



Importance of Parents in Developing Brain

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The role of the proposed research

Mentally retarded children's parents experience many kinds of unusual impacts from the competitive society from time to time to manage and adjust to the best of their abilities. The impacts include, sad feeling of parents, depressed at various stages of child's life with experiences of many other emotional reactions. The presence of a child with mental retardation with the parents calls for lot of adjustment on the part of the parents. Their social life is often affected without much recreations and leisure for many positive opportunities and activities to score for their credit. However, it is noted that some parents cope relatively better with the situation than others who are not aware of the problems and needs in vogue for adjustment and management. Innumerable research findings and wide range of experiences have indicated that most of the approaches are focused only on the children with mental retardation. It is learnt that identifying and supporting the parents is one of the most efficient ways of developing parental skills, which can enhance the understanding of all members for possible roles to be played in the development of the child. Research has also indicated that greater the number of unmet needs greater is the number of emotional and physical problems reported by the parents (Dunst & Leet: 1987, Graziano: 2008, Vance & Cooper: 1986). Meaningful understanding of the nature of actual needs of parents having children with mental retardation, of course, which may change over time, would enable service providers to provide appropriate support services to parents more specifically. A survey of the available literature relevant to the present study is covered in this chapter.

The presence of a retarded child often, but not always, hindered the social and routine activities of the parents (Narayan: 1988). The day-to-day care needed to mentally retarded child in many respects represents, prolonging of the dependence of early childhood long past the ages, at which they otherwise cease. Thus, the bathing, feeding, toileting, lifting and crying, continuous attention and supervision, disturbed sleep and restricted social life, which are common features of looking after an infant, can persist for many years and indeed, can become increasingly difficult as the child gets heavier and the parents grow older (Glendinning: 1994). Bradshaw and Lawton (1978) reported that the behavioral problems associated with mental retardation impose extra care demands and burden on parents.

Steps of the proposed research.

McCubbin and Patterson (1983) reported that the use of various cognitive coping strategies and personal growth, including increased compassion sympathy for others, flexibility, tolerance and decreased selfishness among parents of MRC. Professionals were encouraged to assume balanced perspective on parental adjustment, which included recognition of both positive and negative outcomes. The unique status of role position on mothers in the context of Indian parents, the insecurities they felt and the burden reported by them to be even higher than of the other parents (Singh: 1990, Srivastava: 1990, Tangri and Verma: 1992).

Erikson and Upshur (1989) conducted an exploratory study to see the differences between mothers of children with disabilities and without disabilities in their perceptions regarding the burden of child care. Father's participation in childcare is often associated with social support. The sample consists of 202 mothers of infants with Down's syndrome, motor impairment; developmental delay was recorded as self-reports based on the mothers perception.

Significance of the proposed research.

The great number of institutions, schools, the government and private organizations could not guess or suggest methods of prevention of birth of mentally retarded children as they did not found much the science of molecular genetics and genetic engineering in human systems with pure science approach. So it is a global convention to work deeply on these academic aspects. In India, several institutions and schools have been functioning day and night, of course, with



meager financial resources for advance research on molecular genetics and related physiology, pathology and biochemistry to attempt pinning correctly the genes concerned with different kinds of handicaps especially in mentally retarded of different categories in comparison with those of the normal, susceptible and feeble plastic genes in human genome responsible for such qualitative and quantitative changes in IQ. The international year for the parents was celebrated in 1994. In connection with this, across the country the National Institute for the Mentally Handicapped, Ministry of Women and Child Welfare, Government of India, Manovikas Nagon, Secunderabad from 1993-94 in collaboration with three other voluntary organizations.

Objectives of the proposed research.

- Studies related to social, financial and adjustment problems of parents with mentally retarded children
- Studies Related to Child Management, School Problems of Parents with Mentally Retarded Children
- Studies Related to Emotional and Psychosomatic Problems of Parents with Mentally Retarded Children
- Studies Related to Marital Problems of Parents with Mentally Retarded Children
- Studies Related to needs of the Parents having Mentally Retarded Children



Findings of the proposed research.

Mothers would have more problems as compared to the fathers of mentally retarded children.

- Educated mothers will have significantly higher problems compared to the uneducated mothers with mentally retarded children.
- Educated fathers will have significantly higher problems compared to the uneducated fathers with mentally retarded children.
- Family income and level of retardation will have significant impact on problems of parents (fathers & mothers) having children with mental retardation
- Educated fathers would differ significantly as compared to the uneducated fathers of MRC in terms of specific needs for providing care to MRC
- Educated mothers would differ significantly as compared to the uneducated mother of MRC in terms of specific needs for providing care to MRC.
- Family income, level of retardation of the child will significantly influence pattern of specific needs of parents of MRC
- Parents of mentally retarded children located in rural areas would have significantly more problems compared to parents located in urban areas
- The special needs of parents of mentally retarded children located in rural areas would be significantly differ as compared to parents located in urban areas

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