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## Role Of Quality Of Life Of Among Mothers Having Children With Multiple Disabilities

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### Abstract

**Background and Purpose:** Multiple disabilities is a complex developmental disorder which is fast growing in nature across the world. The intent of the study was to evaluate the Quality of Life (QOL) of mothers having children with multiple disabilities (MD). **Methodology:** The study used a purposive sampling technique and total sample of 60 mothers having children with multiple disabilities were included in the current study. The tool employed for the data collection was WHOQOL- BREF and the data was analyzed using descriptive statistics such as frequency distribution, percentages, mean and standard deviations using SPSS 21.0. **Results:** The result depicted that 41% mothers demonstrated that poor quality of life while 30% showed their life in neither good nor bad. 21% mothers perceived their life is good and 5% mothers had very good quality of life and very few i.e 3% of mothers having children with multiple disabilities expressed very poor quality of life. Mothers having children with multiple disabilities displayed significant impairment in their quality of life especially in the area of Environmental and Psychological domain. **Conclusion:** Findings of the current study will be helpful in building intervention programs and policy making to enhance quality of life of mothers having children with multiple disabilities.

**Keywords:** Mothers and children with multiple disabilities, Quality of Life

### Introduction

Every parent hope for a healthy baby, but occasionally parents is blessed with a kid that has a disability, often against their wish. Onset of symptoms in multiple disabilities occurs within the first three years of life and includes three general categories of behavioural impairment common to all persons who have multiple disabilities: Qualitative impairments in social interaction, Qualitative impairments in

communication and restricted, repetitive and stereotyped patterns of behavior, interest and activities (Diagnostic and Statistical Manual of Mental Disorder, 4<sup>th</sup> edition -2010). Quality of life as is a multidimensional concept and it is very important for each individual. In day-to-day living, it can be expressed in different contexts. Namely, it is associated with a sense of happiness, life satisfaction, fulfilment of desires and needs, including the need of security. The concept quality of life understood as an individuals' Perception of their position in life in context of the culture and value systems in relation to their goals, expectations, standards and concerns (WHO, 2012). Parenting a child with disability is not an easy task (Peshawaria and Ganguli, 1995). Having a child with a disability affects not only the psychological stress levels of the parents, but major life decisions as well. Parents having autism children and parent having children with mental retardation showed impairment in all the four domains compare to parents of healthy children (Malhotra, Khan and Bhatia, 2012). There were significant differences in the QOL of parents having a child with disability depending on the type of disability variable, favoring parents having a child with learning disability who had the highest QOL scores, followed by parents having a child with physical disability, then parents having a child with mental retardation, and finally, parents having a child with Autism who had the lowest degree of QOL (Haimour and Hawwash, 2012). Parents of children with PDDs seem to display a higher burden, probably for a combination of environmental and genetic factors. Within this group of parents also those of High function autism or Asperger syndromes people have higher burden (Mugno et al, 2007). Multiple disabilities in children in causes not only financial burden but also leads to incomplete state of wellbeing in physical, psychological and social health of the parents. This research study was an attempt to investigate the Quality of Life of parents having children with multiple disabilities.

## **Research Methodology**

### **Design:**

A cross sectional research design was employed in the current study and used a survey method for collection of data.

### **Sample:**

A sample of 60 mothers of children with multiple disabilities were included in this study who were regularly coming to special school namely AVVAI HOME, school for special children and B.V.S.N MOORTHY, a Center for special children at Chennai district of Tamil Nadu, India during 2020. Inclusion criteria has followed mothers whose age range 25 years and above having children with multiple disabilities and exclusion criteria was mothers had children only with single disability.

### **Tool:**

WHO Quality of Life BREF (WHO QOL BREF, 2012), it comprises of 26 items categorized

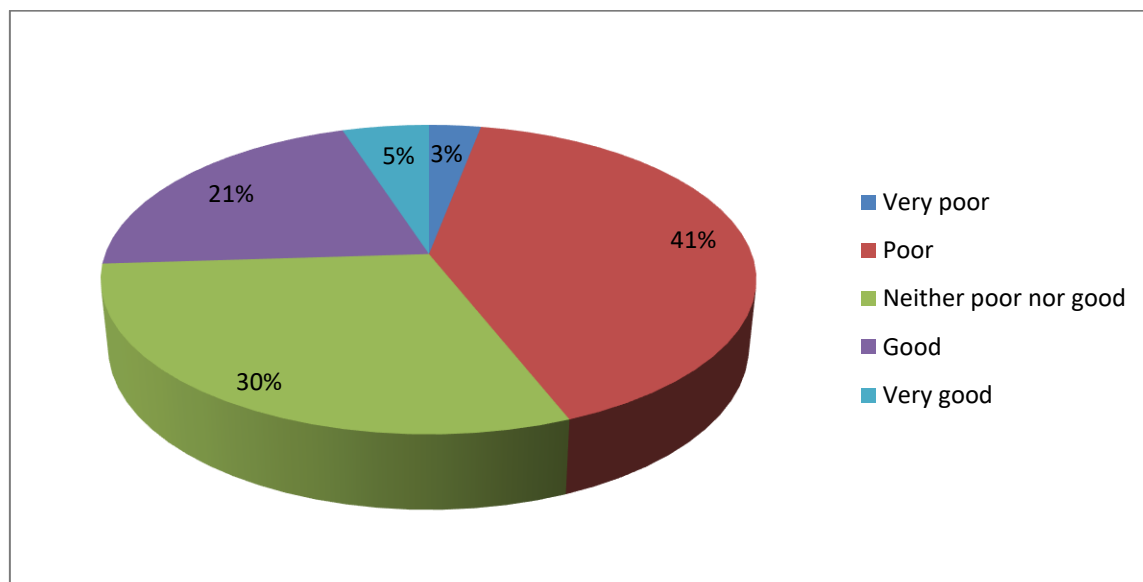
into four broad domains: physical health, psychological well-being, social relationships and environment. The items are rated on a 5-point scale. Internal consistency, Cranach alpha values for each of the six domain scores ranged from .71 (for domain 4) to .86 (for domain 5), Test and retest reliability ranged from 2-8 weeks. Correlations between items at time points one and two were generally high, it ranging from .68 form the Safety facet to .95. The Purposive sampling technique was used to choose sample population.

### Results and Discussion

The sample comprised of mothers having children with multiple disabilities.

**Table 1: Individual Overall Perception of Quality of Life.**

SNo.	Quality of Life	Percentage of mothers responses having Childrenwith multiple disabilities
1	Very poor	3%
2	Poor	41 %
3	Neither good nor bad	30%
4	Good	21%
5	Very Good	5%



**Graphical representation of Table-1**

Table: 1, Scores indicated that 41% mothers expressed that poor quality of life while 30% expressed their life in neither good nor bad. 21% mothers perceived their life is

good and 5% mothers showed very good quality of life even though having children with multiple disabilities. 3% of mothers having children with multiple disabilities expressed very poor quality of life. Similar study has done by Haimour and Hawwash (2012), who found that the QOL of parents having a child with disability depending on the type of disability variable, favoring mothers having a child with learning disability who had the highest QOL scores, followed by parents having a child with physical disability, then parents having a child with mental retardation, and finally, mothers having a child with multiple disabilities who had the lowest degree of Quality of life. This may be due to the fact that the mothers are adjusting with change in behavioural and other activities of daily living problems of their child.

**Procedure:**

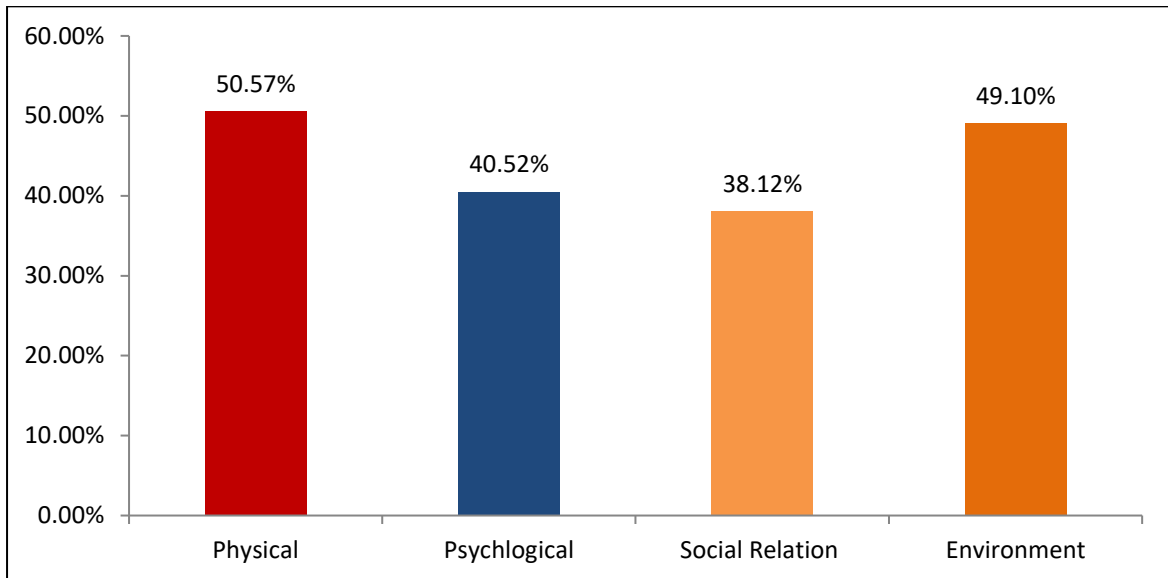
Before data collection the school authorities and principle had informed regarding the nature of research work and once got the permission; firstly a brief instructions were given to the mothers of multiple disabilities children. After the instructions, the researchers took a written consent from all the mothers having children with multiple disabilities. Finally the research questionnaires were given to participants to complete appropriately. The data was collected over a period of two months from February to March 2020.

**Table-2 Mean and SD of quality of life of parents of children with Multiple disabilities on four domain of WHO Quality of Life BREF**

S.No	Domain	Parents having children with MD N=60 (M+SD)
1	Physical	50.57 ± 18.90
2	Psychological	40.52 ± 12.96
3	Social Relation	38.12 ± 20.06
4	Environment	49.10 ± 17.14

Table 2 Comparison of all the four domain of Quality of Life of mothers having children with multiple disabilities.

**Figure: 1 Graphical representation of Mean score of mother’s perception of children with MD on all four domains WHO Quality of Life BREF**



### Domains of WHOQOL-BREF

Table 2 depicted those mothers having children with multiple disabilities perceived poor quality of life in social relation and psychological domains while they showed average quality of life in physical and environment domains of WHO Quality of Life BREF. The finding of this research goes side by side with Malhotra, (2012) found that parents having children with autism display higher Burdon and poor quality of life in psychological and social relation compare to physical and environment domains. This may be because multiple disabilities child needed more time to assist for daily living activity and parents has worries about child's health and treatment.

### Conclusion

Mothers having children with multiple disabilities demonstrated significant impairment in their quality of life especially in the area of psychological and environment domain .Findings of this study will be helpful for mothers of children with multiple disabilities and will be helpful for enhancing their quality of life by implementing intervention programs and policy making. The role of govt. authorities is very prominent; Human Resource Development should consider the availability of stress management, mental health programs, conferences and workshops for mothers of children with multiple disabilities and also to the teachers, special educators.

### Suggestions

Followingsuggestions were drawn from the findings of result and are listed as follows.

- Similar study can be conducted with a larger sample drawn from all districts of the state,so that the finding could be further more generalized.

- Further studies can be done to discover the need and attitude of mothers, sibling and other family member towards inclusive educational aspects for multiple disabilities children.
- Parental self-help groups can be initiated to develop and strengthen the external support system for families.
- For the better improvement in the quality of life the relaxation techniques like yoga, walking and mediation will be helpful for parents to cope up with the stress.
- As per the Persons with disability (PWD), National Trust and, RCI acts insist that the disabled children are having right to education and all the children with disabilities should be recommended for inclusive education.

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