

## DEPRESSION AMONG MOTHERS OF MENTALLY CHALLENGED CHILDREN IN RELATION TO OCCUPATIONAL STATES

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### **Abstract**

*The main aim of the present research was to study and compare depression among mothers of mentally challenged children with regards to their occupational status. 120 mothers of mentally challenged children were randomly selected from different NGO's of Ahmedabad City. Sample was categorized as 30 housewives' mothers, 30 skilled mothers, 30 unskilled mothers and 30 self employed mothers. To measure the depression among mothers of mentally challenged children Beck Depression Inventory was used. Occupational status of mothers of mentally challenged children was considered as independent variable and scores of depressions was considered as dependant variable. To analyse the data F test was used. Results indicate that significant difference was found among mothers of mentally challenged children with regards to their occupational status. Here unskilled mothers of mentally challenged children have highest level of depression than remaining groups of mothers.*

**Keywords:** Depression, mentally challenged children, Housewives, Disability.

### **INTRODUCTION**

Several studies have found that parents of children with mentally challenged reports higher levels of child related stress than parents of normally developing children (Dyson 1997; Hoare et al.1998 and Warfield et al. 1999). It has often been assumed that the extra stress of caring for a child disability places parent at risk of suffering from depression. Consistent with previous studies, fathers of children with disabilities showed normal depression scores than present the research was to study and compare with regards to their occupational status. Maternal reports of depression have usually been generalized to parental depression and the why few studies that have included father usually found normal depression then in mothers (Gray and Holdim 1992; Version 1999).

Subaverage intellectual ability that us present from birth or infancy and is manifested by abnormal development, learning difficulties, and problems in social adjustment. A standardized intelligence test is a common method of identification. Individuals with IQ scores of 53-70 are usually classified as mildly retarded (mentally challenged) and are able to learn academic and pre-vocational skills with some special education. Those with scores of 36-52 are classified as moderately retarded (mentally challenged) and are able to learn functional academic skills and undertake semiskilled work under supervised conditions. Those in the severe (21-35) and profound (below 21) ranges require progressively more supervision or full-time custodial care. Intellectual disability (mentally challenged) can be caused by genetic disorders, infectious diseases (such as meningitis), metabolic disorders, poisoning from lead, radiation, or other toxic agents, injuries to the head and malnutrition.

An unskilled employee is one who does operations that involve the performance of simple duties, which require the experience of little of no independent judgement or previous experience although familiarity with the occupational environment is necessary. His work may thus require in addition to physical exertion familiarity with variety of articles or goods.

A semiskilled worker is one who does work generally of defined routine nature wherein the major requirement is not so much of the judgement, skill and but for proper discharge of duties assigned to him or relatively narrow job and where important decisions made by others. His work is thus limited to the performance of routine operations of limited scope.

A skilled employee is one who is capable of working efficiently of exercising considerable independent judgement and of discharging his duties with responsibility. He must posses a thorough and comprehensive knowledge of the trade, craft, or industry in which he is employed.

A highly skilled worker is one who is capable of working efficiently and supervises efficiently the work of skilled employees.

## OBJECTIVE OF THE STUDY

The main objective of the present research was to study and compare the severity of depression among mother of mentally challenged children with regards to their occupation status.

## HYPOTHESIS

The main hypothesis of the present research was “There is no significant difference among mother of mentally challenged children of different occupation with regards to severity of depression”.

## METHODOLOGY

### Sample:

120 mothers of mentally challenged children were randomly selected from different NGO's of Ahmedabad city. Sample was categorized as 30 housewives' mother, 30 salaried mother, 30 unskilled mothers and 30 self-employed mothers.

### Variables:

In present research occupational status of mothers of mentally challenged children was consider as independent variable and scores of BDI was considered as dependent variable.

### Tool:

The Back Depression Inventory was used to measure depression among mother of mentally challenged children.

This widely used instrument consists of 21 symptoms or attitudes commonly seen in patients suffering from depression (eg. Sadness, negative self-concept, sleep, and appetite disturbances). The symptoms are rated from '0 to 3' in intensity. The internal consistency for non-psychiatric subjects has yielded a mean coefficient alpha of 0.8 and the mean correlation of BDI with clinical ratings on the Hamilton Psychiatric Rating Scale of Depression has been found to be 0.74 (Beck et al. 1988).

### Procedure

After establishing the rapport with participants BDI was administered individually with proper instruction. After completion of data collection scoring of BDI was done with the help of scoring key of BDI.

### Statistical Analysis

To find out the significant difference among the various group of mothers of mentally challenged children with regards to their severity of depression one way analysis of variance was used.

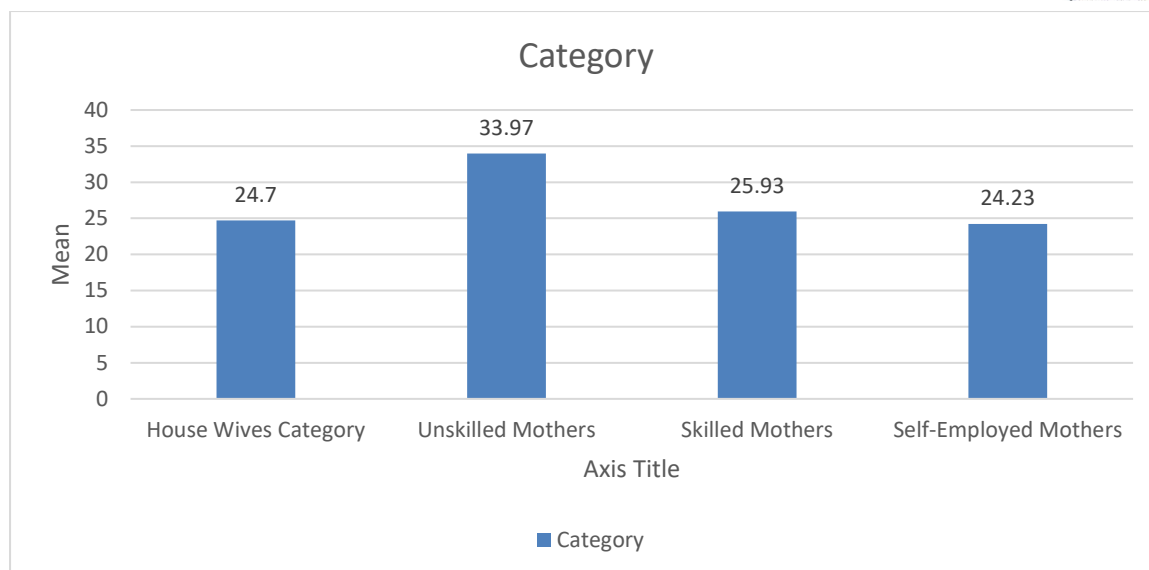
## RESULTS & DISCUSSION

### Showing results of ANOVA of depression of mothers of mentally challenged children

Source of Variance	Sum of Square	df	Mean Sum of Square	F	Level of Significance
BSS	1873.28	3	624.43	4.63	0.01
WSS	15658.51	116	134.99		
TSS	17531.79	119			

### Showing mean scores of depressions of various groups of mothers of mentally challenged children.

	House-Mothers	Wives	Unskilled Mothers	Skilled Mothers	Self-Employed Mothers
Mean	24.7		33.97	25.93	24.23
N	30		30	30	30



The result of ANOVA on depression it is found that the F ratio for mother of mentally challenged children on depression score is 4.63 which is significant at 0.01 level. That means mother of mentally challenged children were significantly differed on depression scores with regards to their occupational status. The mean scores of housewives' mothers is 24.7, unskilled mothers is 33.97, skilled mothers is 25.93 and self-employed mothers is 24.23.

It is clearly indicated that significance difference was found on severity of depression among mothers of mentally challenged children, unskilled mothers of mentally challenged children have higher severity of depression as compare to remaining groups of mothers of mentally challenged children.

## CONCLUSIONS

Significant difference was found on depression among mothers of mentally challenged children. Unskilled mothers of mentally challenged children highly have severity of depression as compared to remaining groups of mothers of mentally challenged children.

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