table>
<thead>
<tr>
<th>SI. No.</th>
<th>Areas</th>
<th>Home</th>
<th>Health</th>
<th>Social</th>
<th>Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Home</td>
<td>0.72</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Health</td>
<td></td>
<td>0.79</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Social</td>
<td></td>
<td></td>
<td>0.82</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Emotional</td>
<td></td>
<td></td>
<td></td>
<td>0.81</td>
</tr>
</tbody>
</table>

3. 7.3 Psychological Well-Being Scale by Dr. Devendre Sing Sisodia and Ms. Pooja Choudhary

- **Reliability:**
  The reliability of the scale was determined by (a) test-retest method and (b) internal consistency method. The test–retest reliability was 0.87 and the consistency value for the scale is 0.90.

- **Validity:**
  Besides face validity as all the items of the scale are concerned with the variable under focus, the scale has high content validity. The scale was validated against the external criteria and coefficient obtained was 0.94.

- **Scoring:**
  The scale consists of fifty statements. All statements are of positive manner. 5 marks to strongly agree, 4 marks to agree, 3 marks to undecided, 2 marks to disagree and 1 mark to strongly disagree responses are assigned. The sum of marks is obtained for the entire scale. The higher the score more is the well-being.

3.8 **PROCEDURE:**

After establishing the rapport with selected Mothers of mentally challenged children, autistic children and cerebral palsy children respectively and life satisfaction scale, adjustment inventory and psychological wellbeing questionnaire was administered. Scoring of each tool was done by the scoring key of each tool.
3.9 STATISTICAL ANALYSIS:

To find out the main and interaction effect of two independent variables such as Types of Mothers and Education level of Mothers of disabled children on various areas of life satisfaction, certain dimension of adjustment and psychological wellbeing. Two way Analysis of variance (3 × 2 ANOVA) was used.