

# Promoting Mental Health by Stress Management to Parents of Disabled Children

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**Abstract** - Stress has become a vital health problem for both men and women, nowadays even children are prone to stress in the new normal pandemic period and studies have said that Yoga is a proved and cost effective possible way to reduce stress. The purpose of this study was to look at the methods that promote mental health by de-stressing and examine whether yoga and other methods can be an efficacious approach for managing stress among parents from north Chennai, Perambur whose children are physically or mentally ill. The study adopted intervention program which provides stress relief to the participants and helps to improve their mental health. The results indicated that MSBR was most welcomed stress management method among the selected participants.

**Index Terms** - Yoga, Stress, Coronary Heart Disease, Hypertension, Behavioral Therapy.

**Abbreviations:** Mindfulness-Based Stress Reduction (MBSR)

## INTRODUCTION

Stress may be a pervasive issue in trendy society and has become a world public ill health. Continuous stress might cause unproductive rumination that consumes energy and reinforces the expertise of stress itself. In addition, elevated stress will challenge resilience aspects like hope and capability to forgive. Though sure levels of stress might end in improved effective functioning, there's proof that a highest deal of stress will negatively have an effect on each physical and mental state. Stress has been coupled to disease, migraines, obesity, muscle tension and aching, high steroid alcohol, coronary cardiovascular disease,

cardiovascular disease, stroke, and alternative quality of life problems that have an effect on human beings. Previous ways to make an attempt to manage and disrupt the negative effects of stress on the mind and body have enclosed varied strategies like time management, conflict resolution, communication skills, including social support, developing humor, spirituality, constant meditation, exercise, yoga, and occasional massage. Communication techniques, like active listening, are examined as a good suggests that of managing social stressors. Humor will soothe nerve-wracking things and preclude negative life events from leading to mood instabilities. Humor additionally helps in managing stress by increasing cheerfulness, which regularly results in exaggerated social support. Spirituality, meditation, and yoga have all shown decreases in chronic pain, anxiety, stress, and depression.

One stress management technique that has more increasing attention is that the idea of mindfulness, that originally has its roots in Buddhism and might be found within the Abhibdamma and also the Visuddhimagga, an outline of the portion that deals with meditation. Attentiveness is outlined by Kabat-Zinn as a moment-to-moment activity and is developed by particularly for the present moment, with a non judgement, non-strain perspective of acceptance. This status permits one to expertise thoughts and feelings in a very approach that emphasizes their judgement and transient nature. Mindfulness has been related to exaggerated health outcomes. As an example, Kabat-Zinn recorded enhancements in pain detoriation, body image, activity

levels, medical symptoms, mood, affect, anxiety, depression, and shallowness. Alternative studies have shown evidence by serving individuals deal with several issues, as well as chronic pain, fatigue, and stress reduction, varied kinds of cancer, cardiovascular disease, kind a pair of polygenic disorder, psoriasis, and sleep disorder.

#### OBJECTIVE

The core objective of the article is to

- To identify the best stress reduction technique for the parents with disabled children.
- To carry out successful intervention program and verify its effectiveness.

#### REVIEW OF LITERATURE

Stress-related health issues, like chronic fatigue, muscular pain and burnout, have hyperbolic dramatically in fashionable societies in recent years (European Commission, 2000), in an exceedingly review of work-site stress management interventions, together with muscle relaxation, meditation, training program, cognitive-behavioral skills and combos of those techniques, Irish potato (1996) terminated that the effectiveness of the interventions varied per the health-outcome live used.

Cognitive-behavioral skills were simpler for psychological outcomes, whereas muscle relaxation techniques were simpler for physiological outcomes. A literature review was revealed in 2009 that checked out all the trials until that point that had studied the results of mindfulness-based stress reduction on stress management in nonclinical populations.

Yoga is associate ancient Indian follow specializing in respiratory and physical exercises, thereby combining muscle relaxation, meditation and physical exertion. There's an excessiveness of yoga colleges, of that one amongst the foremost common is Kundaliniyoga. Kundaliniyoga is characterized by exercises (kryias) that stimulate the blood flow and energy provide to the brain, the system and therefore the glands within the endocrine system (Singh-Khalsa, 1998).

#### SCOPE

Stress management is a vital and mandate quality a human being should possess and especially for parents whose children are different from the rest of us,

concern about their future and increasing age in parents creates a untold fear of life and automatically inefficiency in their performance as a parent and at work which puts stress into their heads. By inculcating the right stress management technique one can easily face the challenges with hope and solve problems in wise manner. This study has adopted intervention program that involves methods that focus on mental health development of parents of disabled children.

#### METHOD

The study adopted intervention program into five sections: relaxation, discussion on home assignments, psycho-education, management techniques, and introduction of new home assignments. The participants were asked not to let out any information about the content of the methods with each other during the sessions. Twenty-six women and fourteen men with self-reported stress-related problems agreed to participate in the study. Three individuals dropped out. In all, 37 participants completed the treatments: 17 on the cognitive behavior therapy program, and 16 on the yoga program. The 10 sessions in each program ranged over a 4-month period during the last four months of 2021. The times of sessions were based on the preferences of the participants and the scheduling of the sessions was carried on. Yoga and behavior therapy was initially held weekly. The methods employed concerned the following activities problem-solving, assertiveness training, goal setting, time management, cognitive and behavioral restructuring etc and finally a structured questionnaire. SPSS was used to carry out the statistical findings to support the article.

#### DATA ANALYSIS

Table 1 - Percentage analysis

Interpretation

From the above percentage analysis it is evident that 45 Percent of respondents belong to age group is between 25 years to 35 years and 36 percent of respondents are male.32 Percent of respondents have completed graduate level of education and 74 percent are married. 33 percent of the respondents have an income level is Rs.25,001 – 35,000 and 34 percent of the respondents are having 2 children and 47 percent of the children are mentally disabled. 59 percent of the respondents are residing in own house and 39 percent

of the respondents agree their ability to manage time. 37 percent agree that they are able to manage stress and 33 percent support mindfulness-based stress reduction type of stress management technique.

S.No.	Particulars	Percentage
1	Age	
	Less than 25 Years	24
	25 – 35 Years	45
	Above 36 Years	31
2	Gender	
	Male	36
	Female	64
3	Level of Education	
	Professional	27
	Graduate	32
	High School	25
	Other	16
4	Marital Status	
	Married	74
	Divorced	26
5	Income Level	
	Less than 25,000	21
	25,001 – 35,000	33
	35,001 – 45,000	29
	More than 45,001	17
6	Number of children	
	1	42
	2	34
	>3	24
7	Type of Disability	
	Psychical	42
	Mental	47
	Both	11
8	Housing Condition	
	Own House	59
	Rent House	41
9	Ability to manage time	
	Agree	39
	Neutral	34
	Disagree	27
10	Ability to manage stress	
	Agree	37
	Neutral	29
	Disagree	24
11	Type of Stress management	
	Yoga	20
	Meditation	30
	MSBR	33
	Behavior therapy	17

### ANALYSIS OF VARIANCE

Table – 2 indicating the mean scores age and ability to manage time.

H<sub>0</sub>1: There is no significant difference among mother’s age and ability to manage time

H<sub>1</sub>1: There is significant difference among mother’s age and ability to manage time

Source of variance	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	137.65	3	45.88	1.26	0.303

Within Groups	1347.25	34	36.41		
Total	484.9	37			

(Source: Primary data)

Note: \*Significant at 0.05 level, \*\*significant at 0.01 level, \*\*\*significant at 0.001 level

### Interpretation

The table 2 mentioned the difference between mother’s age and ability to manage time. The F ratio is 1.26 and the table value for V<sub>1</sub>=3 and V<sub>2</sub>=34 at the level of significant of 5% is 2.61. If the table value is higher than the F ratio value it confirms that null hypothesis is accepted. Here the p value is 0.303 which is greater than the 0.05 significant levels and it confirms that there is no significant difference among age and ability to manage time.

Table - 3 indicating the mean scores Income level and ability to manage stress.

H<sub>0</sub>2: There is no significant difference among Income level and ability to manage stress

H<sub>1</sub>2: There is significant difference among Income level and ability to manage stress

Source of variance	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	615.23	3	205.08	2.94	.0474
Within Groups	2373.64	34	69.81		
Total	2766.88	37			

(Source: Primary data)

Note: \*Significant at 0.05 level, \*\*significant at 0.01 level, \*\*\*significant at 0.001 level

### Interpretation

The table 3 mentioned the difference between Income level and ability to manage stress. The F ratio is 2.94 and the table value for V<sub>1</sub>=3 and V<sub>2</sub>=34 at the level of significant of 5% is 2.61. If the table value is lesser than the F ratio value it confirms that null hypothesis is rejected. Here the p value is 0.0474 which is greater than the 0.05 significant levels and it confirms that there is significant difference among Income level and ability to manage stress.

### KARL PEARSON TEST

Table 4 Correlation test to test significant relationship between Type of disability of the children and Type of stress management.

H<sub>0</sub>3: There is no significant difference among Type of disability of the children and Type of stress management.

H<sub>13</sub>: There is significant difference among Type of disability of the children and Type of stress management.

		Type of disability	Type of stress management
Type of disability	Pearson Correlation	1	.310**
	Sig.(2-tailed)		.018
	N	37	37
Type of stress management	Pearson Correlation	.310**	1
	Sig.(2-tailed)	.018	
	N	37	37

\*\* Correlation is significant at the 0.01 level (2 tailed).

The above table 4, shows that a there is a positive correlation observed between Type of disability of the children and Type of stress management. Type of disability of the children and Type of stress management has strong positive correlation with score of 0.310 and significant at 1% level. From the table 4 hypothesis H3 is supported at 1% significant level. Thus there is a significant relationship between Type of disability of the children and Type of stress management.

#### DISCUSSION

Hence the analysis states that there is a difference in mother’s income level and their ability to manage stress, and there existed correlation among the type of disability and the effectiveness of the stress management technique adopted. According to the findings of the intervention and the analysis it is found that mindfulness-based stress reduction sessions are welcomed by the participants as it involved training in regular mindfulness practices, including “body scan, sitting meditation, and Hatha yoga”. The body scans which focuses on paying attention to body parts and bodily sensations in sequence, in a slow sweep of attention through the body from head to toe. In sitting meditation, the initial focus of this mindful attention is on breathing practices, the rising and falling abdomen, and also focuses on other perceptions and a state of awareness of cognitions and the flow of thoughts and distractions that pass across the mind. Mindful movement relays on Hatha yoga and concentrates on moving the body through a set of postures to increase greater strength, balance, mobility, and body awareness. Hatha yoga is in the program as to encourage attentiveness to body sensations and movement. In all of these exercises, when thoughts

originate and attention wanders, the practice is to bring back the attention to the desired focus. Participants are also told to practice mindfulness informally by brining attention to emotions, thoughts, and appraisals that occur while moving along with everyday activities, including walking, eating, driving, working, and conversing. MBSR is based on training attention through secular, meditation techniques. It aims to change our relationship with stressful thoughts and events, by decreasing emotional reactivity and enhancing cognitive appraisal.

#### CONCLUSION AND DIRECTION FOR FUTURE STUDIES

Mindfulness-based stress reduction may be a wide disseminated and often cited example of heedfulness coaching that has been shown to cut back stress, depression, and anxiety Mindfulness-based stress reduction programs are wide researched and positive results according among an array of clinical and nonclinical populations, as well as cancer patients, mixed un-wellness populations, health care professionals, continued education students, and faculty undergraduates which also supports the present article.

Mindfulness-based stress reduction teaches people to look at things and thoughts during a nonjudgmental manner while not reacting to them unthinkingly and helps folks develop a additional automatic consciousness of experiences, and will represent a good instrument for the reduction of stress. This analysis provides some indication of however mindfulness-based stress reduction will facilitate folks deal with the impact on their lives, of varied conditions and stressors. Future studies can be adopted on how other factors apart from MSBR can support in stress reduction and with large number of respondents.

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