



A Study On Family Cohesion And Adaptability Among Couples With Differently Abled Kids In Special Schools, Trichy Dt

KEYWORDS

family adaptability, family cohesion

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ABSTRACT

Family cohesion is defined as the "emotional bonding that family members have toward one another" Specific indicators for measuring the family cohesion dimension are emotional bonding, boundaries, coalitions, time, space, friends, decision-making, and interests and recreation. Adaptability is defined as "the ability of the marital or family system to change in its power structure, role relationships, and relationship rules in response to situational and developmental stress" (Olson, Russell, and Sprenkle 1984, 60). According to Hill (1988), time spent together enhance the development of attachment among the couples, which made them feel closer and encourage them to remind themselves of their long marriage Time spent together encouraged communication between family members and enhanced the understanding among them. Therefore, a warm, caring and supportive family environment was built. The explanation was consistent with the study done by Zabrickie and McCormick (2001). With the development of a highly cohesive foundation in family, there is high understanding and warmth among family members, even though time spent together reduces, and it will not have a big effect on family cohesion. This paper aim to bring out the family adaptability and cohesion among the married couples having differently abled children. Its a descriptive study uses simple random sampling to collect 50 respondents from the universe. Self-prepared questionnaires to collect the personal data constructed and family adaptability and cohesion evaluation scale administered to study the same. A detailed analysis and were discussions were discussed in the full paper

INTRODUCTION:

Mentally retarded child challenges the family at the three levels. First there is the cognitive challenge. The family must learn about the cause of the mental handicap its prognosis, complications, and routines and reasons for the rehabilitation. The family must revise its expectations for the daily life of the child, both for the present and the future, and attempt to match the child's activities with the limitations of the disability and treatment.

The second challenge is at the emotional level. Finally mental handicap presents a behaviour challenge. Rehabilitation regimens and hospital visits and special educational programme must be incorporated into the family functions and enable the family to carry out other essential tasks. The family must also recognize changes in the child's ability to perform some tasks and should help here necessary.

Impact on Family

Children with severe special needs drain enormous amounts of time, energy, and money. Marital problems are reported to be present to a greater degree because of the lack of time for nurturing the marriage plus the frequent problem of parents disagreeing on what needs to be done for the child.

Another source of tension is that often one parent is more effective in managing the difficult behaviors. The reduced couple's time is especially important because there is more that needs to be discussed and dealt with including the feelings of grief and disappointment that sometimes never get processed. The ability to learn to enjoy the positive aspects of the child and to take a more spiritual perspective about what all family members gain from having to address these challenges can only take place after having grieved the loss of what the parents had expected from that child at birth.

Sibling issues need attention. Parents and professionals alike often lose sight of the need to help siblings understand the problem that is affecting their brother or sister. Then there is the

challenge of trying to reduce the jealousy that results when so much attention is focused on one child as well as the frequent limitations on doing common family activities. It is clear that siblings need an opportunity to voice their questions, concerns, and feelings.

A particularly important issue is helping them identify their negative feelings as normal and reduce the guilt that often complicates their behavior within the family and toward their sibling. Once again we are talking about the need for support groups. To learn that they are not alone in their situations and in their feelings is critical to a healthy attitude and the ability to cope. Communities need to provide these opportunities.

REVIEW OF LITERATURE:

J. Lucy Boyd, (2013) pointed in his book that Parents of mentally challenged children commonly experience a gamut of emotions over the years. They often struggle with guilt. One or both parents may feel as though they somehow caused the child to be disabled, whether from genetics, alcohol use, stress, or other logical or illogical reasons. This guilt can harm the parent's emotional health if it is not dealt with. Some parents struggle with "why" and experience a spiritual crisis or blame the other parent. Most parents have aspirations for their child from the time of her birth and can experience severe disappointment that she will not be president, a physician, an actor or whatever they had in mind. These parents must deal with the "death" of the perfect child who existed in their minds and learn to love and accept the child they have. Occasionally, parent feel embarrassed or ashamed that their child is mentally disabled.

Seligman and Meyerson (1982) noted that the responsibilities associated with the care of disabled children many throw an impact of an parent's Psychological, Physical, financial and social well being over time.

Featherstone (1980) suggested that the advent of a handicapped child may attack the very foundation of a

marriage by inciting Powerful emotions in both parents; including feelings of shared failure. Fathers and mothers may react very differently to the handicapped child. The mother may take o the role of physical protector and guardian of the child's needs, while the father is more reserved in his role. He may cope by withdrawing,internalizing his feelings.

RESEARCH METHODOLOGY

Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying the research scientifically.

Significance of the study:

This study intends to study the family cohesion among the families of mentally retarded kids. As family is a composition of many common social and ethical concerns which is interrelated with society which comprises of various factors which the family has to adhere with. Normal families in the present scenario has to face many challenges in the regular routine a family with a differently abled kid will no more question will have its own struggle. Families with disabled children perceived greater financial stress, frequent disruption of family routine and leisure, poor social interaction, and ill effects on their physical and mental health as compared to families of control children.this study gain its importance because modification of the client's family will in turn help the family as well as the disabled kid to grow in a positive environment

Aim:

The study aim to get the new knowledge about the Study On Family Cohesion And Adaptability Among couples with differently abled kids in special schools of Trichy Dt

Objective of the study:

1. To study the socio demographic variables of the respondents
2. To find out any association between socio economic status and the family cohesion of the respondents
3. To disseminate the knowledge to the parents in special schools about adequate parenting for the differently-able kids

RESEARCH DESIGN

The researcher adopted descriptive research design to find out the facts and narrate the same in a descriptive pattern

Universe and Sampling:

Blossom school in Holy cross college were considered as the universe and a census method were used by the researcher to collect data from the parents of the student with Mental retardation so 30 was the sample size

Tools of Data collection

A self prepared questionnaire to collect the socio- demographic variables and family cohesion among the families with disabled kids

LIMITATION OF THE STUDY

In the present study the researcher could analysis only the family cohesion of the family with MR children. Spastics and CP children's family were not included in the study, and other dimension like psychological well being, QOL and other psychological parameters were not focused in the study.

Analysis and interpretation

S . N o	Worried About Children's Future	No. Of Respondents N=30	Percentage 100%
1	Often	30	100
2	SomeTimes	--	
	Total	30	100%

Table 1: parental stress about MR child's future:

The tabular column explains that total population indulged in the study express tha same view that they all are worried about their children's future

S . N o		No. Of Respondents N=30	Percentage 100%
1.	Often	--	--
2.	SomeTimes	15	50
3.	Never	15	50
	Total	30	100%

TABLE-2: Respondent's family burden:

The above table indicates that half of the respondents are always burdened by their child's disability and Half of the respondents are rarely burden their children

S . N o	Social life is limited	No. Of Respondents N=30	Percentage 100%
1.	Sometimes	15	15
2.	Never	15	15
	Total	30	100%

TABLE-3-social life is limited because of my disabled kid:

The above table explains that equal half of the respondent's social life is not frequently limit, but to some extent they are relaxed.

S . N o	Life of the normal siblings were spoiled	No. Of Respondents N=30	Percentage 100%
1	Yes	30	100
2	No	--	
	Total	30	100%

Table-4: social Life of the siblings of MR kids were spoiled:

100% of the respondents report that their normal kid's social life is disturbed and they find hard to establish social relationship in a regular pattern

S . N o	Disabled Kid In Our Family Is A Curse	No. Of Responde nts N=30	Percentage 100%
1	Yes	30	100
2	No	--	
	Total	30	100%

Table:5-Disabled Kid In Our Family Is A Curse:

Total respondents of the study make a statement that the disabled kid arrived their family is their karma and God's curse

S.NO	Level of family cohesion and adaptability	No.of. respondents N=30	Percentage 100%
	Pobr family cohesion	12	40
	Good family cohesion	18	60
Total			100%

Table :6-Level Of Family Cohesion Among The Families With MR Children

The total score of the questionnaire which explains family cohesion reveals that 60 % of them are with good family cohesion and 40 % of the respondents are with poor family cohesion.

Discussion on findings:

Raising a child who is mentally challenged requires emotional strength and flexibility. The child has special needs in addition to the regular needs of all children, and parents can find themselves overwhelmed by various medical, caregiving and educational responsibilities. Whether the special needs of the child are minimal or complex, the parents are inevitably affected. Support from family, friends, the community or paid caregivers is critical to maintaining balance in the home

Following measures can be implied on to reduce the burden because eof parenting a disabled kids:

1.The parents or the teachers must always get involved in whatever they are engaged in. this also does not mean that they must never be allowed to be with themselves. They should have a personal time as well, but make sure that are not isolated. It is also important that the parents and teachers are in constant touch so that the kid's progress is tracked and information is exchanged.

2.Make it a point to promote positive feedback. Every child has a positive side, a talent or ability. They should be continually praised on their positives, so as to enhance their self esteem.

3.Possess Patience:In all their attempts, it is important to note that MR is not an incurable problem. All it requires is good understanding of the problem from the child's point of view and a great deal of patience. You must be extremely and always eager to cooperate and help the child whenever he needs it.

4.Take Medical Help Whenever Necessary:MR children are often found to suffer from agitation triggered off due to a variety of factors like over exhaustion, feeling down, depressed or irritated. These symptoms need to be medically treated.

5.Do Not Force the Child:Amongst the remedial measures, it is important that parents do not force the child to do any task assigned rather they have to provide an enabling environment

Summary:

Raising children with a disability can be an enlightening experience that brings families together, but often can be associated with overwhelming stress. In part, stress can be attributed to the lack of financial and employment security, and emotional and social support. These stresses are driven by time and resource requirements to care for a child with disability.In relation to teaching in school, it is also important that the child is graded in terms of content, that is, the quality of content that he has put in rather than the handwriting and spelling errors.

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