

QUALITY OF LIFE AND PSYCHOLOGICAL WELL-BEING AMONG MOTHERS HAVING CHILDREN WITH MULTIPLE DISABILITIES

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Abstract

Background and Purpose: The Psychological well-being is a multi-dimensional concept it includes various aspects such as optimism, self-control, happiness, sense of interests, free of failures, anxiety and loneliness have been considered as the special aspects of well-being) (Bordbar, Nikkar, Yazdani, & Alipoor, 2011). Since the purpose of the study was to assess the Quality of Life (QOL) and Psychological Well-Being of mothers having children with multiple disabilities. Disabilities in children cause not only financial burden but also leads to incomplete state of wellbeing in physical health, psychological health and social health of the families. **Methodology:** The study used a purposive sampling technique and total sample of 70 mothers having children with multiple disabilities were included in the current study. The instruments used for the data collection was WHOQOL- BREF and PWSB -scale the data was analyzed using descriptive statistics such as frequency distribution, percentages, mean and standard deviations using SPSS 21.0. **Results:** The result illustrated that 10% mothers demonstrated very poor quality of life while 24% showed their life in neither good nor bad. 5% mothers perceived their life is good and 30% mothers had very good quality of life and very few i.e. 5% of mothers having children with multiple disabilities expressed very poor quality of life. Beside this 31% mother's poor quality of life and psychological wellbeing. The result of the current study also depicts that poor psychological wellbeing and poor quality of life were observed in between physical disability group as compared to normal group mothers. Mothers having children with multiple disabilities displayed significant impairment in their quality of life especially in the area of life. **Conclusion:** The recent study's findings will be beneficial in creating effective interventions and policy decisions to enhance the quality of life for mothers of children with multiple disabilities.

Introduction

Since multiple disabilities are a complex developmental disorder which is fast growing in nature across the world. Children make the family complete. Whenever a new member arrives at the family they bring more joy. However, when the child has any medical or developmental difficulty the family is influenced in a negative way and often life becomes miserable for them (Mello et al., 2019). Every parent hope for a healthy baby, but occasionally parents is blessed with a kid that has a disability, often against their wish. Onset of symptoms in multiple disabilities occurs within the first three years of life and includes three general categories of behavioural impairment common to all persons who have multiple disabilities: Qualitative impairments in social interaction, Qualitative impairments in

Parents of children with PDDs seem to display a higher burden, probably for a Combination of environmental and genetic factors. Within this group of parents also those of High function autism or Asperger syndromes people have higher burden (Mugno et all, 2007). Multiple disabilities in children in causes not only financial burden but also leads to incomplete state of wellbeing in physical, psychological and social health of the parents. This research study was an attempt to investigate the Quality of Life of parents having children with multiple disabilities. Thus Quality of Life of the families of children with PDD is influenced by its varying degrees of behavioural problems.

Research Methodology

Design: A cross sectional research design was employed in the current study and used a survey method for collection of data.

Sample: A sample of 40 mothers of children with multiple disabilities were included in this study who were regularly coming to special school namely VSM , school for special children and for special children at Srinagar district of Jammu and Kashmir, India during 2022. Inclusion criteria has followed mothers whose age range 25 years and above having children with multiple disabilities and exclusion criteria was mothers had children only with single and multiple disability.

Tools used in the study:

Quality of Life BREF (WHOQOLBREF, 2012), it comprises of 26 items categorized into four broad domains: physical health, psychological well-being, social relationships and environment. The items are rated on a 5-point scale. Internal consistency, Cranach alpha values for each of the six domain scores ranged from .71 (for domain 4) to .86 (for domain 5), Test and retest reliability ranged from 2-8 weeks. Correlations between items at time points one and two were generally high, it ranging from .68 form the Safety facet to .95. The Purposive sampling technique was used to choose sample population and psychological well-being scale comprises of Psychological Wellbeing (18 items). The Autonomy subscale items are Q15, Q17, and Q18. The Environmental Mastery subscale items are Q4, Q8, and Q9. The Personal Growth subscale items are Q11, Q12, and Q14. The Positive Relations with Others subscale items are Q6, Q13, Q16. The Purpose in Life subscale items are The Self-Acceptance subscale items are Q1, Q2, and Q5. and Q18 should be reverse-scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring.

Results and Discussion

The sample comprised of mothers having children with multiple disabilities. Quality of Life Percentage of mother's responses having children with multiple disabilities

Table 1: Individual Overall Perception of Quality of Life.

S.NO	Category	%
80	Very poor	10%
81	Poor	31 %
9.	Neither good nor bad	24%
10.	Good	5%
5.	Very Good	30%

Table no. 1 revealed that 31% mother's expressed poor quality of life while 24% expressed their quality of life in neither good nor bad. Moreover 5% of mothers perceived their life as good and 10% of mothers showed very poor quality of life even though having children with multiple disabilities 30% of mothers having children with multiple disabilities expressed very good quality of life. Similar study has done by Haim our and Hawwash (2012), who found that the QOL of parents having a child with disability depending on the type of disability variable, favouring mothers having a child with Autism and learning disability who had the highest QOL scores, followed by parents having a child with physical disability, then parents having a child with mental retardation, finally, mothers having a child with multiple disabilities who had the lowest degree of Quality of life. This may be due to the fact that the mothers is adjusting with change in behavioural and other activities of daily living problems of their child.

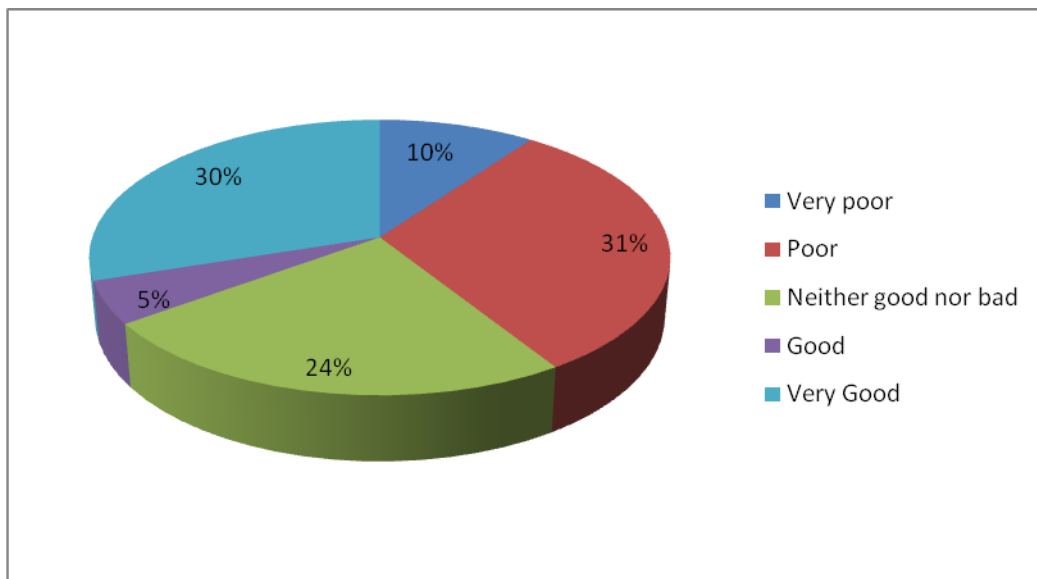


Fig. 1: Graphical representation of table-1

Procedure:

The mothers of children with multiple disabilities were first given brief instructions prior to data collection after the school administration and principal were notified about the nature of the research effort. Following the guidelines, the researchers got written permission from the mother of each child who had more than one disability. The survey questions were then communicated to participants or caregivers via recorded telephone calls, and they had to provide accurate responses. Between September and October 2022, a two-month period, the data was gathered

Conclusion

In our cases, anxiety and depression were seen in increased prevalence as compared to Mothers who children with severe disabilities had showed a significant decline in their unique quality of life, especially in the psychological well-being and social spheres. The results of this study will support mothers of children who do have multiple disabilities and will enhance their quality of life by affecting policies and intervention initiatives. The involvement of the government is very important, and human resource development should take into account the availability of conferences, workshops, and programs for improving mental health for parents of children with various disabilities as well as for tutors and special educators.

Suggestions

The recommendations that were drawn from the study's findings are stated below.

- 1 A similar study can be conducted with a larger sample drawn from all districts of the state so that the finding could be further comprehensive.
- 2 Parental self-help groups can be initiated to develop and strengthen the external support system for families.
- 3 For the better improvement in the quality of life the relaxation techniques like yoga, walking, playful based actives.
- 4 More studies can be done to discover the need and attitude of mothers, sibling and other family member towards inclusive educational aspects for multiple disabilities children.
- 5 To build and improve the external support system for families, parent-help groups might be started.

Conflict of interest

The author (s) declared no conflict of interest.

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