

A Comparative Study of Stress and Strain of Parents of Normal and Physically Challenged Children

Dunbar (1947) considered stress as a quality of the stimulus of life for four basic variations although in their most characteristics non-specific manifestation they all depend on the same central phenomenon.

The term stress is used to can note a variety of minis both by the common man and Psychologists. Psychologists of different persuasions have given stimulus oriented, response-oriented C both Physiological and behavioral) definition of the term, and depth Psychologists. have trotted the concept from the etiological and Psychodynamic viewpoints. It appears that under these circumstances the essential features of the stress experience have not received the attention they deserve (Asthana, 1993)

Stress and Strain

Stress is how we react when we feel under pressure or threatened. It us happens when we are in a situation that we don't feel we can manage or control.

When we experience stress, it can be as:

*An individual, for example when all have lots of responsibilities that you are struggling to manage.

* Part of group, for example if your family is going through a difficult time, such as bereavement or financial problems.

* Part of your community, for example if You belong to a religious group that is experiencing discrimination

A Member of society, for example during natural disasters out events like the corona- virus pandemic.

Stress is a common feeling we get when we feel under pressure, over-whelmed or unable to cope. Small amounts of stress can be good for us and motives us to achieve goals like taking an exam or giving a speech. But too much of it, especially when it feels out of control, can negatively impact our mood, physical and mental well-being and relationships.

Strain, in Physical sciences and engineering number that describes relative deformation or change in shape and size of elastic, plastic, and fluid materials under applied forces. The deformation, expressed by strain, arises throughout the material as the particles (molecules,

Atoms, ions) of which the material is composed are slightly displaced from their normal position. Strains may be divided into normal strains and shear strains on the basis of the forces that cause the deformation A normal stain is caused by forces perpendicular o Hanes ost Cross-sectional areas of the material, such as in a volume that is under pressure on all -sides or in a rod that is pulled cot compressed length wise.

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A shear strain is caused by forces that are parallel to, and lie in, planes on cross-sectional areas, such as in a short metal tube that is twisted about its longitudinal axis.

In deformation of volumes under pressure the normal strain, expressed mathematically, is equal to the change in volume, divided by the original value. In the case of elongation, out lengthwise compression, the normal strain is equal to the change in length divided by the original length. In each case the quotient of the two quantities of the same dimension is itself a pure number without dimensions. In some abdications, the change (decrease) in value or in length for compression is taken to be negative, whereas the change (increase) for dilation of tension is designated as positive Compressive strains, by this convention, are negative, and tensile strains are positive.

In shear stain, right angles (90 angus) with in the material become changed in size, as squares are deformed in to diamond shapes the angles of which depart from 90. Thus in the illustration of the metal tube the right angle CAF in the unstrained tube decreases to the acute angle BAF when the tube is twisted The change in the right angle is, therefore equal to angle BAC the tangent of which, by definition, is the ratio of BC divided by AC. this ratio is the shear strain, the value of which is zero for no deformation and becomes increasingly greater as angle BAC increases Shear strain are also dimensionless.

PHYSICALLY CHALLENGED CHILDREN

The birth of any child can have a significant effect on the dynamics of the family. Parents and other children in the family must undergo a variety of changes to adapt to the pressure of a new member the effect on the family of the birth of a disabled child can be even more profaned physically challenged children are frequently characterized by extremes of behaviors which in some cases in fluency the interactions they have with parents and sibling the extra care and special accommodation are required by then. Families of physically challenged children probably vary in their behavior, social attitude and family relationship as compared to families who do not have disabled children.

Family first tries to become aware of the problem of children recognize it, seek to find out the causes of the problem and then search for rectification. Though the presence of a physically challenged child need not create a family crisis, the stigma of disability imposed by the society can be offending to the parents and the family. It is said that denial, projection of blame, guilt, grief with drawl rejection and acceptance are usual parental reaction the parent religion may be directly related to the degree of acceptance of the handicapped child

Moelsal and Moelsal (1985) studied the defenses of family members to observe the reaction of the family when faced with a dysfunction in one of the family, leading to a crisis. The first reaction in the parents was most often denial but ultimately adaptation was demon striated.

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In order to ascertain the impact of a handicapped child in the family the study was designed to examine and compare the level of stress and strategies among parents of physically challenged and normal children 60 parents (either father or mother) of school going children (30 in each group, namely parents of physically challenged and normal children) were taken for the study Peacock and Wong stress appraisal measure was used to examine their level of stress where as Folkman and Lazarus ways of coping questionnaire was used to asses coping strategies adopted by the two groups of parents it was found that the level of stress among parents of physically challenged children was much higher and significantly differed with their normal counter parts. The two groups also differed significantly in terms of their coping strategies where parents of normal children were much better than the parents of physically challenged group.

Handicapped-

Handicapped is widely used in both law and every day speech to refer to people having physical or mental disables those described by the word tend to prefer the expressions disabled or people with disabilities handicapped, a somewhat euphemistic term may employ a helplessness that not suggested by the more forth right disabled it is also felt that some stigma may attach to the word handicapped because of its origin in the phrase hand in cap actually derived from a game of chance but sometimes mistakenly believed to involve the image of beggar. The word handicapped is best reserved to function owing to some property of the environment.

The world health organization (WHO) has defined the terms impairment, 'disability' and 'handicap' in 1980 through the publication of the international classification of impairments disabilities and handicaps (ICIDH), which is a manual of classification relating the ICIDH propose the concept and definition of impairment, disability and handicap and based on a linear model (Figure) implying progression from disease impairment and disability to handicap.

Disease----- -Impairment----- -Disability -----Handicap

The terms "disability" "impairment" and "handicap" one used in place each other or can be inter charged they all have different meaning the different meaning have different impact for understanding the effect of in jury. The most common definition provided by WHO. Which distinguishes between the three terms. e. disabilities, impairment and handicap

The definition of impairment - According to the ICIDH impairment is any loss or abnormality of psychological or anatomical structure or function generally taken to be at organ level.

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Impairment is damage to tissue due to disease or trauma. A person who has poor or no vision due to damage to retina or optic nerve may be said to have a visual impairment.

Disability

A physical or mental deficiency that prevents normal achievement is known as disability. It has affected about one billion (15.5) at global and 26.8 million in India. The major part of this was in developing countries. The social model of disability can make a distinction between the disabling effects of society and impairment. Disability is a social concept. Disability is associated, when the social model contrasted with the medical model

Definition of disability - Disability has been defined as any restriction or lack of ability (resulting) from an impairment to perform an activity in the manner of within the range considered normal for a human being generally taken to be at the lives of the individual.

Disability denotes the consequences of impairment in terms of functional performance and activity by the individual a person who has an optic nerve or retinal damage would have limitation in performing those tasks that requires the use of eyesight.

Beresford (1994) considered the ways parents cope with the chronic strain and daily stressor associated with caring and daily stressors associated with caring and bringing up a disabled child. The review has been structured around key concept form the process stress and strain. Strain resources- personal and socio-economic have been described, and the notion of vulnerability when resource is not available has been considered.

Crinic, Fredrich and Greenberg (1983) also suggested that family adaptation to a handicapped child is a result of the interaction between child related stress families resources and ecological variables. Thus it can be said that effectiveness of coping strategies depends on the nature and types of stress that is way parents of physically challenged children differ from parents of normal children stress coping front which support the hypothesis? in order to ascertain relationship between level of stress and ways of coping with stress among the parents coefficient of correlation was found that the two variables were inversely (but significant) related with each other for both the groups of subjects.

Bharti and Sharma (2006) conducted a study on a sample of 10 children in the age group of 9-12 years was selected from an institution working for physically challenged children in Jammu with the purpose to assess their view a but their relationship with their peer and their views about heterosexual relationship. The tools used were sociometry. In review schedule and incomplete sentence test the major findings of the study were that all the

children had good social relationship with their peer put there were few who needed guidance in this direction all the children had a positive attitude towards hetero sexual relationship sex stereotyped behavior was also shown by children.

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Hypotheses

The hypotheses for the present study are:

1. There would be significant difference between normal and physically challenged children's parents.
2. There would be no significant difference between the social interaction and inter personal relationship of normal and physically challenged children's parents.
3. There would be no significant difference between the economic problem of normal and physically challenged children's parents.

THE VARIABLES

Independent variables-

Stress and strain was taken as Independent Variable.

Dependent variable -

Parents of normal and physically challenged children were the dependent variable.

Control of relevant variable -

The age was control by selecting subject was range as 35-60.

Methodology

Tools- The tools used in this study were Personal data sheet, Parents Stress Scale questionnaire (Hindi) for assessing stress of parents of physically challenged children and Normal children.

Personal data sheet - This personal as 'Vyaktigat Pransnavali" prepared to obtain information regarding subject Name, Age, Date of Birth, social economic status, monthly income of parents, types of disability, types of employment Government/Nongoverments, education of parents, rural/urban.

The Parents Stress Scale (PSS) questionnaire which is symptom check list developed by Arti Singh & Dr. A.K. Singh was used to assess the stress status of the subject in include to items which are related to physical and psychological symptoms.

The study was conducted on parents of Korba district (C.G.). The sample consisted of 25 Physically Challenged children's parents and 25 Normal Children's parents. The age group the parents (35-60) were in taken is to the sample. Door to door survey and Institute survey method was used for data collection.

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SAMPLE, METHOD AND PROCEDURE -

The Purposive sampling technique was used for data collection.

Analysis of data and result

The mean and S.D. scores were computed for all the groups, further more significant different be taken meant test was also computed for comparison of parents of physical challenged and normal children. The data obtained on these subjects were as follows.

Table 1

Mean and S.D. and t- value for stress mean scores of parents of normal and physical challenged Children.

Group	N	Mean	S.D.	SEmd	T	P
Normal Children's parents	25	3.88	1.65	0.4	4.9	<0.01
Physically challenged children's parents	25	5.84	1.44			

The Table 1 shows difference between stress scores of handicapped children and normal children's parents. In this present study first Hypothesis in accepted because there is no significant difference between stress scores of physically challenged and normal children's parents.

Table 1 show that the mean of stress scores for normal children parents was (3.88) with S.D. 1.65 whereas the mean of stress scores for physically challenged children's parents was 5.84 with S.D. 1.44. The stress score for handicapped children's parents (5.84) was significant higher than that for normal children's parents. $t = 4.9$, $p < 0.01$.

In this present study second hypothesis was rejected because there would be no significant difference between the social interactions and inter- personal relationship of normal and physically challenged children's parents.

The result showed that normal and physical challenged children parent has more or less same level of social interaction and interpersonal relation.

In this present study third hypothesis was rejected because there would be no significant difference between the economic problem of physically challenged and normal children's parents.

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Conclusion

On the basis of result we can say that there is significant difference between the stress scores of physically challenged children's parents in comparison to normal children's parents.

Second hypothesis is rejected there is no significant difference in social and interpersonal relationship of physically challenged and normal children's parents.

Third hypothesis is economic difference in physically challenged and normally children parent. Reason behind that every parent loves his or her child so they don't expect his or her child create economic problem. In fact they have economic problem but they don't expect it.

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