

Parenting stress among parents of normal and disabled children in Haryana state

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ABSTRACT

Parenting stress results when the balance between parents' perception of the demands of parenting outweigh perception of their resources for meeting those demands. 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. 400 parents (mothers and father) will be selected randomly for sample. 200 parents of normal children and 200 parents of disabled children will be selected from both the location. Two types of variables *i.e.* independent and dependent were taken. Parenting stress was taken as dependent variable. 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 were found between parenting stress of mother and father of normal and special children. Mean score shows that mothers of normal children and special children were suffering from more parenting stress than fathers of normal children and special children. Result further reflects that mothers of special children were suffers from higher level of parenting stress.

INTRODUCTION

Stress is experienced by all people throughout the lifetime. Pipp-Siegel *et al.* (2002) defines stress as "a physiological, cognitive, emotional strain or tension." Stress may often be recognized as the consequence of a crisis; however, it also manifests itself as a long-term part of some people's lives (Lederberg and Golbach, 2002). Parenting stress as, "a set of processes that lead to aversive psychological and physiological reactions arising from attempts to adapt to the demands of

parenthood. This is often experienced as negative feelings and beliefs toward and about the self and the child. By definition, these negative feelings arise directly from the parenting role," Deater-Decker (2004).

Parenting stress results when the balance between parents' perception of the demands of parenting outweigh perception of their resources for meeting those demands. Difficulty to manage behavioural problems of children with autism directly adds to stress of care givers (Lecavalier *et al.*, 2006).

Parenting stress is critical to understand due to the

link between negative parenting and child outcomes that can result. Stress is a complex emotion that is influenced by many factors, thus, several domains are used to analyze it (Pipp-Siegel *et al.*, 2002). Parenting stress may undermine the quality of parent-child interactions as well as the quality of relationships between parents; it also has been linked to behaviour problems in young children (Anthony *et al.*, 2005).

Disability can be defined by the manifestation of physical and mental limitation within a specific social or environmental context. Disability as any restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being. Child with disability means a child who deviates from a normal child in mental or physical characteristics to such an extent that he requires special education and related services (World health organization, 2012).

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 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.

Objectives:

To compare the stress among parents of normal and disabled children.

MATERIAL AND METHODS

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. 400 parents (mothers and father) will be selected randomly for sample. 200 parents of normal children and 200 parents of disabled children will be selected from both the location. Two types

of variables *i.e.* independent and dependent were taken. Parenting stress was taken as dependent variable. Parenting Stress Index-short form (PSI-SF) developed by Abidin in 1995 was used to assess the parenting stress among parents.

OBSERVATIONS AND ANALYSIS

Table 1 shows that highly significant difference were found between parenting stress of mother and father of normal and special children. Mean score shows that mothers of normal children and special children were suffering from more parenting stress than fathers of normal children and special children. Result further reflects that mothers of special children were suffers from higher level of parenting stress.

Conclusion:

Parenting stress results when the balance between parents' perception of the demands of parenting outweigh perception of their resources for meeting those demands. Difficulty to manage behavioural problems of children with autism directly adds to stress of care givers (Lecavalier *et al.*, 2006). It was conclude that mothers of normal children and special children were more parenting stress than fathers of normal children and special children. Result further reflects that mothers of special children were suffers from higher level of parenting stress. Kazak, (2007) compared mothers and fathers of children with handicapped and parents of non disabled children. Parents of disabled children experienced higher levels of stress in comparison to parents of non disabled children. Lederberg and Golbach (2002) found no significant difference in stress levels of mother and father of children with and without hearing loss. Pelchat *et al.* (2009) compared parenting stress, Results indicated that parents of children with disability reported greater level of parenting stress and psychological distress than parents of normal children. Mothers were found greater level of stress.

Parenting stress	Mother	Father	Z-value
	Mean \pm SD	Mean \pm SD	
Parenting stress (Normal)	122.21 \pm 27.00	106.65 \pm 26.70	10.73**
Parenting stress (special)	134.32 \pm 27.09	123.20 \pm 25.00	6.42**

** indicate significance of value at P=0.01

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