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Level Of Psychological Problems Among The Parents Of Deaf Children

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Abstract

The WHO estimates that about 360 million people worldwide have hearing. Parents with profoundly deaf children face long-term problems that might cause them a lot of psychological problems. To assess the level of anxiety, depression and stress among the parents of deaf children.

An analytical cross sectional study design w[1]as conducted on a sample of 176 parents both Male and Female by using the purposive sampling technique. Data were collected from Feb 2022 to June 2022 and depression, anxiety and stress scale 21 items (DASS-21) was used to collect data, analyzed and evaluated with help of statistical package for science version 23. A total of 176 parents both male and female assessed to find out the level of Stress, Anxiety and Depression among the parents of deaf children. The results of this study show that 50.0% parents were having extremely sever level of anxiety while 30.1% parents were having extreme level of depression level and 19.3% parents were having sever level of stress while 33.0% parents were having normal level of stress. In conclusion, the findings of this study highlight the significant burden of anxiety, depression, and stress faced by parents of deaf children. Recognizing the prevalence of these psychological challenges underscores the urgent need for targeted interventions and support services tailored to the specific needs of this population.

Key word: *Anxiety, depression, stress, deafness, parents, psychological issues.*

Introduction

According to the World Health Organization, sorrow, strains, and stress are usual intellectual diseases that affect a person's private life and lead to unsuitable conduct, feelings of regret, diminished self-esteem, and loneliness. Stress, strain, and discomfort are all exacerbated by sensorineural hearing loss. People with impairment often have a social problem, such as reduced pleasure and retreat from social activities. [1] Depression and stress are vital mental troubles, which have many bad consequences. Attentions problems, weight gain or exceed, sleeplessness or excessive sleeping, reduce energy, upset or grief, and death fears are all signs

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of depression. Stress, on the alternative hand characterized by stressful sensations, thoughts, and bodily changes. Those who are deaf have an extensively larger intellectual effect than those who are not deaf.[2] According to a poll, anxiety disorders impact more than 33.7 percent of respondents. As a result, the stress that comes with having a deaf child includes not just the disability but also the difficult adjustment to the needs of a hearing-impaired or deaf child. The tension that occurs among special needs kids has certain negative implications for the caregivers, such as high levels of stress, worry, and sadness.[3] It should also be noted that stress levels may range across parents depending on several factors such as the number of physical and emotional impairments, the family's financial condition. The parent's social class, the mothers, and fathers understanding of their child's disability.[4] Sadness can have a serious effect on a child's development because depressive moms are less aware of their child's needs and thus less successful at nourishing their children's communication and psychosocial development.[5] Parents with profoundly deaf (D/HH) children face a unique combination of long-term issues that can put them under a lot of stress. Individual and social adjustment skills that parents have needed to deal with these tensions and obstructions influence their capacity to adjust to the many challenges that child with hearing impairment face.[6] The severity of a child's deafness might affect a hearing parent's stress level. Other variables, such as the occurrence of other impairments, as well as those associated with the child's parents, such as household budgets, childcare problems, and supports, can all contribute to maternal tension.[7] Additionally, early treatment by clinicians who give psychological support and practical counsel for children with HL (Hearing Loss) may (indirectly) decrease parental stress, resulting in improve language and social-emotional results.[8]

Literature Review

A Study was conducted by Salwa A.in 2021. The objective of this study is to evaluate tension and anxiety levels among those who became deaf during the first wave of the pandemic in the United Arab Emirates. The respondent in the research were 36 (n = 36) people who were born deaf and aged 20.3 1.2 years. The applicant was separated into two groups: (1) those living with their parents (n = 20), and (2) those who were living sole (n = 16). According to the result, the number of normal mental well-being cases among those living with caregiver decreased from May to October (p 0.05). It was observed that living with parents better deaf respondents' capacity to cope with worry and despair. Furthermore, women obtain more levels of anxiety and sadness sooner than males, according to this study. Deaf persons seem to be more at risk for the psychological effects of the COVID19 pandemic. As a finding, early intervention could be made to satisfy their mental health requirements, such as sign language interpreter teaching and mental well-being professional training.[9]

A study conducted in 2021 by Baradaran et al. deaf persons are among the most vulnerable populations at the time of the epidemic in Covid-19, which has created numerous psychological issues. This study focused on behavioral issues, worries disorders, and sadness in deaf kids and teens whose moms had or didn't have tiredness symptoms during the COVID-19 epidemic. A causal-comparative methodology was adopted in the investigation. All mothers of deaf children and adolescents in the Iranian cities of Qazvin, Arak, and Malayer made up the study's statistical population. For this study, 87 women were gathered using the convenience sample method Information was collected using the Level 2 Parent / Guardian Depression Scale, the Level 1 Spence Children Anxiety Scale, the Revised Behavioral Problems Checklist, and the Fatigue Assessment Scale. Multivariate Analysis of Variance was used to compare the two groups (MANOVA). The findings revealed that compared to deaf children of mothers without fatigue signs, deaf offspring of mothers with fatigue signs had greater mean values of anxiety disorders (panic, social withdrawal, and fear of physical injury, social phobia, and generalized anxiety disorder) and depressed mood. However, there was no discernible difference in behavioral problems between the two groups. The results suggest that

mother tiredness may have a role in anxiety disorders and depression in deaf children and adolescents should be examined and suitable psychological interventions must be appropriate and psychological measures should be employed to alleviate the issue.[10]

A study was conducted by Karim Savaria in 2021. This study sought to investigate how stress level, support networks, and adaptability impacted the living standard for parents of handicapped children. The population of the data comprised all parents of disabled children living in Behbahan city. 250 volunteers in all agreed to take part in the study. Among the instruments utilized in the study were the Connor-Davidson Resilience Scale, the Perceived Stress Scale (PSS), the Multidimensional Scale of Perceived Social Support, and the World Health Organization Quality of Life Questionnaire-Short Form (CD-RISC). The results point to a negative and significant relationship between parents of children with disabilities and their perception of stress. The standard of life of parents with handicapped children as well as social and adaptability were also strongly and favorably correlated. The stepwise regression study also showed that stress, resilience, and social support may explain and predict 59% of the difference in the quality of life of parents of challenged children. [11]

A study was conducted by Long, Johanna in 2021. The goal of this study was to determine if Australian kids with different degrees of hearing loss experienced higher anxiety symptoms than kids with normal hearing. Additionally, we investigated the relationship between child anxiety symptoms and recognized risk variables such parental anxiety and depression, diagnostic age, early intervention and device fitting, hearing device type, and peer issues. 65 parents of hearing-impaired children between the ages of 4 and 11 (M = 6.05, SD = 1.60) who were look for treatment at an Australian specialized hearing clinic comprised the participants. Using normative data based on parent reports, we construct that children with hearing problem have less anxiety sign than their hearing peers. The only component that was shown to be connected with kid anxiety was the parents' psychological discomfort. When compared to parents of ability to hear children, parents of children with hearing loss feel more emotional discomfort. This shows that caregiver require extra help to manage the community and financial pressures that come with hearing loss in children.[12]

Material and Methods

It was Cross sectional analytical study design. Non probability purposive sampling was used. Sample size was calculated on the basis of prevalence (66.10%) of anxiety and depression in mothers of children with profound sensor neural hearing .The sample size(N=176) was calculated through online sample size calculator by using the formula of prevalence.(\https://www.mjdrdypu.org/article.asp?issn=0975-2870;year=2014;volume=7;issue=6;spage=717;epage=720;aulast=Noohi). The duration of this study was February 2022 to June 2022. The DASS -21 Scale divided in too 21 items to measure anxiety, stress and depression .Both Parents of Deaf Children's were included in this study. Parents of children having any other disability having other comorbid (Mental disability, delayed milestones, syndromes) were excluded from the study. Data were collected from Innyat Foundation Academy for Deaf in Lahore City. Different age range of children were in data collection (3-5years, 10-15years and more than 15years). After taking written consent form the parents of Deaf Children. Data was collected from INNYAT Foundation Academy for the Deaf. After the Permission of higher Authorities of INNYAT Foundation for the Deaf. Deaf Children was identified using school Records. Deaf children Parents was contacted for interview. Data was collected from parents through Standardized Questioner DASS 21 of Anxiety Depression and Stress scale was used. Data was analyzed and evaluated with help of the statistical package for social sciences SPSS-Version 23. For the measurable variables like age, mean and standard deviation was calculated and for qualitative variables like gender, frequency and percentage was calculated.

Results

Table 1: Demographic variables (N=176)

Age of Child	**Frequency (f)**	**Percent (%)**
3-5 years	3	1.7
10-15 years	83	47.2
More than 15 years	40	22.7
Gender of Children		
Male	106	60.2
Female	70	39.8
Child Study Stage		
Pre-school	26	14.8
Primary school	109	61.9
Preparatory	13	7.4
Secondary	28	15.9
Child Ranking		
First	76	43.2
Second	33	18.8
Third	25	14.2
Last	42	23.9
Age of parent		
25- 30 years	29	16.5
30-45 years	100	56.8
45-60 years	44	25.0
more than 60 years	3	1.7
Gender of Parent		
Male	95	54.0
Female	81	46.0
Total	176	100.0
Education level of parents		
could not read or write	32	18.2
Primary Learning	36	20.5
Secondary Learning	64	36.4
universal Learning	44	25.0
job status of parents		
Working	93	52.8
Not Working	82	46.6
income/family stability of parents		
Not Stable	109	61.9
Stable	67	38.1

Table 2: Level of depression among the parents of deaf children (N=176)

Level of depression	**Frequency**	**Percent**
Normal	16	9.1
Mild	31	17.6
Moderate	46	26.1
Severe	30	17.0

extremely severe	53	30.1

Table 2 shows that frequency and percentage were carried out age of child total sample consisted of 176individuals in whom there were, majority of individual 53 at level of percent (30.1) were in extremely severe level of depression, 46 individuals at level of percent (17.0) were moderate level of depression, 31 individuals at level of percent 17.6 were in mild level of depression, 30 individuals at percent of 17.0 were in severe level of depression and16 individual at level of percent (9.1) were in normal.

Table: 3 Level of anxiety among parents of deaf children (N=176)

Severity of anxiety	Frequency	Percent
Normal	16	9.1
Mild	3	1.7
Moderate	43	24.4
Severe	26	14.8
extremely severe	88	50.0

Table 3 shows that Frequency and percentage were carried out age of child Total sample consisted of 176individuals in whom there were, majority of individual 88 at level of percent (50.0) were in extremely severe level of Anxiety, 43 individuals at level of percent 24.4 were moderate level of Anxiety, 16 individuals at level of percent (9.1) were in normal, and 3 individuals at level of percent (1.7) were of mild anxiety.

Table: 4 Level of stress among the parents of deaf children

Severity of stress	Frequency	Percent
Normal	58	33.0
Mild	29	16.5
Moderate	31	17.6
Severe	24	13.6
extremely severe	34	19.3

Table 4 shows that frequency and percentage were carried out the age of child Total sample consisted of 176individuals in whom there were, majority of individuals 58 at level of percent (33.0) were in normal level of stress, 34 individuals at level of percent (19.3) were extremely severe of stress, 31individuals at level of percent (17.6) were in moderate level of stress, and 29 individuals at level of percent (16.5) were of mild level of stress.

Discussion

A study conducted in 2022 by Rasha Galal Abdelrahman. The study's purpose was to see how deaf and dumb parents deal with their children's psychological distress. A descriptive correlational research technique is used in this study. The study employed a convenience sample of 100 parents of deaf and mute children. More than half of the parents polled are depressed or anxious in some way. Furthermore, more than half of the parents questioned admitted to being moderately stressed. There was a statistically significant negative connection between overall stress symptoms and total coping. While the overall coping of the examined parents was very statistically negative in connection to their total anxiety, depressive, and stress symptoms, there was a highly statistically positive relationship between their total coping and their total anxiety, depressive, and stress symptoms. Parents of deaf and mute children are more likely to experience psychological discomforts, such as depression, anxiety, and stress, and are more likely to suffer from moderate

sadness, anxiety, and stress. The present study consisted of 176 individuals in whom there were, majority of individual 88 (50.0%) were in extremely severe level of Anxiety, 53(30.1%) were in depression and 34 individuals (19.3%) were in stress respectively. 30 individuals (17.0%) were in severe level of depression, 26 individuals(14.8%) were in Anxiety and 24 individuals(13.6%) were in Stress, respectively. 46 individuals a (17.0%) were moderate level of depression, 43 individuals(24.4%) were of Anxiety and 31individuals (17.6%) were of stress respectively. 31 individuals (17.6 5) were in mild level of depression,29 individuals (16.5) were in stress, 3 individual (1.7%) were anxiety respectively, 58 (33.0%) were normal without any symptom of depression, Anxiety and Stress.[13] A study was conducted by Munoz KF in 2021 . A cross-sectional study comprised tools to assess psychological distress, functional impairment, and psychological inflexibility. Parents with younger deaf or hard-of-hearing children with low income, children with various disabilities, and greater psychological rigidity may have worse psychosocial well-being. The present study shows that the parents who were having low incomes show more anxiety and depression as compared to the parents who have high socio-economic status.[14]A study was conducted by Nazia Firdous in 2019, Parents of 100 hearing impairment and 100 intellectual disabilities youngsters, both male and female, aged 1 to 16 years, participated in this cross-sectional study (n = 200). The goal of this analysis was to evaluate the mental stress experienced by parenting of profound children with hearing impairment (HI) to parents of children with intellectual disabilities (ID), as well as the association between disability and psychological stress. , the average total parental psychological stress score was 61.85± 17.1 (HI and ID) (p0.01). The majority of persons in the HI group (n=53, 26.5 percent) experienced moderate psychological stress, whereas the majority of people in the ID group (n=70, 35 percent) experienced profound psychological stress. Both HI and ID parents were concerned. The present study consisted of 176 individuals in whom there were, majority of individual 88 (50.0%) were in extremely severe level of Anxiety, 53(30.1%) were in depression and 34 individuals (19.3%) were in stress respectively. 30 individuals (17.0%) were in severe level of depression, 26 individuals(14.8%) were in Anxiety and 24 individuals(13.6%) were in Stress, respectively. 46 individuals a(17.0%) were moderate level of depression, 43 individuals(24.4%) were of Anxiety and 31individuals (17.6%) were of stress respectively. 31 individuals (17.6 5) were in mild level of depression,29 individuals (16.5) were in stress, 3 individual (1.7%) were anxiety respectively , 58 (33.0%) were normal without any symptom of depression, Anxiety and Stress.[15]

Conclusion

In conclusion, this study sheds light on the prevalent psychological challenges experienced by parents of deaf children, revealing anxiety as the most commonly reported concern, followed by depression and stress. These findings underscore the importance of providing comprehensive support and resources tailored to address the diverse emotional needs of parents navigating the unique journey of raising a deaf child. By acknowledging and addressing these challenges, professionals and support networks can play a crucial role in promoting the psychological well-being and resilience of these parents, ultimately fostering healthier family dynamics and enhancing overall quality of life for both parents and children alike.

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