



**ORIGINAL RESEARCH PAPER**

**Psychology**

**IMPACT OF INTELLECTUAL DISABILITY ON A PERSON ITSELF, ON FAMILY & ON SOCIETY**

**KEY WORDS:**

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**ABSTRACT**

disability is one of the major points of concern throughout the world. There are various types of disabilities in world but intellectual disability or mental retardation is most important which shows adverse effects. The present study shows the effect of intellectual disability on a person itself, on his/her family & as well as on society.

**Materials & methods:** - 30 children with mental retardation showing different levels such as mild, moderate, severe & profound, present at SIRTAR, Rohtak from all over the Haryana. Parents of these children were interviewed using standardized questionnaire including information on age, sex, education, poverty, developmental milestones etc., case history of children also used & tools such as FACP & VAPS are used.

**INTRODUCTION:-**

the world report on disability published in 2011 by the world bank & WHO estimates that there are more than one billion people globally having with disabilities [1]. Disability affects physical health, social relationship of people, life in the realms of family, friends, & neighbors, psychological state & level of independence [2]. Disability has been associated with pathology, limitations & other negative concepts. Currently, the model focus on the strengths & support in order to encourage greater autonomy of the person & higher quality of life for that person & their family. Intellectual disability must currently be understood from the ecological & contextual model, based on the interaction of person with the disability & the vital context. Based on the new concept of intellectual disability addressed in the 11<sup>th</sup> edition of manual by the American association on intellectual & developmental disability (AAIDD) & taking into consideration the article by Verdugo & Schlock (2010), " intellectual disability is understood not as a merely biological characteristic but is directly related to context, leaving aside the discussion of the significance of environment & internal factors & putting everything on the same level". This contemplates the influence of the family as a central nucleus during the growth of any child and constitute a context in which it is necessary to focus efforts in order to create a climate that helps to improve the quality of life of these children [3].

Disabled children require not only high-quality primary care, but they often require multifaceted specialized care on a long-term basis. Families that include a disabled person are more likely to lack emotional support [4]. On the downside, for parents, having a disabled child may experience increased stress depending on the types of parents need a break from the role of caretaker's [5]. Identified a list of priorities that were important to keep the families socially stronger, & the need for leisure time for the whole family had the highest score.....

**Procedure:-**

- First, I have done observation of these mentally retarded children that is done by direct as well as indirect methods.
- I have used FACP tool for assessment of 3-6 years of age of children & VAPS tool for above 18 years age of children.
- A questionnaire was used for gathering information about these children from their parents.

**Following questions were asked from parents to know about children:-**

Sr. no.	Question	Parent 1	Parent 2	Parent 3	Parent 4	Parent 5
1	Age of your child	13years	11years	16years	6years	10years
2	When you know about their child disability	After birth	At 2 years of age	After birth	After birth	After birth

3	From where your child is taking treatment	From civil hospital, Rohtak	PGIMS, Rohtak	Civil hospital, Panipat	PGIMS, Rohtak	PGIMS, Rohtak
4	Are you facing problems because of your child disability	yes	Yes	yes	yes	Yes
5	Is your work load increased due to your child disability	yes	Yes	yes	yes	Yes
6	Are you facing problem of financial crisis	yes	Yes	yes	yes	Yes
7	Is there any other person in your family having same kind of disability	yes	No	no	yes	No
8	Are you facing problems of time management with your disabled child	yes	Yes	yes	yes	Yes
9	Have you eaten certain kind of drug at the time of pregnancy	Mother is already mentally retarded	No	No	yes	No

**RESULT:-**

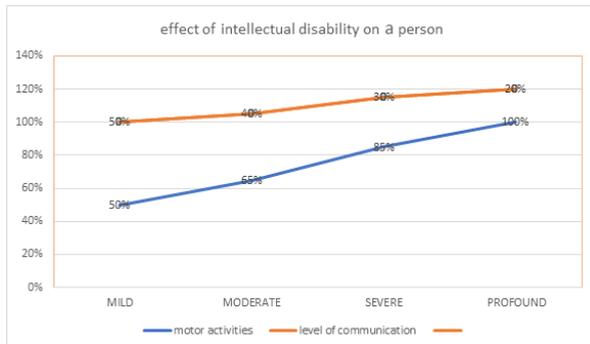
following are the impacts of mental retardation or intellectual disability have been observed from present study on a person itself, on his/her family and on society also.

**Impacts on a person itself:** - following are the impacts of MR on a person itself:-

- Lack of daily life skills it means a mentally retarded person

is unable to perform their daily life activities like bathing, toileting, eating, grooming etc. without help of others.

- Lack of independent living.
- Lack of motor activities such as fine motor as well as gross motors.
- Problems in communication because they don't know how to communicate with others, what to speak etc.
- Problems in adjustment in society.



**Impacts on family:- following are the impacts on family:-**

- The work load on a family being increased because a disabled person is unable to perform their work by himself/herself, they require help of others for their daily routine work and it increases pressure of work on family members and their life get disturbed.
- The families whose economic background is weak they face a problem of financial crisis because the disabled person is totally dependent on their family for their livelihood and this will increase economic burden on family.
- Family has to faces problems of adjustment in society because they could not carry that disabled person with them everywhere and this will create a gap between society and that family.
- Family also faces problems of time management because they have to give their most of the time to that disabled person and it will create lots of problems for family members because their own life style would be affected or we can say that they have to change their living style because of that one person.
- With the disabled person family will also fill mental harassment from society because society knows them with the disability of that person and taunting them like she is a mother of visually impaired girl, he is a father of a blind son etc.

**Impacts on society:- following are the impacts on society:-**

- A disabled person is unable to adjust in society likewise society also feels problem in adjustment with a disabled person although the society tried to adjust with a disabled person and encourages them e.g., now the disabled person in India is called **Divyang** to encourage them.
- Like family society also faces economic problems because the money which is used to develop a disabled person that money can be used somewhere else if disabled person will not be present in our society.
- Society also having problems in time management e.g., in any of the exam the extra time will be given to a visually impaired person it is better for that person but it has to disturbed the society time management and put extra efforts for their teaching as well.

**CONCLUSION:-**

it is hereby concluded from present study that reason for every child mental retardation or intellectual disability are different. Some children are mentally retarded because their mother have taken out stress at the time of pregnancy and some because their mother have eaten certain kind of drugs and some have acquired from their family members who have already been disabled. It is also concluded that mental

retardation affected family as well as society in various ways along with the person itself. Family affected in various ways like workload increased, financial crisis, problem of time management etc.

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