

Study of Emotional Intelligence and Mental Health of the Parents with Intellectually Disabled Children and the Parents with Normal Children

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Abstract –

The aim of the present research is to find out relationship between emotional intelligence and mental health among the parents of intellectually disabled children and the parents of normal children. And to find out whether there is significant difference between parents of intellectually disabled children and the parents of normal children in terms of emotional intelligence and mental health. In the present study 60 samples were used. The sample consists of 30 parents of intellectually disabled children and 30 parents of normal children. The data was collected through emotional intelligence inventory by emotional intelligence inventory and Mithila mental health inventory by Kumar and Thakur, to find out emotional intelligence and mental health of parents with intellectually disabled children and the parents with normal children.

The result was calculated through appropriate statistic techniques such as mean, standard deviation, t- test and correlation. It was found that there is positive relationship between emotional intelligence and mental health. The results also indicate that there were significant difference between parents of intellectually disabled children and parents of normal children in terms of emotional intelligence and mental health.

Keywords – Emotional intelligence, mental health, Intellectual disability.

Introduction –

Parenting is one of the most important responsibilities among all responsibilities of adult life. Parenting stress is the affective response to overwhelming demands of parenting. Parents feel stressed when the balance between the parents perception of the demands of parenting outweighs their perception of their resources for meet those demands (Deater-Deckard, 2004) it is not only a child of physical disability but being a parent of a child with intellectual disability.

Having a child with an intellectual disability can impose financial, social and physical stress on the family (Mak and Ho, 2007). Research has shown that raising a child with a behavioral problem is positively related to strain in families (Briegel, Schneider and Schwab, 2008).

In India, The value of education is increased considerably. Simultaneously the ambitions of parents are also increasing. The school success of children is today; more than ever before, a sign of the educational success of their parents feel the pressure of having intellectually disabled child.

Important concepts –**i) Emotional intelligence –**

There are various definitions of emotional intelligence; some important definitions are as below.

Salovey and Mayer (1993) – Emotional intelligence is the ability to perceive emotions to access and generate emotions and emotional knowledge and to reflectively regulate emotions to promote emotional and intellectual growth.

Goleman (1995) – Emotional intelligence refers to a set of capabilities that are separate from intelligence quotient but necessary for success in life, in the workplace, in intimate personal relations and in social interactions.

Emotional intelligence is the ability to be aware of own emotions as well as of the others to enable to react and respond appropriately.

ii) Mental health-

Mental health is defined as the state of well-being in which every individual realize his or her own potential, can work productively and fruitfully and is able to make contribution to his or her community.

iii) Intellectual Disability –

Intellectual disability is not a single isolated disorder. The American psychological association of intellectual and developmental disability (AAIDD), provide a tridimensional definition of intellectual disability which is currently the most widely accepted.

Intellectual disability, which originates before the age of 18, is a disability characterized by significant limitations both in intellectual functioning (reasoning, learning, problem solving) and in adaptive behavior (AAIDD, 2007).

Review of related Literature -

1. Majumdar M. Pereira Y. and Fernandes (2005) – Studied on the stress perceived by parents of mentally retarded and normal children. The study sample, comprising 180 subjects was categorized as group A (60 parents of profound to moderately mentally retarded children), group B(60 parents of mild to borderline mentally retarded children) and group C (60 parents of children with normal intelligence) which served as the control group. Results indicate that the parents in group A had a significantly higher frequency of stressors and level of anxiety as compared to those in groups B and C. A positive correlation was found between the level of anxiety and stressors.

2. Sahay A., Prakash J., Khaique A, Kumar P. (2013) –Studied on the parents of intellectually disabled children – A study of their needs and expectations. The present study examined a total of 45 parents of children were under treatment at national institute for the

mentally handicapped, Regional Centre New Delhi. Finding suggested that parents referred to strong needs about information of current and future service available in society and the community(88.7%) which is followed by basic expenses(82.7%),teaching strategies and therapy (80%), daycare services (77.8%). Parents showed less expected needs towards the professional influences (Minister,4.4%). This study helps to understand the implementation of government policies and services model in the community to provide financial support to family with intellectual disability.

Significance of the study in the context of current status –

Mental health is defined as the state of wellbeing in which every individual realize his or her own potential, can cope with the normal stressor of life can work productively and fruitfully and is able to make a contribution to his or her community problem related to physical disability and intellectual disability have received increased attention in recent years.

It is generally considered that 2% of Indian population constitutes persons with intellectually disabled (Mental retardation).In India prevalence of mental retardation prevalence of 0.22 - 32.7 per thousand populations.

Intellectual disability makes a person incapable of living and independent life. In India family members bears the main burden of caring of such persons unlike in the developed world. Family members particularly parents are more affected by the condition. There is need to find out how physical disability and intellectual disability as affecting parents of such children.

Emotional intelligence is an important factor which is related with the mental health of parents. Emotional intelligence is the ability of perceive emotions to access and generate emotions and emotional knowledge and to reflecting regulate emotions so as to promote emotional and intellectual growth. (Salovey and Mayer, 1993)

Researcher herself observed many parents of children's with physical disability and intellectual disability and desire to find out emotional intelligence and mental health among the parents with physically disabled children and the parents with intellectually disabled children. Emotional intelligence enhances mental health that means when emotional intelligence is good then mental health is also good.

Statement of problem –

To study emotional intelligence and mental health of the parents with intellectually disabled children and the parents with normal children.

Methodology -

Objectives -

1. To investigate the relationship between emotional intelligence and mental health.

2. To study the emotional intelligence of parents belonging to intellectually disabled children and the parents with normal children..

3. To study the mental health of parents belonging to intellectually disabled children and the parents with normal children..

Hypotheses –

To attain the objectives of this study following hypotheses were framed.

1. There is significant difference among parents of intellectually disabled children and parents of normal children in terms of emotional intelligence.

2. There is significant difference among parents of intellectually disabled children and parents of normal children in terms of mental health.

5. There is positive relationship between emotional intelligence and mental health.

Research Variables –

I) Dependent variables – Emotional intelligence

Mental health

II) Independent variables –

i) Parents of Intellectual disabled children

ii) Parents of Normal children

b) Gender – Male (Father), Female (Mother)

III) Controlled variable

i) Intellectual disability (Mild mental retardation)

ii) Age range of parents (25 to 50)

Research Design -

In this study researcher use 2x2 factorial design.

The characteristics of the sample are present in the following box.

Gender	Parents of Intellectually Disabled Children(A1)	Parents of Normal Children (A2)	Total Sample
Male(Father B1)	15	15	30
Female(MotherB2)	15	15	30
Total	30	30	60

Sample Procedure –

For the present study purposive sampling method is used for data collection.

60 parents will be selected as a sample out of then 30 parents will be from children's with intellectual disability and 50 parents will be from parents of normal children. The scope of this study is restricted to parents from age range 25 to 50 years. The sample will be drawn from the population in Nasik, i.e. Special school of such children.

Tools of the study –**Emotional Intelligence Inventory –**

Emotional intelligence inventory is developed by Mangal and Mangal (1985). This inventory is designed for use with Hindi and English knowing people, for the measurement of their emotional intelligence namely, intrapersonal awareness, interpersonal awareness, intrapersonal management, interpersonal management. There are 100 items included in this test i.e. 25 items for each area.

Reliability of the test is calculated by split-half method and is 0.92. The validity of the inventory has been established by adopting two different approaches, namely factorial and criterion related approach.

Mithila Mental Health Status Inventory –

Mithila mental health status inventory is developed by Kumar and Thakur (1984). Original test in English had five scales viz, egocentrism, alienation, expression, emotional instability and social nonconformity. These five scales were considered cardinal one for estimating mental health status of people. Alienation, egocentrism and social non conformity scales were included to access psychiatric and social problems, expression and emotional instability were put to ascertain personality disturbances.

There are 50 items included in this test. Reliability coefficients of the MMHSI scales ranged from 0.74 to 0.88 with reference to internal consistency and 0.73 to 0.89 in test retest stability. On each scale, test was found to be valid.

Discussion –

In the present research, the researcher has done a study of emotional intelligence and mental health among parents with intellectually disabled children and the parents with normal children. A sample consist 60 parents comprising of 30 parents from intellectually disabled children and 30 parents from normal children. In one group, there were 15 male (Father) and 15 female (Mother).

Results and interpretation- Findings and interpretations are given below.

Table No. 1

When the parents' intellectually disabled children and parents of normal children were analyzed in terms of their emotional intelligence

	Variable 1(Parents of Intellectually Disabled Children)	Variable 2(Parents of Normal Children)
Mean	58.333	68.366
Variance	35.057	40.447
t-stat.	-6.324	
p(T<=t) one tail	1.977	
P(T<=t) two tail	3.95467E-08	

Since, p value is less than the level of significance 0.05, we can conclude that there is significant difference among parents of intellectually disabled children and parents of normal children in terms of emotional intelligence.

Table No. 2.

When the parents of intellectually disabled children and parents of normal children were analyzed in terms of their mental health

	Variable 1(Parents of Intellectually Disabled Children)	Variable 2(Parents of Normal Children)
Mean	76.3	189.2
Variance	255.320	274.579
t- Stat.	-26.863	
p(T<=t) one tail	1.01896E-34	
P(T<=t) two tail	2.03792E-34	

Since, p value is less than the level of significance 0.05; we can conclude that there is significant difference among parents of intellectually disabled children and parents of normal children in terms of mental health.

Table No. 3

Variables	Correlation
a)Emotional intelligence and mental health of Parents of intellectually disabled children	0.637137
b)Emotional intelligence and mental health of Parents of normal children	

Hence, we can conclude that there is positive correlation between emotional intelligence and mental health.

On the basis of above results and discussions the conclusions are found in this research paper are as given below.

Conclusion –

1. There is significant difference among parents of intellectually disabled children and parents of normal children in terms of emotional intelligence.
2. There is significant difference among parents of intellectually disabled children and parents of normal children in terms of mental health.
3. There is positive relationship between emotional intelligence and mental health.

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