



## TO ASSESS THE CHALLENGES FACED BY THE CAREGIVERS IN CARING MENTALLY CHALLENGED CHILDREN.

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### ABSTRACT

Parents and guardians play a major role in helping children grow and develop to their full potential. As children grow in the families they most significantly depend on their parents or guardians for basic needs support such as food, shelter, education, protection and care at all times but especially during life difficulties and times of crisis. Objective: 1) To assess the challenges faced by the caregiver. Materials and methods: Survey approach is used in this study. Comparative descriptive study design was used in the present study. The study was conducted at selected area in Wardha. 60 caregiver were selected for the study. Result: According to survey highest caregiver i.e. 54 (90%) caregivers out of 60 are facing the problem like they are feeling tense when they take child in public and same in opposite side 6 (10%) caregiver's not feeling tense when they take child in public. And at lowest side out of 60 sample 5 (8.33%) caregiver in family member are not accepted the child as he/she is and 55 (91.66%) are accepted the children. Conclusion: There are various challenges faced by caregiver while providing care to mentally challenge children like economical, social, educational, occupational, physical and mental. So challenges where caregiver are feeling tense when they take child in public is more and in other side family member are not accepted the child as he/she is very low in challenges.

**KEYWORDS :** challenges, caregiver, mentally challenged children, parents

### 1. Introduction

The definition of mental retardation currently used by supervisory special agent differs from that used by other professional and health-related organizations. The concept of mental retardation, particularly a recognition that some portion of the population has cognitive deficits that significantly interfere with functioning, is an old one, although the ways in which this has been defined and measured have changed over time. Scheerenberger reports descriptions of the condition dating from 1500 B.C. in Egypt, in which disabilities of the mind and body due to brain damage were described.<sup>1</sup>

According to Sheerenberger, the major concepts common to current definitions of mental retardation were being used in the United States. In its classification scheme, the progenitor of today's American Association on Mental Retardation (AAMR) (previously called the Association of Medical Officers of American Institutions for Idiotic and Feeble-minded Persons and the American Association on Mental Deficiency) issued its first formal definition of mental retardation.<sup>2</sup> AAMR defined persons with mental retardation as being feeble-minded, with development arrested at an early age or as evidenced by an inability to manage the demands of daily life or to keep up with peers (Committee on Classification of Feeble-Minded, 1910). Mental retardation was further divided into three levels of impairment: "idiots" had their development arrested at the level of a 2-year-old; "imbeciles" were at the developmental level of a 2 to 7-year-old; and "morons" were at the development of a 7 to 12-year-old.<sup>3</sup> Early definitions of the condition recognized differences in cognition that were associated with impaired functioning. Esquirol divided mental retardation into two primary categories based on performance on speech and language tasks. Seguin identified a severe defect in moral development as the primary characteristic of mental retardation.<sup>4</sup>

### 2. Problem statement

To assess the challenges faced by the caregivers in caring mentally challenged children

### 3. Objectives

1. To assess the challenges faced by the caregiver.

### 4. Methodology

**Research approach-** In this study survey approach is used.

**Research design-** Descriptive study design is used in this study.

**Setting of study-** Selected area in Wardha

**Sample-** Care givers of mentally challenged children in selected area.

**Sample size-** 60

**Sampling techniques-** Non probability convenience sampling

**Tool-** structured Check-list including demographic variables will be used for the study.

### SAMPLING CRITERIA

**INCLUSION CRITERIA:** Care givers: 1. Who are willing to participate in the study. 2. Who are available at the time of data study.

**EXCLUSION CRITERIA:** Care givers: 1. Who are health personal. 2. Who are sick. 3. Who have attended programmes on the same topic.

### 5. Result

This section deals with the challenges faced by caregiver in caring mentally challenged children.

#### Section-I: Description of the samples according to their demographic variables.

Analysis of data shows that the most of the caregiver were 26-30 years of age and majority of gender female is more and majority of them educational status was higher secondary education. Majority in occupation of caregiver were housewife's is more and most of the caregiver were monthly income of Rs. < 6000. The majority of caregiver were belongs to nuclear family. Overall challenges of caregiver during providing care to mentally challenged child were high.

#### Section II: Assessment of challenges faced by caregivers.

According to survey highest caregiver i.e. 54 (90%) caregivers out of 60 facing the problem like they are feeling tense when they take child in public and same in opposite side 6 (10%) caregivers not feeling tense when they take child in public. And at lowest side out of 60 sample 5 (8.33%) caregiver in family member are not accepted the child as he/she is and 55 (91.66%) are accepted the children.

## 6. Discussion

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A descriptive study was carried out with the aim to determine the perception of care-givers of mental retarded person towards mental retardation. One hundred care-givers of mental retarded persons participated randomly. Data were collected using self-made questionnaire of perception of care-givers through face to face interview. Most of care-givers (56.0%) had neutral perception towards mental retardation. In addition, a significant relation was observed between the education level and occupation of caregivers with their perception connected to mental retardation ( $P=0.001$ ), while, no significant relation was observed between the age and sex of mental retarded person and age and sex of caregivers with their perception. The study concluded that the Caregivers with lower education level and house-keepers had a lower perception towards mental retardation. Therefore, it is necessary to consider supporting programs by health care-givers in order to increase adaptation and reduce tension for aforesaid groups.<sup>5</sup>

## 7. Conclusion

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## 8. Recommendation

On the basis of findings of the study, it is recommended that the following studies can be conducted -

- A similar study can be undertaken for large sample to generalize the findings.
- A comparative study can be carried out on challenges regarding effect of caring mentally challenged children among caregiver of urban and rural community.
- A similar study can be conducted in student nurses on a large population.
- A study can be undertaken to identify the challenges and attitude of caregiver regarding caring of mentally challenged children.
- A similar study can be conducted in community with a non medical student.

## 9. Reference

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