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Parenting stress among parents of visually impaired children and speech and hearing impaired children

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Abstract

Parenting stress can be defined as excess anxiety and tension specifically related to the role of a parent and to parent-child interactions. The present study will be conducted in Haryana state. Two districts will be selected from Haryana state i.e. Hisar and Sirsa. The location was selected purposively due to availability of sample. 200 parents (mothers and father) were selected randomly from both the location for the sample. Parenting Stress Index-short form (PSI-SF) developed by Abidin in 1995 was used to assess the parenting stress among parents. Result revealed that that highly significant difference was observed between parents of visually impaired children and speech and hearing impaired children on the aspect of parenting stress. The mean score showed that parents of visually impaired children have higher level of parenting stress than parents of speech and hearing impaired children.

Keywords: Parenting stress, visually impaired, speech and hearing impaired, emotional strain, mental limitation and behavior problems

Introduction

Parenting stress is the distress you experience when you feel you just can't cope as a parent. The demands being placed on you are too high. You don't have the resources to meet them (Holly *et al.* 2019) ^[5]. Parenting stress negatively influences the parent-child relationship, and it is analytical of non-optimal social-emotional and cognitive outcomes for children. The most effective intervention and prevention programs provide growth in parental coping skills and self-efficacy along with reductions in parenting stress, and they result in improvements in family relationships as well as in children's developmental outcomes (Deater-Decker (2017) ^[3].

Parenting is a challenging process. The crucial role of parents and family in caring, nurturing, protecting and socializing young children is well established across the cultures. Webster-Stratton (2020) ^[10] reported that parenting stress is created when there is a mismatch between the demands or stresses of parenting and the parent's resources (e.g., psychological wellbeing, social support, cognitive appraisal of a stressor) to meet those demands. Chovatiya *et al.*, (2015) ^[2] revealed that 70% mothers of disabled children were suffering with mild to moderate level of parenting stress. Behavioural problems of children and the parenting stress felt by parents are interrelated (Puff and Renk, 2014) ^[7]. A longitudinal study conducted by Neece and Baker (2008) ^[6] found that children's behavioural problems are an effective predictor of parenting stress.

According to WHO (2022) ^[11] Disability is part of being human. Almost everyone will temporarily or permanently experience disability at some point in their life. Over 1 billion people – about 15% of the global population – currently experience disability, and this number is increasing due in part to population ageing and an increase in the prevalence of non-communicable diseases.

Disability results from the interaction between individuals with a health condition, such as cerebral palsy, Down syndrome and depression, with personal and environmental factors including negative attitudes, inaccessible transportation and public buildings, and limited social support. A person's environment has a huge effect on the experience and extent of disability. Inaccessible environments create barriers that often hinder the full and effective participation of persons with disabilities in society on an equal basis with others. Progress on improving social participation can be made by addressing these barriers and facilitating persons with disabilities in their day to day lives.

Parents of children with disability exhibit a great amount of stress which may include stress related to the child's characteristics, particularly behavioural problems, inadequate support and

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long term care. Additional sources of stress may include parental conflict associated with caring for their child with disability, lack of financial and social support, and alteration in family's lifestyle and leisure activities due to care giving responsibilities (Hock *et al.*, 2012) [4]. Parenting stress reflects unique challenges of parents of speech and hearing impaired children. Both language delays and child behaviour problems were associated with increased parenting stress Quittner *et al.* (2010) [8]. Mothers face more stress as compared to fathers because mothers bear uneven share of responsibilities in raising their disabled child. Rodrigue *et al.*, 2010, reported that mothers of disabled children experience greater parenting stress and lower parenting competency.

Objectives

To compare the stress among parents of visually impaired and speech and hearing disabled children.

Methodology: The present study will be conducted in Haryana state. Two districts will be selected from Haryana state i.e. Hisar and Sirsa. The location will be selected purposively due to availability of sample. 200 parents (mothers and father) of disabled children were selected randomly from both the location for the sample. Parenting Stress Index-short form (PSI-SF) developed by Abidin in 1995 was used to assess the parenting stress among parents.

Result and Discussion

Table 1: Comparison of parenting stress among mothers of visually impaired and speech and hearing impaired children

Parenting stress	Visually impaired children	Speech and hearing impaired children	Z-value
	Mean ± SD	Mean ± SD	
Parenting stress of mothers	140.51±25.83	129.63±27.67	3.95**

*Significant at 1% level of significance

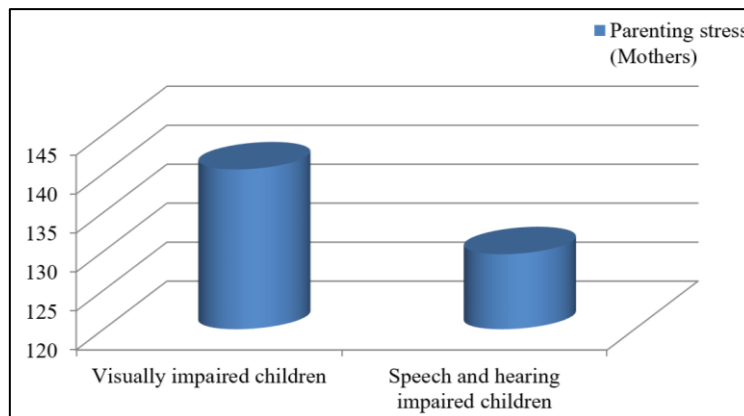


Fig 1: Comparison of parenting stress among mothers of visually impaired and speech and hearing impaired children

Table showed that highly significant difference was observed between mothers of visually impaired children and speech and hearing impaired children on the aspect of parenting stress.

The mean score of mothers showed that mothers of visually impaired children have higher level of parenting stress than mothers of speech and hearing impaired children.

Table 2: Comparison of parenting stress among fathers of visually impaired children and speech and hearing impaired children

Parenting stress	Visually impaired children	Speech and hearing impaired children	Z-value
	Mean ± SD	Mean ± SD	
Parenting stress of fathers	133.42±18.11	117.20±26.04	3.67**

*Significant at 1% level of significance

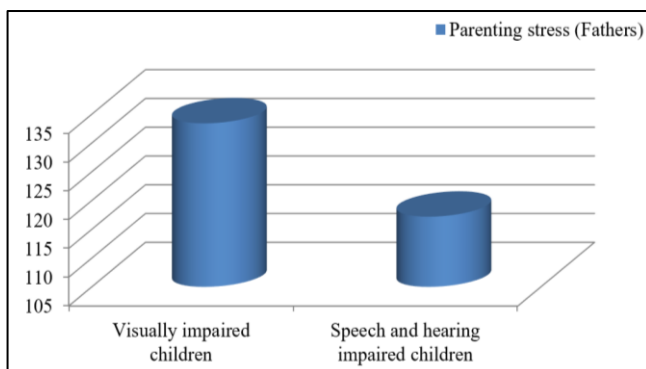


Fig 2: Comparison of parenting stress among fathers of visually impaired children and speech and hearing impaired children

Table showed that highly significant difference was observed between fathers of visually impaired children and speech and hearing impaired children on the aspect of parenting stress.

The mean score of fathers showed that fathers of visually impaired children have higher level of parenting stress than fathers of speech and hearing impaired children.

Conclusion

It was pinpointed that highly significant difference was observed between parents of visually impaired children and speech and hearing impaired children on the aspect of parenting stress. The mean score showed that parents of visually impaired children have higher level of parenting stress than parents of speech and hearing impaired children. Vijesh and Sukumaran (2007) [9] point towards the fact that irrespective of the differences in child related and mother related variables, the level of stress in mothers of children with hearing and visually impaired is almost the same, and are of a moderate level. This may be due to the non-progressive

nature of the condition. Another reason for this can be that all the children studied attend special schools and the mothers think positively in the hope that their children will attain some level of independence. For any parent the maximum stress producing event in their life is that point at time when they realize that their child is disabled. It was found that mothers of both the groups had high stressed (i.e. 83.3% in mothers of hearing impaired and 93.3% in mothers of visual impaired). Thus Parental stress was comparatively higher in mothers of visually impaired children.

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