



## To Study And Compare The Anxiety Level In Parents Of Normal Children And Parents Of Mentally Challenged Children

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### Abstract:

*The present research paper is an attempt to study the anxiety level in parents of normal children and mentally challenged children. Mentally challenged children include children which are having mental disabilities, mentally retarded, Cerebral Palsy, Autism and Multiple Disabilities. Normal children are the child which possesses normal IQ and EQ. As there is lack of awareness in the society regarding the mental disabilities, the parents of these kinds of children face lot of problems and end up in many psychological disorders. The main objective of present study is to study the anxiety in parents and compare the anxiety levels in parents of normal children and in parents of mentally challenged children. Hypothesis stating that anxiety level in the parents of mentally challenged children is more compared to the anxiety level in the parents of normal children.*

The 60 parents were selected, amongst which 30 parents are of normal children and 30 parents of mentally challenged children and SCAT is using for data collection. One way ANOVA computed with 't' test is using for data analysis, results were significant on 0.05 level. The conclusion of present research shows that the Anxiety level in the parents of mentally challenged children is more compared to the normal children. Further comments and details shows in full paper.

### INTRODUCTION-

During the past three decades or so, the concept of anxiety has figured prominently in the psychological literature, almost every individual experiences general uneasiness, a feeling of tension in situation. Anxiety may be a result in certain psychological symptoms, similar to those generated by emotions of fear. According to Freud, anxiety has three components.

1. a specific, unpleasurable character
2. different and discharge phenomenon
3. a perception of those phenomenon

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disabilities, mentally retarded, Cerebral Palsy, Autism and Multiple Disabilities. Normal children are the children which possess normal IQ and EQ. As there is lack of awareness in the society regarding the mental disabilities, the parents of these kinds of children face a lot of problems and end up in many psychological disorders.

#### **REVIEW OF LITERATURE-**

Freud (1949) studied anxiety and stated that anxiety is unpleasant and is associated with the emotions of fear. Sullivan (1948) classified the distinction between fear and anxiety. Spielberger (1966) has distinguished "state anxiety" and "trait anxiety". State anxiety is a transitory state or condition of the organism. Trait anxiety is relatively stable personality.

Allport and Haber (1960) made a distinction between "facilitating anxiety" and "debilitating" anxiety. Sarason and Mandler (1952) gave a detailed description of an anxiety questionnaire and presented findings on the relation of test anxiety. Martin (1959) reported that anxiety factor was relatively independent of motivation in psychological experiment.

#### **AIM OR OBJECTIVES-**

1. To study the anxiety in parents
2. To compare the anxiety levels in parents of normal children and in parents of mentally challenged children

#### **HYPOTHESIS-**

1. Anxiety level in the parents of mentally challenged children is more compared to the anxiety level in the parents of the normal children.

#### **METHODOLOGY-**

##### **1) SAMPLE-**

60 parents were selected, amongst which 30 parents are of normal children and 30 parents of mentally challenged children.

##### **2) VARIABLES-**

- Independent variables (IV) - parents of mentally challenged kids and parents of normal kids
- Dependent variables (DV) - anxiety level

##### **CONSTANT VARIABLES-**

1. Age
2. Caste
3. Area
4. Economic condition
5. Sex

##### **3) TOOLS-**

Sinha's comprehensive anxiety test (SCAT) by L.K. Sinha (Patna)

##### **4) PROCEDURE-**

First of all, the dependent and independent variables have been decided then Sinha's anxiety test has been decided as a tool, then after the sample is collected as 30 from parents of normal children and 30 from parents of mentally challenged children, the test was explained to all of them personally and administered. Then after scoring is done with the help of manual and statistical analysis is done with ANOVA and "t" test. And finally conclusion is drawn.



**RESULT -**

One way ANOVA is computed with "t" test

**STATISTICAL PRESENTATION-**

NAME	M	E	df	T	Level
Parents of normal children (30)	266.93	16069.72	58	3.28	0.05
Parents of mentally challenged children (30)	248.30	6665.90			

**DISCUSSION-**

- Result and stastic indicate that the anxiety level of in the parents of mentally challenged children is more compared to the anxiety level in the of the normal children.
- There are 90 items in the present test which also help us to understand the increase in the anxiety level in parents of mentally challenged children
- The social unacceptance plays vital role in increase in anxiety level in parents of mentally challenged children.
- Worries regarding future also increases anxiety level in parents of mentally challenged children.
- Guilt and shame for giving birth to abnormal child increases anxiety level in parents of mentally challenged children.
- Family unacceptance also increases anxiety level in parents of mentally challenged children.
- Health, area of ambition, worries regarding civilization ^increase anxiety in parents of normal children.

**CONCLUSION-**

On the basis of data and stastical interpretadon, the hypothesis is tested and verified. The hypothesis is retain and that is Anxiety level in the parents of mentally challenged children is more compared to the anxiety level in the of the normal children.

In addition to this some more facts came into light and they are some of the parents of the mentally challenged kids also shown vejy low anxiety level but these are exceptional.

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