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**Nisha**  
M.Sc. Nursing, Mental Health  
Nursing, Chaudhary Charan  
Singh University,  
Uttar Pradesh, India

**Prerna Bhandhari**  
Associate Professor,  
Chaudhary Charan Singh  
University, Uttar Pradesh,  
India

## To assess the knowledge regarding mental retardation among mothers of under five year children

**Nisha and Prerna Bhandhari**

### Abstract

**Introduction:** History has not been kind to those with developmental disabilities. Throughout history, people with developmental disabilities have been viewed as incapable and incompetent in their capacity for decision making and development. People whose primary mental abilities are not fully developed become a complete misfit in the community. Such individuals are left behind and allowed to lead a substandard human existence.

### Objectives of the study

1. To assess the knowledge regarding mental retardation among mothers of under five year children.
2. To find out the association between knowledge score regarding mental retardation among mothers of under five year children with their selected x demographic variables.

**Methods:** The research design selected for the study was descriptive/non-experimental design. The sample size for the study was 100, who were being treated in the selected community area Bhangel Noida. Non-probability purposive sampling technique was adopted for the study to select the sample. Self-structured knowledge questionnaire was used as tool to collect the data.

**Results:** The significant major findings of the study were: Maximum 42% of mother of under five year children have belong to age group of 25- 30 years followed 38% of mother of under five year children have belong to age group of 18-24 years. And remaining 20% mother of under five year children have belong to age group of 31 & above. Maximum 30&30% of mother of under five year children had primary and secondary education, secondary education, 15&15% of mothers of under five year children no formal education & higher secondary education. And remaining 10% of mothers had graduate. Maximum 50% of mother of under five year children had working as house wife, 25% mothers of under five year children had self-employment, 15% mothers had working as private job & remaining 10% mothers had working in government job. Majority 50% of mother of under five year children having family income 5001- 10,000, 40% mothers of under five year children have family income less than 5000 and remaining 10% mothers family income above 10001 & above. 5. Maximum 50% of mother of under five year children belong to joint family. Followed xi by 45% of mother of under five year children belong to nuclear family. And remaining 5% of mother of under five year children belong to extended family. Maximum 60% of mother of under five year children were mixed diet and remaining 40% of mother of under five year children were vegetarians diet. Maximum 60% of mother of under five year children belong to Hindu, 20% of mother of under five year children belong to Christians, 10% of mother of under five year children belong to Muslim and remaining 10% of mother of under five year children belong to Sikh. 8. Maximum 60% of mother of under five year children got information from health personnel, 30% of mother of under five year children got information from mass media. And remaining 10% of mother of under five year children got information from family/ relatives.

**Conclusion:** The nurses and other health care professionals are able to make significant contribution to promote care of mentally challenged children. Health education can be planned and conducted for the mothers.

**Keywords:** Knowledge regarding mental retardation among mothers of under five year children

### Introduction

Mentally challenged or mental retardation or intellectual disability is a descriptive term used for sub average intelligence and impaired adaptive functioning arising in the developmental period that is less than eighteen years. Most individuals with significant intellectual impairment have no discernible structural abnormalities of the brain. The terms Mental retardation or intellectual disability has been challenging as the term carry significant social and emotional stigma. The American Association for Intellectual and Developmental Disability has changed the term and now refer to mental retardation as intellectual disability. Mental retardation is a problem of serious social concern. In view of the large number of persons considered to be mentally challenged, such concern is certainly justified. Using the conventional criterion of 3 per cent of the population, the U.S.

**Corresponding Author:**  
**Nisha**  
M.Sc. Nursing, Mental Health  
Nursing, Chaudhary Charan  
Singh University,  
Uttar Pradesh, India

Mental retardation refers to significantly sub average general, intellectual functions existing concurrently with deficits in adaptive behaviour manifested during the developmental period. The term "Mental Handicap" is now used for the condition mental retardation. At least 2-3% of Indian populations are mentally handicap in any one form. It includes two learning abilities, poor maturation and social mal-adjustment in combination.

The U.S. Congress office of technology assessment in 1986 estimated that 12 to 15% of all children in the United States younger than 18 years (i.e. 7.5-9.5 million Prakash Institute of Physiotherapy, Rehabilitation & Allied Medical Sciences, Greater Noida-2020 Page 23 children and adolescents) need some level psychiatric and mental health service, but only about 7% of these children receive the help they need. In 1990, the U.S. department of health and human services reported that 17 to 22% of children suffer some type of diagnosable mental disorder.

### Need of the study

In the present era, mental disability is a major public health problem in the society. The disabled constitute a small part of the population of any society, their upbringing, welfare and rehabilitation is obligatory for individuals closely related or committed to them. The households, which have disabled persons, need to be helped by the community health programme for rehabilitation and health care. Community health workers, social workers are the better personnel's to deal with these issues as they engage comprehensively in the care of the given community.

Many of the mental disabilities are correctable if detected and managed early. There are 600 million persons with disabilities in the world today. 80% of them live in developing countries. A staggering 90 million people in India are disabled. That's almost one in every ten. It is significant to note that Karnataka with 1.8%, is one of the states with low disabled population.

The investigator believes that the parents are the best people who can identify the needs of their children with mental retardation, if they obtain proper knowledge about mental retardation and care of the child with mental retardation. The investigator feels that a need to conduct a study with a view to provide Structured Teaching Programme regarding home care management to mothers of mentally challenged children which will be helpful for the mothers to promote the child's all-round development and upbringing of the child with mental retardation to the optimum level of lead life as an individual in the society with existing deficit.

### Aim of the study

The main aim of the study is to assess knowledge regarding mental retardation among mothers of under five year children.

### Methodology

The research design selected for the study was descriptive/non-experimental design. The sample size for the study was 100, who were being treated in the selected

community area Bhangel Noida. Non-probability purposive sampling technique was adopted for the study to select the sample. Self-structured knowledge questionnaire was used as tool to collect the data.

### Reliability

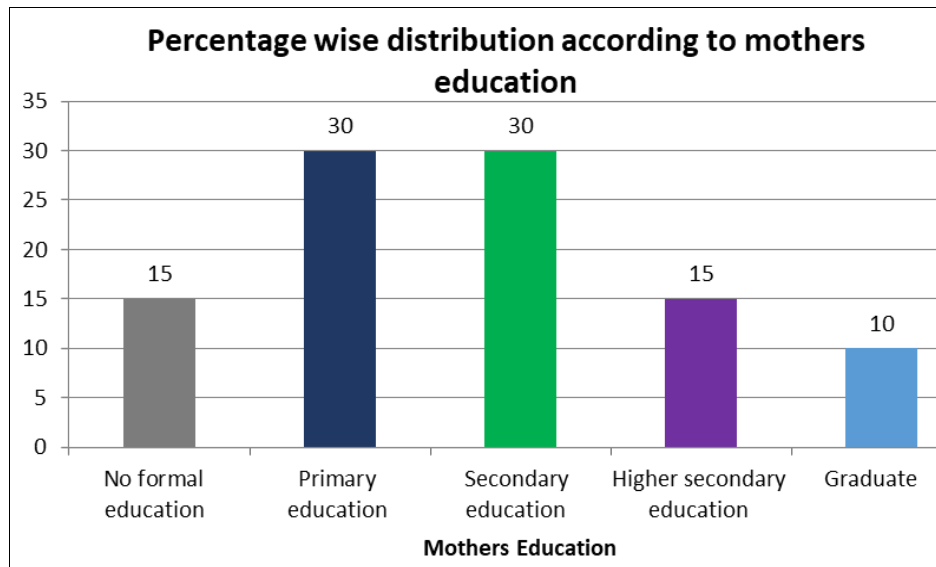
The Karl Pearson co-efficient correlation was established by using raw scores method and deviation method. Based on pre-testing and suggestions from experts modification and rearrangements of few items were done and the final tool was constructed. Karl-Pearson's co-efficient of correlation was,  $r=0.80$  and hence the tool was found to be reliable.

### Pilot study

After conducting the pilot study, it was found that the study was feasible and practical to conduct the main study. The concerned authority and the samples were found to be cooperative, the questionnaire was relevant and the time and cost for the study was within the limit.

### Result

Study finding related to frequency and percentage distribution of the socio-demographic characteristics of mothers shows maximum 42% of mother of under five year children have belong to age group of 25-30 years followed 38% of mother of under five year children have belong to age group of 18-24 years. And remaining 20% mother of under five year children have belong to age group of 31 & above. Maximum 30 & 30% of mother of under five year children had primary and secondary education, secondary education, 15&15% of mothers of under five year children no formal education & higher secondary education. And remaining 10% of mothers had graduate. Maximum 50% of mother of under five year children had working as house wife, 25% mothers of under five year children had self-employment, 15% mothers had working as private job & remaining 10% mothers had working in government job. Majority 50% of mother of under five year children having family income 5001-10,000, 40% mothers of under five year children have family income less than 5000 and remaining 10% mothers family income above 10001 & above. Maximum 50% of mother of under five year children belong to joint family. Followed by 45% of mother of under five year children belong to nuclear family. And remaining 5% of mother of under five year children belong to extended family. Maximum 60% of mother of under five year children were mixed diet and remaining 40% of mother of under five year children were vegetarians diet. Maximum 60% of mother of under five year children belong to Hindu, 20% of mother of under five year children belong to Christians, 10% of mother of under five year children belong to Muslim and remaining 10% of mother of under five year children belong to Sikh. Maximum 60% of mother of under five year children got information from health personnel, 30% of mother of under five year children got information from mass media. And remaining 10% of mother of under five year children got information from family/ relatives.

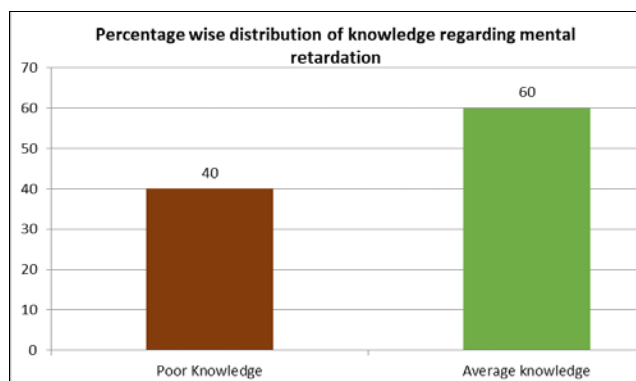


**Fig 1:** Percentage wise distribution according to mother’s education

**Table 1:** Level of knowledge regarding mental retardation among mothers of under five year children

Level of knowledge	Knowledge score	
	Frequency	Percentage
Poor	40	40
Average	60	60
Good	00	00

Level of knowledge regarding mental retardation among mothers of under five year children shows Maximum 60% mothers of under five year children were found had average knowledge and remaining 40% mothers of under five year children were found had poor knowledge. N=100



**Fig 2:** Overall distribution of knowledge regarding mental retardation among mothers of under five year children

**Association between knowledge score regarding mental retardation among mothers of under five year children with their selected demographic variables**

The knowledge score with their selected socio-demographic variables of results showed that there is significant association between knowledge score age in years, education status, occupation and religion regarding mental retardation among mothers of under five year children. Hence the research hypothesis was H<sub>1</sub> accepted and null hypothesis was rejected at the P> 0.05 level of significance.

**Discussion**

In India, at Varanasi, a study was conducted to assess the impact of level of mental retardation of children on the

perception of psychosocial problems and needs by parents of mentally retarded children in providing care to them. The study was conducted on a purposive sample of 100 parents (100 mothers and 100 fathers) of mentally retarded children. These samples were collected from various clinics and hospitals having the facility to provide treatment and care for mentally retarded children. The responses of parents of mentally retarded children were recorded on structured questionnaire and analyzed. Result of the research showed that the level of psychosocial problems faced by the parents of mentally retarded children increased with the level of mental retardation of the child. Parents of moderately retarded children registered more problems, in all aspects, compared with parents having mildly retarded children. The present study is conducted with 100 sample size among mother of under five children. Purposive sampling is used. The sample were taken from Selected Community area Bhangel Noida, Uttar Pradesh. The responses of mothers were collected through structured questionnaires. Result of the study shows there is significant association between knowledge score age in years, education status, occupation and religion regarding mental retardation among mothers of under five year children

**Conclusion**

The nurses and other health care professionals are able to make significant contribution to promote care of mentally challenged children. Health education can be planned and conducted for the mothers. Awareness program can be conducted in the community or special school, to prevent misconception regarding mentally challenged.

**Conflict of Interest**

The authors certify that they have no involvement in any entity with any financial/ non-financial interest in the subject matter or materials discussed in this paper.

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