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**A STUDY OF PSYCHOLOGICAL VARIABLES IN MOTHERS OF  
INTELLECTUALLY DISABLED CHILDREN**

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**ABSTRACT**

A mother has the most beautiful and strongest bond with her child. It makes her the happiest person in the globe, but her happiness comes at a cost. The most important thing a mother can do for her child is to love them unconditionally. Every child is significant to a mother, and she works hard to provide her child the greatest possible upbringing. Having a handicapped kid, on the other hand, poses a distinct set of challenges for her. The birth of a handicapped child is an unanticipated event that has a detrimental influence on the lives, emotions, attitudes, and conduct of mothers. Daily duties such as caring for and engaging with disabled children are much more physically and emotionally draining for mothers. She is always seeking for new ways to better prepare her disabled child for the future and cope with any problems that may occur. Unlike mothers of medically sound children, mothers of handicapped children often express concern, irritation, and confusion about their own abilities to care for their children. Moms of children with intellectual impairments face social stigma since most members of the community or neighbourhood are ignorant of or misinformed about persons with mental retardation. People have a low tolerance for deviant behaviour, thus women are often careful of bringing unwelcome attention to their family in public places. Parents must commit a large amount of time and energy to fulfil the needs of a child who is cognitively handicapped. Preoccupation with caregiving demands, loss of normal child expectations, disrupted family routines, negative societal attitude toward the condition, behavioural problems of the child, lack of leisure activities, lack of mutual relationship, little or no control over disability, financial burden, lack of guidance and support services, and all of these factors contribute to frustration, stress, and depression. Due to the hard physical labour and mental anxiety of caring for the child's health needs, the mother's attention is



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focused on the child rather than her own health status and requirements. Furthermore, since women are the primary caregivers and bear the bulk of the burden involved with caring for their disabled child throughout their life, these mothers are more likely to become dissatisfied and clinically depressed. As a consequence, moms of intellectually impaired children are more likely to suffer negative psychological effects associated with a child's traits, such as greater financial and care-giving responsibilities and emotions of being unprepared for parenting chores. All of these negative psychological repercussions contribute to these mothers' low feeling of well-being. As a consequence, in order to properly deal with obstacles and maintain their feeling of well-being, mothers of children with intellectual impairments must be emotionally sophisticated.

*Keywords: Psychological Variables, Mothers, Intellectually Disabled Children*