



“DIFFERENTIALLY ABLED LIFE AND THE STRESS RELATED TO IT”

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ABSTRACT :

When parents learn that their child has a disability, they begin a journey that takes them into a life that is often, filled with a strong emotion, difficult choices, interactions with many different professionals and specialists, and an on-going need for information and services. Initially, parents may feel isolated and alone, and not know where to begin their search for information, assistance, understanding and support.

KEYWORDS : *parents learn , professionals and specialists , information and services.*



INTRODUCTION :

The impact of having a disabled child is strongly felt in the family. Although having a disabled child affects the whole family major brunt is faced by the parents. They suffer from various problems like psychological, financial, emotional, social, etc.

Children with special needs drain enormous amount of energy, time, and money. For parents having a special child may increase stress, take a toll on mental and physical health, make it difficult to find appropriate and affordable childcare and affect decisions about work, education, training, having additional children and relying on public support. It may be associated with guilt, blame or reduced self-esteem. Marital problems are reported to be present to a greater degree because of lack of time for nurturing the marriage plus the frequent disagreement among parents on what needs to be done for the child.

In today's society, having a disability can add enrichment and challenge to aspects of life. It can also increase the likelihood of marginalisation within society as people have been shown to react to disability in many discriminatory and stereotypic ways. People with disability often have to face feelings of fear, guilt, pity or discomfort in others in addition to physical barriers and limitations that may be inevitable consequences of some forms of disability. These authors hypothesise that, because of additional challenges in life, people with a disability may report higher than average stress levels. The study aimed to reveal what aspects of life bother people with different forms of disability. Ninety-nine adults with a visual, intellectual or physical disability completed a self-report stress scale. Contrary to expectation, total stress levels did not seem to be unusually high. All participants acknowledged their disability, but only half regarded it as a stressor in itself. Participants with a visual, physical or intellectual disability reported similar levels and patterns of stress with no highly significant differences between the groups. In accord with general research findings, significantly higher stress scores were found for females, those feeling unhealthy, those experiencing a recent major life event and those who found no time to relax. Although not definitive, this study provides preliminary evidence that people

with various types of disability do not report particularly high levels of stress despite having to come to terms with particular hardships associated with their disability.

REVIEW OF LITERATURE

Families caring for children with disabilities face particular challenges and demands compared to those caring for children without disabilities. Evidence suggests that there is considerable variation in how caregivers of children with disabilities adapt to their caregiving demands and stressors. The different adaptations to the children with disabilities may cause different impacts on the health and well-being of caregivers. This paper provides a brief overview of the literature on the impact of caring for children with disabilities on the health and quality of life of caregivers and the factors related to the health outcomes and quality of life. A literature search was conducted by using various electronic databases, including PsychINFO, ScienceDirect, ProQuest, and MEDLINE using specific key terms. Thirty-one articles published in peer-review journals from the last six years (2009-2014) were reviewed.

Mothers and fathers of 125 handicapped/chronically ill children were compared with parents of 127 matched nondisabled children from three separate samples with respect to personal stress, marital satisfaction, and social network size and density. Only mothers of disabled children experienced higher levels of stress than comparison parents. No differences were found in marital satisfaction. Few group differences were found for social network variables, although mothers of handicapped children had higher-density networks than comparison mothers. A series of ANOVAs examined differences among the three types of families of handicapped children. Significant differences among the groups were found for social network but not family stress variables. The results are discussed in terms of general differences between families with and without a disabled child, and point to the need to identify patterns within different types of family systems in conducting future research in this area.

Long-term limitative conditions, especially for children, lead to stress for the individual and particularly for their family. Under difficult circumstances and beyond one's ability of adaptation, stress would be spread to every aspect of life and would lead the person to show an adaptive or non-adaptive response.

Having a child with developmental or psychological problems is always stressful for their parents who are taking care of them, even when the child is a grown up person, which would cause a constant incompatibility of parents with their child's disability. These parents, other than bearing financial pressures, are always facing emotional pressures such as feeling ashamed or feeling guilty.

Life stress is a central construct in many models of human health and disease. The present article reviews research on stress and health, with a focus on (a) how life stress has been conceptualized and measured over time, (b) recent evidence linking stress and disease, and (c) mechanisms that might underlie these effects. Emerging from this body of work is evidence that stress is involved in the development, maintenance, or exacerbation of several mental and physical health conditions, including asthma, rheumatoid arthritis, anxiety disorders, depression, cardiovascular disease, chronic pain, human immunodeficiency virus/AIDS, stroke, and certain types of cancer. Stress has also been implicated in accelerated biological aging and premature mortality. These effects have been studied most commonly using self-report checklist measures of life stress exposure, although interview-based approaches provide a more comprehensive assessment of individuals' exposure to stress. Most recently, online systems like the Stress and Adversity Inventory (STRAIN) have been developed for assessing lifetime stress exposure, and such systems may provide important new information to help advance our understanding of how stressors occurring over the life course get embedded in the brain and body to affect lifespan health.

NEED AND SIGNIFICANTS OF THE STUDY

The present study aims to evaluate a set of oxidative stress biomarkers in the amniotic fluid (AF) of women carrying Down syndrome (DS) fetuses that could prove in vivo the early occurrence of oxidative damage in DS. To assess the extent of protein oxidation in DS AF, we measured protein

carbonylation and protein-bound HNE by slot-blot analysis, total and oxidized GSH levels by enzymatic assay and heat shock proteins (HSPs) thioredoxin (Trx) induction by Western blot. Further, by a redox proteomics approach specific targets of protein carbonylation were identified. We found increased levels of oxidative stress, as indexed by increased protein oxidation, lipid peroxidation, reduction of GSH and Trx levels and induction of the HSP response. By a redox proteomics approach, we identified selective proteins which showed increased oxidation in DS fetuses compared with healthy controls. The identified proteins are involved in iron homeostasis (ceruloplasmin and transferrin), lipid metabolism (zinc- α 2-glycoprotein, retinol-binding protein 4 and apolipoprotein A1) and inflammation (complement C9, α -1B-glycoprotein, collagen α -1V chain) with critical relevance in the clinical outcome of DS. Our results indicate that oxidative damage is an early event in the DS pathogenesis and might contribute to the development of deleterious DS phenotypes, including abnormal development and AD-like neuropathology.

OBJECTIVES OF THE STUDY

- The objective of this study was to examine whether parenting stress experienced by caregivers in a household with a disabled member is greater when the disabled member is the caregiver, or the child, and how much of these respective relationships is explained by poverty.
- To assess the parenting stress among the parents of differently abled children.
- To identify the factors related to parenting stress among the parents of differently abled children.
- To find out the association between parenting stress and factors affecting parenting stress.
- To find out the association between parenting stress and selected demographic variables among the parents of differently abled children.
- To compare the quality of life of mothers of children with intellectual disability and mothers of normal children.

HYPOTHESIS

- There would be significant difference between all domains of quality of life of mothers of children with intellectual disability and mothers of normal children.
- The present study focuses on the distorted self-esteem and the high level of depression, stress and anxiety among the physically disabled. According to International Classification of Functional Disability (ICF), physical disability is a state with remarkable defect, limitation or inability of certain organs or processes of the body, which create hurdle in carrying out normal physical movements and thus affect normal functioning in different areas of life.
- The disabled individual may likewise regress to a lower level due to personality maladjustment. Disabled individuals have problem of adjustment in a society that labels anyone that does not fit the description of the normal individuals.

RESEARCH METHODOLOGY

Coping strategies of differently-abled students can result in a variety of health-related, affective and behavioural outcomes. The study used the narrative design. The population was made up of differently-abled students. A quota sampling method was employed to select 50 differently-abled students. An interview guide was used to obtain the data and used thematic content analysis to developing categories. Themes found in the data indicated that differently-abled students described coping strategies as personal, peer, family and institutional support to help live a normal life.

LIMITATIONS OF STUDY

- Disability studies are an all-new realm of academics. It deals not with the medical aspect, but the social, cultural and political realms.
- "Disability studies looks at how people and society see disability," "It's a field that has activism involved in it and uses a humanistic approach."

- Disability doesn't mean limitation. Disability studies came into being to thwart the discrimination, oppression and marginalising of the community in society.
- Differently-abled' is a euphemistic term, and not one that is true to the situation existing in our society.

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