

**NOTIFICATION NO-536/2023**

**NOTIFICATION DATE: 18/04/2023**

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**Name of Topic:** Family Stress, Coping and Adjustment in Families with Intellectually Disabled Children

**Keywords:** Stress, Coping, Adjustment, Intellectual Disability and Family

### **FINDING**

#### **Socio-economic details and families of intellectually disabled children**

This research was based on double ABCX model of family adaptation. Double ABCX model discusses how the buildup of stressors, coping mechanisms, and resistance to resources (social support) all affect family adjustment.

The study participants were either, parent (mother or father). Out of 60 participants,

31 were fathers and 29 were mothers. In terms of the educational background of parents, it was found that most fathers were educated up to graduation level and mothers were educated up to eight standards. Similarly, in terms of the type of family, it was found that half of the participants were from joint families. In the present study, POIDCs expressed their thoughts of being stressed due to raising their IDC more openly. It has been demonstrated that parents of children with intellectual disabilities suffer from much greater level of physical, psychological, societal, marital, family, economic and occupational stress.

The key findings of the study suggested that having a child with special needs might have a detrimental impact on the parents, and more specifically on the mother's mental and physical health.

The negative and positive caring experiences of POIDCs showed differences in their children's capacity and the parents' management levels. It is generally accepted that caring for an IDC may involve significant and prolonged periods of time and energy.

In the present study, most of the parents had reported stress due to the presence of their intellectually disabled child. But not all had developed psychological morbidities or dysfunction in the marital and family domains.

Although negative coping strategies increases the stress and may have caused maladjustment, good coping decreased psychological discomfort and promoted adjustment. As reported earlier the cases of adjustments and adaptations as well as maladaptation and maladjustments were found variably. Some of these parents were using more positive coping mechanisms to deal with stress-related factors.

However, some cases were also found in which the POIDCs were using more negative coping strategies in similar regards.

This may be due to the fact that intellectual disability is understood as a permanent condition and verbatim quotes from participants in the field interview also corroborate the fact that the parents of ID Children accepted their child's conditions and focus on working for their management in their power.