



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

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ABSTRACT

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 psychological 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 inadequacy 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 separately 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).

