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## Assess the parental attitude & quality of life towards mentally retarded child

**Alfred Solomon and Nirmala**

### Abstract

Mental Hindrance alludes to considerable restrictions in show working. It is characterized by essentially sub normal mental working, existing concurrently with related confinements in two or more of the taking after pertinent versatile Ability regions like Communication, domestic living Community, utilize offer assistance and utilitarian scholastics, and work. Mental Impediment shows itself some time recently the age of 18 a long time (American Affiliation on Mental Impediment 1992). The objective of the study is to assess the Parental Attitude on Mental Retardation towards their Child at selected Deepam Special School of Mentally Retarded, Kilpauk. Quantitative approach with cross sectional study research design was chosen to assess the attitude of the parents towards mental retardation. The information was collected from 60 Moms of Rationally Impeded Children who met the consideration criteria by utilizing Purposive Examining procedure. The demographic data were collected using a semi structured interview questionnaire. Parental Attitude was collected using semi structured interview questionnaire. Most of them 39(65%) had moderately favourable Attitude, 20 (33.33%) had Unfavourable Attitude and only one (1.67%) had favourable Attitude towards their Mentally Retarded Children. The statistic variable Occupation had as it were appeared measurably noteworthy affiliation with Parental Demeanor towards their Rationally Impeded Children at  $p < 0.05$  level the other statistic factors had not appeared measurably noteworthy affiliation with Parental Demeanor towards their Rationally Impeded Children.

**Keywords:** Attitude, mentally retarded children, knowledge

### Introduction

The Guardians of Children with Female Rationally Challenged completely confront more challenges than Guardians of Children with Male Rationally Challenged, which in turn influence their Quality of Life. Numerous variables can impact the Quality of Life of the Guardians with Rationally Challenged Children in Family <sup>[1]</sup> Guardians are in Family who bargain with the Issues related with Child's Incapacity conjointly keep up the family so it is exceptionally important for Guardians to require a few time to care for themselves as People and getting sufficient rest, eating customary dinners, taking a brief walk, and doing the things that they truly enjoy <sup>[2]</sup> Guardians having a Child with Rationally Challenged encounter a assortment of stressors and push responses related to the Child's Incapacity and known to induce affected in numerous ways since of having a Extraordinary Child. These incorporate feeling Pitiful, Sadness at different Stages of life and encountering other Enthusiastic responses <sup>[3]</sup> The review on Mental Retardation in India indicated that 13 – 14 Million Mentally Retarded Individuals in our Country <sup>[4]</sup> Individuals with Mild Mental Retardation alone comprises 75% of the total Mentally Retarded Population and the remaining 25% belongs to Moderate, Severe and Retardation Profound group <sup>[5]</sup> Mental Hindrance could be a Disorder Condition characterized by a collection of Indications, characteristics and Characteristics <sup>[6]</sup> Although the etiologic pattern of Mental Retardation remains unclear. It may be due to the Environmental Factors such as lead Ingestion, Pre-Natal and Post- Natal Complications, Socio-economic factors may contribute to the development of Disability. When a Child with Mental Hindrance is born within the Family, they consider the birth of such Child as a Mishap, a Revile, hence having a Child with Mental Impediment within the Family influences not as it were the Person but too their Families and Society as a whole <sup>[7]</sup>.

### Methods and Materials

Quantitative approach with cross sectional study research design was used. The study was conducted in Deepam Special School of Mentally Retarded, Kilpauk.

A think about was conducted after getting Moral Clearance from the Regulation Moral Committee (IEC) of Saveetha Institute of Medical and Technical Science (SIMATS). A formal permission was obtained from the HOD of Mental Health Department. The data was collected from 60 Mothers of Mentally Retarded Children who met the incorporation criteria by using Purposive Testing procedure. The demographic data were collected using a semi structured interview questionnaire. Parental Attitude was collected using semi structured interview questionnaire. The information were analyzed utilizing clear and inferential measurements.

## Results and Discussion

### Section A: Sample Characteristics

Among 60 Parents of Mentally Retarded Children, 34 (56.6%) were within the age bunch of 31 – 40 years, 34(56.7%) were Male, 25(41.7%) were Hindus, 25 (41.6%) were Graduates, 26(43.3%) had One Children, 31(51.7%) were Father as bread winner of the Family, 32(53.3%) belonged to Nuclear Family, 35(58.3%) were working in Private Sector and 27(45%) belonged to Middle Class.

### Section B: Assessment of Parental Attitude towards their Mentally Retarded Children

In the present study, Most of them 39(65%) had moderately favourable Attitude, 20 (33.33%) had Unfavourable Attitude and only one (1.67%) had favourable Attitude towards their Mentally Retarded Children. According to Ashtiani, S., Makela, N., Carrion, P., & Austin, J. (2014). Examined Parents' encounters of getting their child's hereditary conclusion: a subjective consider to advise clinical hereditary qualities hone. 61.5% of guardians experienced

the conclusion session as negative, 23% felt the involvement was positive, and 15.5% were undecided. Getting enthusiastic back, an diagram of the follow-up plans, and messages of trust and point of view amid the session appeared to emphatically impact parents' involvement, whereas feeling that their part was as a detached collector of data and utilizing troublesome restorative wording contrarily impacted parents' by and large involvement. Parental readiness for the data, and the parents' enthusiastic response to the conclusion were moreover variables that affected the parental encounter. Few members caught on the part of the hereditary counselor [8].

**Table 1:** Frequency and percentage distribution of Parental Attitude towards their Mentally Retarded Children N = 60

Parental Attitude	No.	%
Unfavorable Attitude ( $\leq 10$ )	20	33.33
Moderately Favorable Attitude (11 – 15)	39	65.0
Favorable Attitude (16 – 20)	1	1.67

The above table 1 shows most of them 39(65%) had moderately favourable Attitude, 20 (33.33%) had Unfavourable Attitude and only one (1.67%) had favourable Attitude towards their Mentally Retarded Children.

**Section C:** Affiliation of Parental Demeanor towards their Rationally Hindered Children with their chosen measurement variables.

**Section 1:** Affiliation of Parental Attitude towards their Mentally Retarded Children with their selected demographic variables N = 60

**Table 2:** The table 2 appears that the statistic variable Occupation had as it were appeared factually critical affiliation

Demographic Variables	Unfavourable		Moderately Favourable		Favourable		Chi-Square Value
	No.	%	No.	%	No.	%	
<b>Occupation</b>							$\chi^2=9.615$ d. f=4 p = 0.047 S*
Daily wages	10	16.7	6	10.0	0	0	
Government sector	1	1.7	8	13.3	0	0	
Private sector	9	15.0	25	41.7	1	1.7	

The table 2 appears that the statistic variable Occupation had as it were appeared factually critical affiliation with Parental State of mind towards their Rationally Hindered Children at  $p < 0.05$  level the other statistic factors had not appeared factually critical affiliation with Parental State of mind towards their Rationally Hindered Children.

## Conclusion

The awareness about the Mental Retardation should be increased in the society. Parents should be encouraged not to harm the Mentally Challenged Children. Living with and caring for a child with MR is upsetting and contrarily influences QOL. The creators propose that rest care, psycho instruction, and skills' preparing to the caregivers can offer assistance them to bargain successfully with children with MR. More studies need to be planned in the future that will help policymakers to carefully consider the position of caregivers while designing and implementing support measures.

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