This chapter presents a description of the sample of mothers of mentally retarded children and normal children included in this study. It also describes the procedure of data collection and measures used in this study.

SAMPLE:

The present study is planned to study the stress, marital adjustment and self perception of mentally retarded children’s mothers of Raibareli and Lucknow. The universe of the study is mothers of mentally retarded children and mothers of normal children. The sample includes 200 mothers of mentally retarded and normal children of both sexes (Boy child and Girl child) of higher and lower socio-economic status. In all 200 (two hundred) mothers are taken half of which are mentally retarded children's mothers and half are normal children's mothers. These both are divided in male children’s mothers and female children’s mothers who are further divided in high socio-economic status and low socio-economic status.

A sample of two hundred mothers is drafted as follows –
Table 2

Design of the study (2 x 2 x 2 factorial design)

<table>
<thead>
<tr>
<th></th>
<th>A1</th>
<th></th>
<th>A2</th>
<th></th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B1</td>
<td>B2</td>
<td>B1</td>
<td>B2</td>
<td></td>
</tr>
<tr>
<td>C1</td>
<td>25</td>
<td>25</td>
<td>25</td>
<td>25</td>
<td>100</td>
</tr>
<tr>
<td>C2</td>
<td>25</td>
<td>25</td>
<td>25</td>
<td>25</td>
<td>100</td>
</tr>
<tr>
<td>TOTAL</td>
<td>50</td>
<td>50</td>
<td>50</td>
<td>50</td>
<td>200</td>
</tr>
</tbody>
</table>

A = Types of mothers

A1 = Mothers of mentally retarded children.

A2 = Mothers of normal children.

B = Sex of child

B1 = Mothers of male children.

B2 = Mothers of female children.

C = Socio-Economic status

C1 = High Socio-Economic status.

C2 = Low Socio-Economic status.

Purposive sampling is used for drafting the sample. Purposive sampling is defined as "a sample may be expressly chosen because in
the light of available evidence, it narrows some larger group with reference to given characteristics." (Garret H.E.1961).

As per the problem a without repeated measures $2 \times 2 \times 2$ factorial design is used.

**SELECTION OF SAMPLE AND CONTROL OF VARIABLES:**

Mothers of mentally retarded and normal children are independent variables in this study which is manipulated by selection and socio-economic status and sex of child are moderating variables which are controlled.

To equalized the effect of sex of child and socio-economic status on dependent variable, we have selected half boys (i.e. 100 boys) and half girls (i.e. 100 girls) for controlling sex and half mothers of high socio-economic status (i.e. 100 mothers) and half mothers of low socio-economic status (i.e. 100 mothers) for controlling socio-economic status.

Mothers whose annual income is above Rs. 25546 were considered to be high socio-economic status, and for lower SES groups, mothers were considered whose annual income is below Rs. 25546. This classification of high and low income group has been adopted from PANCHAYTI VIBHAG (2004).

We have drawn the sample from mothers of normal children studying in public school of Lucknow and mothers of mentally retarded
children in special school Chetna, and Asha Rani of Lucknow. The mean age of mothers is 30.24 years.

MEASURES:

It has been planned to use standardized tests for measuring the different variables. We have planned to use following tests. However before using a test we have again estimated its reliability on a small sample of 50 mothers of Lucknow. By using split-half method, we have found the reliability of all three tests.

2. Marital Adjustment Questionnaire by Dr. Kumar Pramod & Dr. (Km) Rohatgi Kanchan(1999).

STRESS:

For measuring stress we have decided to use Bisht Battery of Stress Scales (BBSS) developed by Abha Rani (1987). This battery has the following scales in it:

1. Scale of existential stress (SES)
2. Scale of achievement stress (SAchs)
3. Scale of academic stress (SAS)
4. Scale of self concept stress (SSCS)
5. Scale of self actualization stress (SSAS)
6. Scale of Physical Stress (SPS)
7. Scale of Social Stress (SSS)
8. Scale of role stress (SRS)
9. Scale of institutional stress (SIS)
10. Scale of family stress (SFS)
11. Financial stress Scale (FSS)
12. Scale of vocational stress (SVS)
13. Scale of Superstition Stress (SSUS)

All the thirteen scale of the battery were developed and standardized simultaneously. Six approaches were adopted for the standardization purpose 'Viz'.

2. Theoretical Approach.

**SCORING:**

There are two types of statements positive and negative. The statements admit of five possible replies indicating always, often,
sometimes, rarely and never. For positive statements they may be easily scored as 4, 3, 2, 1 and 0. For negative statements, it is just vice-versa. The total will be separate for frequency and quantity. The grand total will be the sum of frequency score and quantity score and will show the total amount of stress.

The stress scores in each scale can be interpreted as:

(1) Total of frequency of stress.
(2) Total quantity of stress.
(3) Total amount of stress.
(4) Component wise stress.

These battery scales can be used for adolescent and adult students only.

Determining Psychological Properties of scales - Four Psychological Properties of the scales were determined viz.

1. Reliability:

Reliability of the scales of the battery was calculated in the following ways for knowing.

(i) Dependability i.e., short term test-retest correlations,
(ii) Stability, i.e. retest after a longer interval,
(iii) Internal consistency i.e., split-half correlation and correlation between total scores and scores on each of the component. All correlations were significant at .05 level.

2. Validity:

All the scales appear to be having content validity and item validity. The method of selecting items supports this supposition. In addition, construct validity (discriminability) was estimated for all scales in a two-fold fashion. The first type tested if the construct validity measured differentiated students on some related construct. For this memory was taken. The second type tested if the construct measured by the scales was not related to construct predicted theory. For this internal evaluation was taken. In both the construct validity was affirmed.

3. Homogeneity:

All the scales were correlated with each other. Obtained correlations were moderate in magnitude indicating that the scales were measuring one main construct i.e. stress in general and different type of stress in particular.

4. Transferability:

For this one sample of 100 was drawn from the students of Almora district and one of 100 from Lucknow district. The means of various scale scores of these sample students were tested for difference.
by analysis. The non-significant is fairly indicated that items of scales were not concentrating on one kind of situation and they can be used across different populations.

For this study we have planned to use only six stress scales viz.

1. Scale of physical Stress. (SPS)
2. Scale of Social Stress. (SSS)
3. Scale of Role Stress. (SRS)
4. Scale of Family Stress. (SFS)
5. Financial Stress Scale (FSS)
6. Scale of Superstition Stress. (SSUS)

Before using these scales we have changed some items so that these scales can be used on mothers. The revised scales are presented in annexure 1. We have also estimated the reliability of six scales on a sample of 50 mothers of normal and mentally retarded children. The estimated split-half reliability of different tests are:

1. Physical Stress (SPS) .80
2. Social Stress (SSS) .79
3. Role Stress (SRS) .82
4. Family Stress (SFS) .85
5. Financial Stress (FSS) .81
6. Superstition Stress (SSUS) .87
MARITAL ADJUSTMENT:

Second dependent variable is marital adjustment. To find out scores on this variable we have been used Dr.Kumar Pramod & Dr (Km) Rohatgi Kanchan marital adjustment questionnaire (1999).

The marital adjustment questionnaire has been developed to provide a handy tool to identifying couples who are making poor marriage and need psycho diagnostic help.

The marital Adjustment questionnaire (MAO) in its final from consists of 25 highly discriminating 'Yes-No' type items of sexual, Social, and Emotional area.

The split-half reliability and test-retest reliability of the questionnaire were .70 and .84, respectively.

The r values, .49 and .71, respectively were found to be significant at .01 level, showing that the questionnaire was reliable both in terms of its internal consistency and stability of scores.

The face validity of the questionnaire appeared to be fairly high as the items were prepared following intensive interviews of 100 married couples regarding their concept of happy married life.

Scoring:

A 'Yes' response is assigned to score of 1 except for items 4, 10 and 19 in which case reverse is applicable. The sum of these values gives the marital adjustment score for the husband or the wife. Since the
response contributing towards marital adjustment is given a score, the
higher the total score, the higher would be marital adjustment of the
husband or wife.

Before using this questionnaire we have also estimated its
reliability on a sample of 50 mothers of normal and mentally retarded
children. This spilt half reliability of the questionnaire was 69
significant at 0.01 levels.

**Self-perception:**

Third dependent variable is self perception. To find out score on
this variable we have been used “Scales Measuring Self Perception”

E. I. Shostrom (1966) developed Personal. Orientation Inventory
[Educational and Industrial Testing Service. Service san Diego.USA]
which has 150 items and 10 subscales. Two of these Sub-scales i.e. self
regard and self acceptance with 40 items when combined measure self
perception.

The scale measuring self-regard and self acceptance are drawn
from the POI, when both these scale are paired they measure self-
perception.
Self Regard Scale:

Self regard (Sr) measures affirmation of self, because of worth or strength. It consists of 16 items. On each item two alternatives are given out of which one has to be checked by the respondent.

Self acceptance Scale:

Self acceptance (Sa) scale measures affirmation or acceptance of self, in spite of weakness or deficiencies. It consists of 26 item. On scale items the respondent has to check one of two alternatives provided to him.

A high score on self-acceptance scale measures acceptance of one's weaknesses or deficiencies. A low score indicates inability to accept one's weakness. It is more difficult to achieve self acceptance than self regard.

Self-perception:

Paired interpretation of scales self regard and self acceptance may be considered to reflect the general area of self perception (SP).

Items in the personal, orientation inventory are stated both positively and negatively. Thus the particular continuum or end poles of the dichotomy in question are made explicity clear. Authors of most inventories have assumed that the reader knows the "opposite" of statement in question, and that it is implicitly in question. The same
word often has several correlative terms, according to different relation in which it is considered.

A number of concurrent validity studies were carried out with POI and personality test.

Reliability coefficient for Sr and Sa scales were quite high (i.e., .75 and .80 respectively) on a sample of 30 students. Self perception was applied by the author for test retest reliability with an interval of one month. Result showed the inventory has high reliability for Sa (.79), Sr (.63) and Sp (.73).

Before using the test we have also estimated its split-half reliability which was .65 for self regard, .75 for self acceptance and .70 for self perception.

**PROCEDURE:**

Entry in various schools was made by the investigator though the permission of the authorities. We have been taken knowledge about their students like a socio-economic status and about children's sex (Male or Female). In a planning through we have selected mothers according to socio-economic status (High or Low) and children's sex (Male/Female).

In a planning through we have gathered in a parental meeting. A peaceful environment was made. A good rapport was tried to meet with the mothers, we took them in confidence and told them that these tests
have nothing to do with their daily performance in any way. This data is being collected for the research purpose only. Information provided by them will be kept confidential. Three tests have been used to study stress, marital adjustment and self perception of mother.

The data were collected individually and approximately 3 hours were taken in administering three tests. Marital adjustment and self perception scale was administered first. Items from the questionnaire were administered using an interview format and answers were recorded.

ANALYSIS OF DATA:

The data were analyzed in terms of univariate analysis which involved computing of means and standard deviations.

Analysis of variance (ANOVA) was computed to find out the significance of difference between variables and joint effect or interaction among various variables.