



PARENTING STRESS AMONG PARENTS OF NORMAL AND DISABLED CHILDREN IN HARYANA STATE

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ABSTRACT

Child rearing pressure results when the harmony between guardians' view of the requests of child rearing exceed impression of their assets for satisfying those needs. The present examination will be led in Haryana state. Two locales will be chosen from Haryana state for example Hisar and Sirsa. The area will be chosen purposively because of accessibility of test. 400 guardians (moms and father) will be chosen arbitrarily for test. 200 guardians of typical youngsters and 200 guardians of incapacitated kids will be chosen from both the area. Two sorts of factors for example autonomous and subordinate were taken. Child rearing pressure was taken as needy variable. Child rearing Stress Index-short structure (PSI-SF) created by Abidin in 1995 was utilized to survey the child rearing worry among guardians. Result uncovered that that profoundly noteworthy distinction were found between child rearing worry of mother and father of typical and exceptional youngsters. Mean score demonstrates that moms of typical youngsters and extraordinary kids were experiencing more child rearing worry than dads of ordinary kids and uncommon kids. Result further mirrors that moms of uncommon youngsters were experiences more elevated amount of child rearing pressure.

KEYWORDS : Parenting pressure, inability, passionate strain, mental constraint and conduct issues

INTRODUCTION

Stress is experienced by all individuals all through the lifetime. Pipp-Siegel et al. (2002) characterizes worry as "a physiological, intellectual, passionate strain or pressure." Stress may frequently be perceived as the outcome of an emergency; be that as it may, it likewise shows itself as a long haul some portion of a few people's lives (Lederberg and Golbach, 2002).

Child rearing worry as, "a lot of procedures that lead to aversive mental and physiological responses emerging from endeavors to adjust to the requests of parenthood. This is frequently experienced as negative sentiments and convictions toward and about oneself and the tyke. By definition, these negative emotions emerge specifically from the child rearing job," Deater-Decker (2004).

Child rearing pressure results when the harmony between guardians' view of the requests of child rearing exceed impression of their assets for fulfilling those needs. Trouble to oversee social issues of kids with mental imbalance straightforwardly adds to worry of parental figures (Lecavalier et al., 2006).

Child rearing pressure is basic to comprehend because of the connection between negative child rearing and tyke results that can result. Stress is a perplexing feeling that is affected by numerous variables; along these lines a few spaces are utilized to examine it (Pipp-Siegel et al., 2002). Child rearing pressure may undermine the nature of parent-kid collaborations just as the nature of connections between guardians; it additionally has been connected to conduct issues in youthful kids (Anthony et al. 2005).

Handicap can be characterized by the appearance of physical and mental impediment inside a particular social or natural setting. Handicap as any limitation or absence of capacity to play out a movement

in the way or inside the range considered typical for an individual. Kid with incapacity implies a kid who goes amiss from a typical kid in mental or physical qualities to such a degree, that he requires custom curriculum and related administrations (World wellbeing association, 2012).

Guardians of kids with handicap display a lot of pressure which may incorporate pressure identified with the youngster's qualities, especially social issues, lacking help and long haul care. Extra wellsprings of stress may incorporate parental clash related with thinking about their youngster with handicap, absence of money related and social help, and adjustment in family's way of life and relaxation exercises because of consideration giving obligations.

Objectives: To look at the worry among guardians of ordinary and crippled youngsters.

Methodology:

The present examination will be directed in Haryana state. Two areas will be chosen from Haryana state for example Hisar and Sirsa. The area will be chosen purposively because of accessibility of test. 400 guardians (moms and father) will be chosen arbitrarily for test. 200 guardians of ordinary youngsters and 200 guardians of debilitated kids will be chosen from both the area. Two sorts of factors for example free and ward were taken. Child rearing pressure was taken as reliant variable. Child rearing Stress Index-short structure (PSI-SF) created by Abidin in 1995 was utilized to evaluate the child rearing worry among guardians.

Result and Discussion:

Table1: Comparison of mother and father of normal children and special children

| 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** |

**Significant at 1% level of significance

Table 1 demonstrates that exceptionally huge contrasts were found between child rearing worry of mother and father of ordinary and uncommon youngsters. Mean score demonstrates that moms of typical kids and extraordinary youngsters were experiencing more child rearing worry than dads of ordinary kids and uncommon kids. Result further mirrors that moms of uncommon kids were experiences larger amount of child rearing pressure.

CONCLUSION:

Child rearing pressure results when the harmony between guardians' view of the requests of child rearing exceed impression of their assets for satisfying those needs. Trouble to oversee social issues of kids with mental imbalance specifically adds to worry of parental figures (Lecavalier et al., 2006). It was presume that moms of typical kids and extraordinary kids were more child rearing worry than dads of ordinary kids and unique youngsters. Result further mirrors that moms of uncommon kids were experiences more elevated amount of child rearing pressure. Kazak, (2007) contrasted moms and fathers of youngsters and debilitated and guardians of non-impaired kids. Guardians of impaired kids experienced more elevated amounts of worry in contrast with guardians of non-crippled youngsters. Lederberg and Golbach (2002) found no critical distinction in feelings of anxiety of mother and father of kids with and without hearing misfortune. Pelchat, et al (2009) thought about child rearing pressure, Results demonstrated that guardians

of kids with incapacity announced more prominent dimension of child rearing pressure and mental pain than guardians of ordinary youngsters. Moms were discovered more prominent dimension of pressure.

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