

THE PROBLEMS FACED BY THE PARENTS OF CHILDREN WITH MENTAL RETARDATION

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Abstract

The parents of children with female mentally challenged absolutely face more difficulties than parents of children with male mentally challenged, which in turn affect their quality of life. Many factors can influence the quality of life of the parents with mentally challenged children in family. Parents are in family who deal with the issues associated with child's disability and also maintain the household so it is very important for parents to take some time to care for themselves as individuals and getting enough sleep, eating regular meals, taking a short walk, and doing the things that they really enjoy. Parents having a child with mentally challenged experience a variety of stressors and stress reactions related to the child's disability and known to get impacted in many ways because of having a special child. The present study aims to find out the "A STUDY AMONG PARENTS OF CHILDREN WITH MENTAL RETARDATION" studying in special schools of Dharmapuri district of Tamilnadu.

Introduction

Mental retardation is one of the most widely recognized and most easily misunderstood areas of special education. It is widely recognized in that most people think of a visible form of retardation such as Down syndrome. However, those with Down syndrome are not the only ones affected by this handicapping condition. It is often misunderstood, due in part to changing definitions and trends in educating these students. Understanding the definitions, trends, and programs related to mental retardation may help to clarify who these young people are and the approaches taken to help them develop to their fullest potential.

Definition of Mental Retardation

There are various definitions of mental retardation. Some defines it basing on the intelligence test scores; some defines it basing on the failure of the social performance, some basing on the cause or essential nature of retardation such as brain damage. But of all these the most widely accepted definition of mental retardation today is that adopted by the American Association of Mental deficiency (AAMD) which states that — Mental Retardation refers to significantly sub average general intellectual functioning existing concurrently with deficits in adaptive behavior and manifested during the developmental period (Grossman, 1973). In other words the mentally retarded person is one who has suffered an impairment of his ability to think, learn and reason.

Classification of American Association of Mental Retardation prior to 1973

Degrees of Retardation	I.Q Range
Profound	0 – 24
Severe	25 – 39
Moderate	40 – 54
Mild	55 – 69
Borderline	70 – 84

According to American Association of Mental Retardation classified based by their concept of Mental Retardation. Mental retardation divided into five stages.

Differences between the Mental Retardation and Mental Illness

Mental Retardation (has manifestations)	Mental Illness (has symptoms)
Commonly caused by an irreversible genetic	May be genetic and/or environmental in origin