

## **A Study On Anxiety Among Fathers Of Intellectual Disable And Normal Children**

**Chandrasekhar Giri\***

*Corresponding Author: Chandrasekhar Giri*

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**ABSTRACT:** *The aim of the present study was, assess the anxiety level among intellectual disable and normal children's father. Null hypothesis was made. This is study conducted at Indore (MP).100 Participants were choose through purposive sampling and distributed in two groups ie 50 in FID (fathers of Intellectual Disable) and 50 in NID (Fathers of Normal children) . SCAT was used to obtain the score on anxiety. t-test was executed for comparing the mean of both group. Results reveal that our hypothesis is not rejected i.e. there is no significance difference in mean of both groups. Key Words:- (1) Fathers of Intellectual Disable (2) Anxiety*

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Birth of a new child in a family is a time for rejoicing and celebration in a family. Parents have so many dreams and aspirations for their newly born child that birth of a child with mental retardation (Known as Intellectual Disabled) can be a traumatic and shattering event for a family. The feeling of grief and loss that the family goes through is caused by realization that the anticipated normal child they had waited for nine months was never born (Kaur and Arora; 2010). There is much evidence that family members experience a range of emotions in response to a diagnosis of mental retardation including denial, shock, anger, grief, guilt, embarrassment, loss, disbelief, depression (Sousa & Singhvi; 2011), withdrawn, ambivalence and fear of stigma(Marshall;1992).

A study on perceptions of lives of intellectual disabled children was conducted by Hill & Rose (2009) [and found six themes that are emotional reactions i.e. accept the challenge to handle disabled child, anxiety related to child's future, sorrowful/painful emotional series of reactions, health issues related to mothers and struggle related to child's and oneself well being, inappropriate support from society and family.

All parents develop many expectations from their children according to the standard and established norms which set by a society or a family. Parents always feel proud when their child gets progress in life stages one by one progressively and constructively (Rabia and Mohsin; 2013).

Intellectual disability is the insufficient development of intellectual skills (Okan & Cocuklarda (2005).Celik et.al.(2016) and Cavusoglu et. al. (2013) mentioned that It is a significant condition which causes permanent deficiencies, affects all family members financially, socially, emotionally, behaviorally and cognitively, and requires lifelong observation, control, care, treatment and rehabilitation. The history of the term, children with intellectual disability, indicates that children with the condition were initially referred to as "children with personal differences," and later as: "abnormal children," "exceptional children," "disabled children," "individuals with disabilities," and "individuals with special needs." The history of the condition makes it clear that the following terms were used: individuals with special educational needs, children with special educational needs, individuals needing special education, disabled persons, disabled, exceptional children and individuals with special needs as found by Cavkaytar et.al. (2016) and Dogru et.al. (2015), in his research on same problem. The World Health Organization (WHO) classifies intellectual disability as mild (IQ: 52-69), moderate (IQ: 36-51), severe (IQ: 20-35) and deep (IQ: <20) following the psychometric assessments (ICD-10) .This classification makes it possible to teach people according to their abilities and ensure that they live without being a burden to themselves, their families and society. The WHO (2010) reports that there are 650 million disabled people on the world, and approximately 200 million of them are children.

Parents with children having intellectual disability faced more psychological problems as compare to parents of normal children. Mothers suffered in psychological problems more than fathers [1]. Choudhary et al, (2011) identified that there was no relationship with the type of mental retardation with the sibling's effects. Parents have many emotional disturbances and suffer in worries (mentally disturbance) due to having a mental retardation child.

Chovatiya et al, (2011) revealed that 70 % mothers were suffering with mild to moderate level of depression and it affected on their QOL. Sousa & Singhvi (2011) identified that 71% mothers of children with

cerebral palsy were depressed. The reported contributing factors of depression were poor spousal support, low education, unemployment and increasing age.

There are n numbers of researches which emphasizes on the psychological variables of mother and siblings of intellectual disabled but there are lack of evidences or researches on psychological variables of father of the same child. That's why present topic was selected for the research.

**Objective:** To assess the level of anxiety of fathers of intellectual disable (ID).

**Hypothesis:** There is no significance difference in anxiety level among the fathers of intellectual disable and normal children.

### I. METHODOLOGY

**Sample and Sampling:** 100 participants were selected through purposive sample and divided in to two groups. 50 were in first group (Fathers of ID) and 50 were in second group (Fathers of normal child). Socio-economic status of the participants was treated as constant variable in the research.

**Measures:** SCAT (Sinha's comprehensive anxiety test) developed by Dr.A.K.P.Sinha and Dr.L.N.K.Sinha has been used to obtain scores on Anxiety. This test is based on two type reaction (Yes/No) and having 40 items without any subdivision or category. This test is highly reliable and valid. The reliability by test-retest method of this test was 0.85 and internal consistency reliability was 0.91. Validity coefficient was 0.62 found with the correlation Tailor-Man Anxiety scale and SCAT.

### II. RESULT AND DISCUSSION:

Test	N	Mean	S.D	SEd	t-value	Significance level
F (ID)	50	21.77	6.69	.95	1.64	>0.05
F (NID)	50	18.92	5.56	.79		

As per statistical analysis, calculated t-value (1.64) is less than 1.98 (value of Confidence level of 0.05 at degree of freedom 98). Hence our **null hypothesis is not rejected at 0.05** level of confidence at degree of freedom of 98. Result reveal that there is no significance difference in anxiety level among fathers of Intellectual Disable and Normal Children. Past researches indicated contradict results (Baxter et.al., 2007; Dogan,2010;Chaudhary et al. 2011). All parents always plan for perfect, healthy and normal babies. They never expect or think about disabled children. But if they confront with such situation in their lives, usually seen many emotional problems i.e., grief, loss, disbelief, guilt, rejection, helplessness, denial, sham, anxiety, anger and depression for a long period. It may be possible that due to lifelong perspective of disability, fathers of ID children accept the nature of disability and probable future also. That may be reducing the anxiety level because anxiety is the other form of uncertainty. Other explanation may be that due to anxious and depress spouse, fathers used to counsel their spouse about how to get rid of such type situation. This made him less anxious. Third explanation may be that the fathers of normal children are also very much worry about the future of his child. This may increase the score on anxiety scale of Fathers of normal children.

### III. CONCLUSION

The conclusions of this research is that father of children having (ID) experienced average level of anxiety. However, all the participants experienced higher level of mental stress than physical one.

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