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Perception of burden and psychological stress in parents of hearing impaired and intellectually challenged children in punjab

Introduction: The birth of a hearing impaired or intellectually challenged child influences the dynamics and interaction of the whole family leading to possible problems within family. Due to any or a combined disability diagnosis of a child, parenting of such children can be a stressful experience and result in perception of burden.

Objectives: The main objective of this study examines levels of perception of burden and psychological stress in parents of hearing impaired and intellectually challenged children in different areas of Punjab, Pakistan and relationship between perception of burden and psychological stress.

Methodology: Study has cross sectional aspects. 100 parents of hearing impaired children (HIC) and 100 parents of intellectually challenged children (ICC) participated in the study. Sample was selected through non-probability convenience sampling. Information was gathered through basic demographic sheet, parental stress scale (PSS) and caregiver burden inventory (CBI).

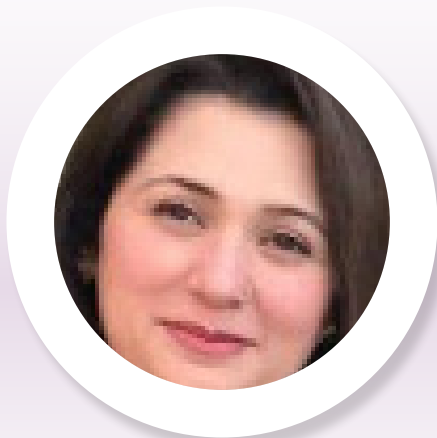
Results: The sample population (n=200) consisted of 65 (32.5%) males and 135 (67.5%) female respondents, with a mean age 41.23+6.709 years. The mean of total parental psychological stress score was 61.85 (HI 47.73+10.08, IC 75.98+9.12) and mean of total caregiver burden was 53.95 (HI 46.47+10.91, IC 61.44+11.8) with significant correlation between disabilities (HI & IC) and psychological stress as well as perception of caregiver burden with p value of p<0.01. In HI group moderate psychological stress (n=53, 26.5%) and moderate level of caregiver burden (n=49, 24.5%) predominated, while in IC group profound level of psychological stress (n=70, 35%) and severe level of caregiver burden was noted (n=74, 37%) in majority of participants.

Conclusion: Parents of ICC had more stress and level of caregiver burden than parents of HIC. Young parents, male parents, single parents, those with lower levels of education and parents who had children with profound level of disability had high levels of stress and caregiver burden. It is suggested that parents must be facilitated with such coping mechanisms towards stressors that will produce positive perception and behaviour towards their ICC and HIC and maximize the quality of life of such children with successful settlement and integration into society.

Biography

Nazia Mumtaz obtained her PhD in Rehabilitation Sciences and is Assistant Professor at Shifa Tameer-e-Millat University, Islamabad Pakistan. She has been teaching and supervising researches since 2012 for MS Speech Language Pathology, MS Hearing Sciences. She is an Associate Editor for International Journal for Rehabilitation Sciences, and Reviewer for "Journal of Riphah College of Rehabilitation Sciences". She is a Consultant SLP at Al Nafees Medical (600 bed) Hospital, Islamabad, Member of WFNR and Analyst in national newspapers. She has obtained Fellowship in Clinical and Research Neurorehabilitation, Department of Rehabilitation Medicine from Seoul National University Bundang Hospital, 2016, South Korea. She has also completed her Certification from World Federation for Neurorehabilitation in Neurological Rehabilitation, Seoul National University Bundang Hospital, 2015, Korea. Among the prominent courses, she attended London School of Hygiene and Tropical Medicine, Public Health Planning course for Hearing Impairment, 2015 and Practical Medical Writing, by J Patrick Barron Adjunct Professor, 2016 at SNUH, Seoul. Her academic qualifications include MS/MPHil in Speech Pathology. She remained as HOD for Speech Language Therapy at Al Nafees Hospital and Member Technical Advisory Group for National Neonatal Hearing Screening Program, Ministry of Health Services and Regulations, Government of Pakistan. She has been involved in Clinical Practice since 2004. She was a Keynote Speaker in several international conferences with the latest presentation in 2018.

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