Summary
SUMMARY

The present study addressed itself to investigate the role of happiness, resilience, social support, spirituality and coping strategies in mothers with mild/educable mentally retarded children. More specifically the study was undertaken to fulfill the following aims and objectives.

AIMS AND OBJECTIVES

1. To study the relationship between the variables of the study viz. Happiness, resilience, spirituality, social support with coping styles in mothers of children with ID.
2. To study the interaction of variables of the study in relation to coping styles.
3. To compare the mothers of children with ID and mothers of children without ID on the measures of the study viz. Happiness, resilience, spirituality, social support and coping styles.

HYPOTHESES

H₁: There will be a significant relationship between happiness and coping style in mothers of children with ID.

H₂: Resilience and coping style will be significantly related in mothers of children with ID.

H₃: There will be a significant relationship between spirituality and coping style in mothers of children with ID.
H₄: Social support and coping style will be significantly related in mothers of children with ID.

H₅: The four measures of the study will significantly contribute to predict coping style in these in mothers.

H₆: Mothers of children with ID and Mothers of children without ID differ significantly on the measures of the study viz. happiness, spirituality, resilience, social support and coping styles.

SAMPLE OF THE STUDY

The sample size of the study was 100. The participants were mothers of children with ID (between the age group of 7 to 15 years) studying in special schools and mothers of children without ID (between the age group of 7 to 15 years) studying in regular schools.

Inclusion Criteria

1. Subjects aged between 30 to 45 years.
2. Subjects conversant with English language.
3. Subjects who are at least college graduates.
4. Subjects in the upper and middle income groups.
5. Subjects staying in nuclear families.

Exclusion Criteria

1. Subjects suffering from any psychiatric illness.
2. Subject diagnosed with mental or physical disability.
3. Subjects from joint families.
4. Subject who are single parent.
5. Subjects with a single child.

6. Subjects with more than one child with mental/physical handicap.

In the present study simple random sampling is used.

MEASURES OF THE STUDY

In this study the following tests were used for data collection:


2. Connor-Davidson Resilience Scale (Connor & Davidson, 2003)


4. Spiritual Assessment Inventory (SAI) (Hall & Edwards, 1996)

5. Coping Response Inventory – Adult form (Rudolf H. Moos, 1993)

DESIGN OF THE STUDY

Design of the study was correlational design.

PROCEDURE

The study was conducted in two phases. In the first phase permission letter for data collection has been obtained from IIS UNIVERSITY. The various special
schools and regular schools were listed on the basis of the criteria of exclusion and inclusion of the study. Recommendation letters from University and sets of tests to be used were submitted in the various schools. After receiving permission from schools, the addresses and phone numbers of mothers were taken.

In the second phase after obtaining consent from the subjects, rapport was formed and according to their convenience psychological tools of the study were administered on them individually.

STATISTICAL ANALYSIS

1. Mean
2. Standard deviation
3. t-test
4. Correlation
5. Regression

SPSS 16 was used to analyses the data.

FINDINGS OF THE STUDY

Major findings emerged from correlational analysis of results obtained for Mothers of children with ID.

Approach coping style is significantly related to variable of happiness \(r=.190, \text{ significant at 0.05 level}\), resilience \(r=0.365, \text{ significant at 0.01 level}\), social support \(r=-0.199, \text{ significant at 0.05 level}\), spiritual awareness \(r=0.371, \text{ significant at 0.01 level}\) and spiritual grandiosity \(r=0.252, \text{ significant at 0.05 level}\). The result of separate Linear regression analysis used to find out whether the
Independent Variables of the study predict the two coping style i.e. Approach coping style and avoidance coping styles in mothers of children with ID. In both the types of coping styles the unstandardized and standardized beta coefficient have documented the relative contribution of spiritual awareness and resilience to the regression equations. However R square statistics for approach coping behaviour has been found to be statistically significant with $F=4.318$ indicating that both the independent variables put together predict the approach coping behaviour but only resilience predicts this coping style individually.

The following major findings emerged from independent sample t test is that significant difference (at 0.01 level) between mothers of children with ID and mothers of children without ID were found on Happiness ($t=-6.544$), Resilience ($t=-6.129$), Social Support ($t=6.007$), Spiritual Awareness ($t=-3.759$) and Approach Coping Strategy ($t=-3.825$).

**RESULT AT A GLANCE**

<table>
<thead>
<tr>
<th>Bivariate Coefficient Correlation</th>
<th>Approach coping style is positively and significantly related to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness $r= .190*$</td>
<td>Happiness $r= .190*$</td>
</tr>
<tr>
<td>Resilience $r= 0.365**$</td>
<td>Resilience $r= 0.365**</td>
</tr>
<tr>
<td>Social Support $r= -.199*$</td>
<td>Social Support $r= -.199*$</td>
</tr>
<tr>
<td>Spiritual Awareness $r= .371**</td>
<td>Spiritual Awareness $r= .371**</td>
</tr>
<tr>
<td>Spiritual grandiosity $r=0.252*$</td>
<td>Spiritual grandiosity $r=0.252*$</td>
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</tbody>
</table>

| Linear Regression Analysis        | Resilience and spiritual awareness contributed 27.5% variance in contributing Approach coping style. With Modal Fitness |


<table>
<thead>
<tr>
<th>Independent Sample t Test (between mothers of children with ID and mothers of Children without ID)</th>
<th>value= 4.318 significant at 0.01 level.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness (t= -6.544)</td>
<td></td>
</tr>
<tr>
<td>Resilience (t= -6.129)</td>
<td></td>
</tr>
<tr>
<td>Social Support (t= 6.007)</td>
<td></td>
</tr>
<tr>
<td>Spiritual awareness (t= -3.759)</td>
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</tr>
<tr>
<td>Approach Coping Style (= -3.835)</td>
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</tbody>
</table>

**LIMITATIONS OF THE STUDY**

1. Due to the nature of the study the sample size is limited.
2. Only objective test are used.
3. Role of gender in coping behaviour of caregiver in case of educable mentally retarded children should also be taken into consideration.

**SUGGESTION FOR THE FURTHER RESEARCH**

Some suggestions for directing further research are stated below:

1. Present study has been limited due to the time restrictions and sample size which could be replicated in a larger side.
2. In it variables may also be assessed by using some tests.
3. The study is confined to mothers of upper and middle class, further investigation can be undertaken to study these variables using lower middle class.
4. Role of gender in coping behaviour of caregiver in case of educable mentally retarded children should also be taken into consideration.