

# A study of coping strategies of parents in relation to child's level of intellectual disability

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Received: 05.01.2017; Revised: 15.03.2017; Accepted: 01.04.2017

■ **ABSTRACT** : The present research study was aimed at assessing and comparing the type and level of coping strategies among the parents of 150 intellectually disabled children, who were selected from 3 RCI (Rehabilitation Council of India) recognized special schools of Delhi across child's degree of intellectual disability. Sample was drawn randomly in equal proportions from three categories of intellectual disability namely mild, moderate and severe. The coping strategies of parents were assessed using Family Interview for Stress and Coping in Mental Retardation (Section-II) developed by NIMHANS. The findings of the present study revealed that parents having children with severe intellectual disability had low expectations, more negative attitudes towards child management and rearing practices as compare to parents with mildly and moderately disabled children. Coping strategies among these components were decreasing with the severity of child's intellectual disability. Overall it was observed that families of mildly challenged children were comparatively better coped up.

■ **KEY WORDS**: Attitudes, Expectations, Low income and middle income families, Mental retardation, Mental challenge

■ **HOW TO CITE THIS PAPER** : Upreti, Rashmi and Singh, Ritu (2017). A study of coping strategies of parents in relation to child's level of intellectual disability. *Asian J. Home Sci.*, 12 (1) : 1-7, DOI: 10.15740/HAS/AJHS/12.1/1-7.

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