ABSTRACT

Stress is a common phenomenon faced by every individual in this world. When this going to be in general, the stress the parents of the Intellectually Challenged children face is enormous. The present study titled ‘Intervention strategies on stress levels for the parents of the Intellectually Challenged’ was taken up to see the effectiveness of counseling on stress levels for the parents / caregivers of the Intellectually Challenged.

The objective of the study were (1) To present a complete socio-demographic profile of the parents of the Intellectually Challenged (2) To screen the stress level among the caregivers of the Intellectually Challenged on the category studied (3) To evaluate the factors contributing to increase in stress level to the caregivers of the Intellectually Challenged (4) To assess the quality of life of the caregivers of the Intellectually Challenged (5) To form an intervention counseling module to counsel the parents / caregivers of the chosen population to meet the stress in an effective way.

The major hypothesis listed was to see (1) the significance in homogeneity in analyzing the socio demographic profile of the chosen population, (2) there is significant difference in stress level between the control and experimental group before and after intervention, (3) there is significant difference in stress level in the four category chosen for the study.

The caregivers totally taken for the study were from the special schools and the Rehabilitation clinics, with a sample size of 320 (ie) 160 as a control group and 160 as an experimental groups for whom intervention will be followed. The category chosen were caregivers (parents) of the cerebral palsy children, Downs Syndrome children, Autistic Children and general Mental retardation (40x4=160) they were selected by simple random stratified sampling. The tools used for data collection included an semi structured interview schedule and questionnaire.

Totally the respondent have to answer 159 statement. In screening the socio-demographic profile (56) stress assessment questionnaire (52), factors contributing to stress (25) and quality of life - BREF by WHO (26). Questionnaire was given to both
the control and experimental group, and the data’s were collected. Experimental group was given counseling procedure in due interval in which knowledge related to the affect. Stress experienced, How to meet with stress, Mental health maintenance was guided. Intervention module followed was per system approach by Pincus & Minahon (1973).

The experimental and the control group were post evaluated once again after 6 months, on all the scales studied. Data collected was analysed by statistical packages for social science (SPSS). Significance study for qualititative variable was done by nonparametric test namely chi square. The significant difference between pre and post test of both the group was done by paired*t-test’. The significant difference among the four groups for quantitative variable was done by F-test (one way anova) for the post hoc test namely Scheffe test was also used.

The result obtained showed there was no significant difference between the control and experimental group with respect to the socio demographic profile - Homogeneity established. There was no significant difference in pre-test values of both the groups. There was significant difference between the experimental pre and post test. There was significant difference between the control & experimental post-test. The experimental groups have shown lesser level of stress than the pre test level and the quality of life has improved to the level of significance. The variation within the category chosen was also established with respect to the stress level and quality of life.

The study has brought out that the interventional strategy of counseling to the parents of the intellectually challenged has lessen down their stress level and have improved their quality of life. The intervention module followed was suggested and a hand book for the parents was also prepared with. Recommendation and suggestions shared with, to contribute something to the really needy.