Research Paper





The Relation Between Social Support Perception and Stable Anxiety Levels of Mothers Who Have Got Children with Inadequacy

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ABSTRAC

The purpose of this research is to determine social support that mothers who have got children with inadequacy perceive, satisfaction level related to this support and stable anxiety situations of mothers. 77 mothers who have got children with inadequacy in Kırıkkale province compose of study group of the research. Data of the research was gathered by "Renovated Mother-Father Social Support Scale" (Kaner, 2010) in terms of determining social support level that mothers perceive and "Spielberger's State-Stable Anxiety Inventory" as to determine stable anxiety levels of mothers with "Personal Information Form". It has been seen on findings that there is a inverse relationship between social support that mother perceive and stable anxiety levels with satisfaction level which is perceived from social support. Moreover, it has been determined that family type, education level of mother and social security state create a significant discrepancy among point averages of social support which are perceived.

KEYWORDS

Inadequacy, social support, stable anxiety

INTRODUCTION

The importance of child is great in family which is smallest unit of society. Family is a point that child has first social experiences. All mothers-fathers' expectations and demands are in the direction of healthy child after hearing that mother is pregnant and each child who will born is waited with tension and anxiety by mother-father, various expectations related to child who will born occurs in family during this process. (Sivrikaya and Tekinarslan, 2013).

Having a child with private necessity is extremely destructive for mother-fathers(Cavkaytar et. al. 2010). That child who borns in a family does not show normal development can cause that expectation of family becomes different, there is intensive anxiety and stress. Not having efficient information about child with private necessity increases family problems such as changing roles of family members besides responsibilities that being mother-father brings them and treatment and education of child can delay as a result that families plunge into a quest for their children (Aydoğan, 1999). At the same time, difficulties to tell state of children with private necessity to family or other persons in society, behaviour and health problems on individuals who are disabled persons, efforts to find appropriate education institution for their children, needing much more time, energy and money constitute the source of tension in families. (Kavak, 2007).

The support which is provided to families in the event that this process is gotten healthy is very important. Social support is one of services related to families which have got child with private necessity. Social support includes services that family would need, as formal or informal quality (Cavkaytar et al, 2010). This support can be gotten from physchological consultation groups, from other mother-fathers who have got disabled child as it can be gotten from enlarged family members, immediate vicinity. While these groups aid families to be aware that they are not alone, to become close to each other in terms of sensual and social, a certain decrease occurs on anxiety level of family so that it is quite important in this sense that mother and fathers do not remain alone (Akkök, 2003).

In the direction of this information, it has been purposed on the research that social support which mothers who have child with inadequacy perceive, satisfaction level related to this support and stable anxiety states are examined.

MATERIAL AND METHOD

This reseach has been planned in terms of determining social support states that mothers who have got child with inadequacy and their stable anxiety levels, in terms of determining whether social support states which are perceived and stable anxiety levels become different relying on socio-demographic variances or not. 77 volunteer mothers who have got child with inadequancy who goes on private education and rehabilitation centers in Kırıkkale Province have constituted research group. 'Information Form', ' Renovated Mother-Father Social Support Scale (RMFSSS)' and ' Spielberger's Stable State Anxiety Inventory' which were prepared within the purpose of research by researchers were used as data collection tool.

Information Form have been developed by researchers in terms of obtaining socio-demographic information related child with inadequacy and mother. Renovated Mother-Father Social Support Scale was developed by Kaner (2010) in terms of determining quantitative and qualitative sides of social support which are perceived and it consists of two sections. First one is Perceived Social Support Level (PSSL) which evaluates that one who will give different supports exist on whichever level (quantitative side), second one is Perceived Social Support's Satisfaction Level (PSSSL) which evaluates level of being satisfied with supports on each item (qualitative side). A scale which occurs from four factors (Social Association Support, Information Support, Emotional Support and Care Support) and 28 items has been obtained as a result of exploratory factor analysis which is implemented in terms of determining structure validity of RMFSSS-PSSL. Cronbach Alfa and Spearman Brown implemented double half reliability analysis in terms of determining internal consistency of RMFSSS-PSSL and RMFSSS- PSSSL. Alpha coefficients are 0.83-0.95 for RMFSSS-PSSL, 0.85-0.96 for RMFSSS- PSSSL. Spielberger's Stable-State Anxiety Inventory is the adaptation of scale to Turkish which was developed in terms of determining state-stable anxiety levels seperately by Spielberger et. al (1970), reliability and validity works were made by Öner and Le Compte (1974-1977). 'Stable Anxiety Scale' with 20 items of the inventory were used on this study (Öner and Le Compte 1985).

t-test, Analysis of Variance and Spearman Brown order differences correlation technique were used in data analysis.

FINDINGS AND DISCUSSION

Table 1.Correlation Analysis Results Belonging to Relations Between Renovated Mother-Father Social Support Scale and Stable Anxiety

						RMF988					
	PSSL					PSASE					
	П	5.4.5	15	15	CS	PSSL.	5.A.5	15	ES	CS	PSSSI.
5.5	;	-363° .021	.1% .125	-362**	-36[FF	-30021	-313**	-189 .000	-321** .004	-254° .041	-312** .006

RMFSSS: Renovated Mother-Father Social Support Scale, SAS: Social Association Support, IS: Information Support, ES: Emotional Support, CS: Care Support, PSSL: Perceived Social Support Level, PSSSL: Perceived Social Support Satisfaction Level, SA.: Stable Anxiety.

According to correlation analysis results which was done as Spearman Brown Order Differences' Correlation Coefficients (r) was used on the Table 1, it has been seen that there is a significant relation in terms of statistics in the direction of negative between social support levels and stable anxiety of mothers (p<.01, r=-0.30). On the other hand, when the relation between sub-dimensions of stable anxiety and social support is considered, it has been determined that there is a significant relation in the direction of negative between Social Association Support -0.263 (p <.05), Emotional Support -0.362 (p <.01), Care Support -0.301 (p <.01).

When the relation between satisfaction levels from social support of mothers which are perceived and stable anxiety is examined, it has been found Spearman Brown order differences correlation coefficient as -0.312 (p <.01). It has been found that there is a negative linear significant relation between stable anxiety and satisfaction which is perceived from RMFSSS's Social Association Support -0,313 (p <.01), Emotional Support -0.321 (p <.01) and Care Support -0.234 (p <.05).

Sivrikaya and Cifci Tekinarslan (2013) determined on the study which they made with mothers who have got child with mental inadequacy that family stress and family load decrease as social support which mother perceive increases.

Table 2. The Comparison of Total Point Averages for Renovated Mother-Father Social Support Scale and Stable Anxiety by Parents' Initiatory Features

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Initiatory Features (N:77)	RMFSSS Total	Test and p value	Stable Anxiety Total	Test and p value
Mother's Age 20-30 ages 31-40 ages 41-50 ages	76.50 ± 23.19 75.10 ± 21.09 72.26 ± 26.99	F: 0.191 p: .826	48.43 ± 8.18 47.64 ± 9.82 45.63 ± 7.64	F: 0.674 p: .513

Family Type Nuclear Extended	71.00 ± 23.49 87.60 ± 20.52	t: -2.509 p: .014*	47.37 ± 9.43 45.68 ± 4.57	t: .692 p:.491
Education Level Non-literate	51.85 ± 23.77 73.25 ± 23.25 75.68 ± 20.28 80.69 ± 25.27 91.60 ± 16.50	F: 2.719 p: .036* Significant Difference 1-2, 1-3, 1-4, 1-5	49.42 ± 11.10 47.16 ± 8.09 46.62 ± 7.35 47.76 ± 10.32 42.00 ± 9.92	F: 0.578 p: .680
Social Security Existent Nonxist- ence	78.32 ± 22.20 61.22 ± 24.50	t: 2.786 p: .007*	47.06 ± 9.15 46.88 ± 6.99	t: .076 p:.939

RMFSSS: Renovated Mother-Father Social Support Scale, S.A: Stable Anxiety

When Table 2 is examined, it has been seen that RMFSSS and SA's total point averages decrease as age of mother increases. But as a resulf of committed analysis, difference between RMFSSS and SA's total point averages has not been found as significant (p>.05). Family type, mother's education level and social security state create a significant difference among RM-FSSS's point averages (p<.05) but this difference has been determined as not significant among SA's point averages (p>.05).

They have been determined on the studies that Kaytez, Durualp and Kadan (2015) examined necessities and stress levels of families who have got disabled child that mothers are much more primary school graduate than fathers, stress levels of mothers who do not work are intenser than fathers.

Coşkun and Akkaş (2009) examined the relation between stable anxiety levels and social support perceptions of mothers who have got disabled child and they got a finding that there is an increase on social support levels that mothers perceive as mothers' education levels and family's income levels increase.

CONCLUSION AND SUGGESTIONS

As a result of the research, it has been found that there is a negative linear significant relation between social support that mothers perceive and stable anxiety, stable anxiety and PSSSL's Social Association Suppot, Emotional Support and Satisfaction from Care Support. Moreover, it has been determined that variances of family type, mother's education level and social security state creates a significant difference (p<.05) among RMFSSS's point averages.

In the direction of these results, the following situations can be suggested that services are given as relying on mothers who are closely interested especially child care, events should be regulated as families would come together at group meetings which will provide them to think that they are not alone for their problems and studies are to be done as relying on increasing social sensivity and raising the awareness of society about the issue.

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