

A Systematic Review and Research Agenda on Mental Wellbeing of the Caregivers of Intellectually Disabled Children

Abdul Hameed P. V. ^{1*} & Suphala Kotian ²

^{*1} Research Scholar, Institute of Social Sciences and Humanities, Srinivas University, Mangaluru, Karnataka, India.

Orcid ID: 0000-0002-6454-1303; Email: hamidputhooor@gmail.com

² Research Professor, Institute of Social Sciences and Humanities, Srinivas University, Mangaluru, Karnataka, India.

Orcid ID: 0000-0002-5747-4982; Email: suphalakotian.cssh@srinivasuniversity.edu.in

Area/Section: Psychology.

Type of the Paper: Literature review-based analysis.

Type of Review: Peer Reviewed as per [C|O|P|E](#) guidance.

Indexed in: OpenAIRE.

DOI: <https://doi.org/10.5281/zenodo.6501978>

Google Scholar Citation: [IJMTS](#)

How to Cite this Paper:

Abdul Hameed, P. V. & Kotian, Suphala (2022). A Systematic Review and Research Agenda on Mental Wellbeing of the Caregivers of Intellectually Disabled Children. *International Journal of Management, Technology, and Social Sciences (IJMTS)*, 7(1), 335-353. DOI: <https://doi.org/10.5281/zenodo.6501978>

International Journal of Management, Technology, and Social Sciences (IJMTS)

A Refereed International Journal of Srinivas University, India.

CrossRef DOI: <https://doi.org/10.47992/IJMTS.2581.6012.0194>

Received on: 28/12/2022

Published on: 30/04/2022

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Orcid ID: 0000-0002-6454-1303; Email: hamidputhoo@gmail.com

² Research Professor, Institute of Social Sciences and Humanities, Srinivas University, Mangaluru, Karnataka, India.

Orcid ID: 0000-0002-5747-4982; Email: suphalakotian.cssh@srinivasuniversity.edu.in

ABSTRACT

Purpose: *Intellectual disability is an umbrella term that focuses on the difficulties in understanding, comprehending, and applying things. Children having intellectual disabilities will have difficulty in adaptive functioning like understanding, communicating, identifying, learning, giving attention, or thinking. The main aim was to identify and intervene in the mental well-being of the caretakers and parents having intellectually disabled children. To elicit parents' perspectives on benefits for children having intellectual disability in connection with demographic details, formative years, resources, and to confront the consequences of upbringing a child with intellectual disability.*

Design/Methodology/Approach: *Systematic literature, resulting in the publication of studies that centered on the mental health of parents and caregivers of children having intellectual disability. Systematic literature scrutiny was performed using the search words intellectually disabled children, caregiver/ parents/ mother and mental health and well-being in the electronic databases Research gate, Academia, Google Scholar, and Psyc Info.*

Findings/Result: *As a result of caring for their challenged children, parents frequently experience physical and psychological discomfort, negatively impacting their psychological well-being in daily life. Parents of children with severe disabilities may suffer more stress while caring for them since they demand more physical exertion. For a variety of reasons, it is considered that parents' physical and psychological well-being has a direct impact on their children. This article reviews the various literature and the interpretation can be useful for clinical purpose to improve, understand issues among caregivers of disabled children and also to provide future directions, to improve parental well-being by reducing parental stress. Parents of children with intellectual disabilities are more likely to suffer from mental health problems, according to research.*

Originality/Value: *This review presents key findings from studies that show parental stress and the need for psycho education to help parents give their children with intellectual disabilities with evidence-based assistance and intervention. Given the increased risk of stress, anxiety, and depression that this demographic has been linked to, we first address stressors and challenges associated with intellectual disability, as well as the future direction of the present research. Following that, we describe contemporary trends and difficulties and seek to fill in gaps in the existing literature, indicating that more research is needed. We conclude that future research on psychoeducation intervention and relaxation therapy for improving the subjective wellbeing of caregivers of intellectually challenged children is needed. Implementing parental interventions in parallel with the child's interventions may raise mental health.*

Paper Type: *Systematic literature review-based analysis.*

Keywords: Caregivers, Intellectually Disabled Children, Mental Health, Wellbeing, ABCD analysis.

1. INTRODUCTION :

Intellectual disability is marked by substandard intelligence or inner competency and absence of expertise inevitable for routine. These are skills that are required in everyday life, such as the ability to communicate successfully, interact with people, and control oneself. People with an IQ of 69 or below on the Wechsler Intelligence Scale for Children were suspected of having an intellectual impairment. For a variety of causes, intellectual impairment may be suspected. If a child's IQ and modifiable actions are both low, he is termed intellectually handicapped. There are number of different signs and symptoms of intellectual disability occurred in children. Signs may appear during immaturity, ordering instruction. It frequently depends on the inflexibility of the disability. Severe or profound intellectually disabled children may suffer other health problems. This problem may include seizures, mood disorders (anxiety, autism, etc.) motor proficiency impairment, vision problems or earshot problems [1][2][3].

The parents and primary caretaker of intellectually disabled children have stressful life. Sensibilities of avoidance are common, but infrequently long presto. Constantly the resolution of intellectual disability isn't made until after the first span of life, and the parents also have to make great changes in their possibilities and anticipations for the child. They frequently experience prolonged depression, guilt and inadequacy to manage with inner well-being. People have numerous dreams for their children. Manifesto of these anticipations doesn't do, but deep down they remain. When the opinion of intellectual disability is given, their images of their child's capabilities decimate. They start imagining that the expedients they formerly vision will be insolvable. It's pain fullest for parents to reuse the news that their ward has intellectual disability, and they begin to understand that their lives are bound to be entirely different than what they had anticipated it to be and the news is inviting. When there's a child in the condition of intellectual disability social conditioning come a bother. Easy accommodation isn't easy for autistic children. The family will have prospects and try to fulfill them as realistic as possible but it'll not turn as realistic as they had sounded it to be. Despite situational adaptations recollections cannot be made. Though families dream to involve together, they frequently don't indulge in conditioning because they appear too delicate to manage. Angles of family life that affected by the opinion of intellectual disability are family recreation, finances, parents' physical and internal good, meeting siblings' requirements, stock connections, connubial connections, housekeeping, connections with musketeers, neighbors, and cousins. A child having intellectual disability presents a variety of problems that will have a direct negative effect on parents and family functioning. The impacts on colorful aspects of family lives are affected including general ménage chores, expenditure, minimized recreation and relaxation exercise, significant stress throughout all family members, physical health of family members, ignorance or neglect of other children's necessities, simulated blood partnerships. There will be unstable alliances with extended family, intimates, and neighbors. Children of parents having intellectually disabled will be expanded threat of neglecting care, which could lead to health, experimental and behavioral problems, or increased threat of intellectual disability [4][5]. Research recommends that the aggregate of intellectually impaired people with children is adding. Intellectual disabilities don't inescapably beget parenthood difficulties, but it may impact on an existent's role of parent productively [6][7].

Due to the deliverance changes happen not only in the life of the child diagnosed but also in that of family members. Families and alliances may be strengthened by managing with the pressures of having intellectually differently able children, through a great support system and a lot of hard work to avoid tragedy [8][9]. Having an intellectually differently able child is stressful and time-consuming. This frequently conflicts with the need and desire to spend time with other family members neglecting their own requirements and personality- care [10][11]. This review focuses farther exploration on social support and parenthood skill for parents having intellectually impaired children. Much more significance in psycho education and relaxation therapies and impact of similar interventions. The substantiation for maternal proficiency tutoring suggested that behavioral grounded interventions are more useful than lower ferocious forms correspondent as reading pamphlets and the privilege of common services [12][13][14].

2. OBJECTIVES OF THE REVIEW PAPER :

- (1) To analyse various research reviews pertaining to the mental wellbeing of parents and care givers having intellectually disabled children.
- (2) To learn more about how parents and caregivers of intellectually impaired children manage their mental health and well-being.
- (3) To identify various research agendas related to Mental wellbeing of Parents and care givers having intellectually disabled children.
- (4) To choose a research agenda for further research based on priority.
- (5) To suggest the further research on mental well-being of parents and care givers of intellectually disabled children.

3. METHODOLOGY OF DATA COLLECTION AND ANALYSIS :

The purpose of this study is to learn more about how caregivers of intellectually disabled children think about stress and worry. It also considers future directions for parents of children with intellectual disabilities in terms of psychological well-being and mental health therapy. The associated formation was obtained from a number of secondary sources for review. Secondary sources include published literature from a variety of scholarly journals that was found using key words and reference list searches in Pub Med, Google Scholar, ERIC, and Psych Central. The following were among the review's inclusion criteria: Studies on mental health and well-being published in peer-reviewed journals in the last ten years, as well as outcomes. To comprehend the view of mental illness, the associated study work published in these journal articles is summarized.

4. RELATED WORK /REVIEW OF LITERATURE BASED ANALYSIS :

4.1. Primary Caregivers of Intellectually Disabled Children's Mental Health:

Mohammadreza Bayat, et al. (2011) Differentiate between parents of children with intellectual disabilities and parents of normal pupils in terms of psychological issues. Parents of 100 intellectually impaired children were interviewed, and the similarities of 100 common students in inclusive and special schools from second to fifth grade were compared. Parents of intellectually disabled children's psychological concerns were compared among 50 moms and fathers of intellectually disabled children. According to the study, parents of children with intellectual disabilities had more psychological problems than parents of normal children, and there was a difference in hostility, anxiety, obsessive compulsive disorder, interpersonal senility, and psychotics between mothers and fathers with intellectual disabilities [15]. Mother tolerated and suppressed in their mind anxiety, stress, and psychological problems than that of fathers. Parental age is another factor for copying stress and anxiety. Depression of mother is more than others especially caregivers and fathers it focuses sufficient interactions of mother and children, it always cheerful and language development [16].

In another study which was about psychological welfare of care givers of children having intellectual disabilities: using parental oppression as an arbitrating factor conducted by Cramm and Nieboer (2011) examined the effect of parental stress. Lack of relaxation and other social activities increase parent stress, study expresses that parents and care givers of intellectually disabled children neglected their own chronic conditions in favor of disabled kids [17]. Parents with higher education and better financial support reported less behavior complications in their children perceive less bothered by their services and have better mental health outcomes than less educated parents [18]. They aim to define caregivers of intellectually impaired children who require constant outside help and care, as well as to uncover the factors that influence parental stress and psychological well-being when caring for their children. According to the findings, parental stress and child depressive tenderness had a significant impact on psychological well-being [19]. The findings revealed that children's awful or depressive feelings and pain levels were dramatically associated to carers' psychological well-being. Caregiver education level and congregational limits due to caregiving chores were also revealed to have significant associations.

Muhammadwaqar, et al. (2013) In a cross-sectional study about anxiety and depression among parents of children with intellectual disabilities in Pakistan, 198 parents, 99 fathers, and 99 mothers of children with intellectual disabilities were assessed at a tertiary care hospital in Pakistan [20]. Mothers exhibited higher levels of anxiety, depression, or combined anxiety and depression than fathers, according to the data. Participants in the study varied in age from 2 to 18 years old and had been diagnosed as parents

of intellectually disabled children who had a history of chronic life-threatening illness. For the purposes of study, descriptive statistics of socio-demographic information were gathered; parents were divided into mothers and dads. Each group is further split based on their children's level of intellectual disability and mental diagnoses of anxiety, depression, or both [21]. According to the findings of this study, mental health therapists must be aware of these concerns and should focus on psychological well-being and relaxation therapies among caregivers of children with intellectual disabilities, as well as providing appropriate intervention and scaffolding.

Kumar, P., et al. (2014) Intellectually handicapped youngsters exhibited significant anxiety levels, according to a study called Anxiety and Depression among Caregivers of Intellectually Disabled Youngsters [22]. At the G.G. Govt. Outpatient Hospital's Department of Psychiatry, a socio-demographic and clinical data sheet was utilized to collect information on children with intellectual disabilities and their caretakers. The study looked at the effect of age as a factor in having a high depression score [23]. Children with disabilities are the responsibility of older caregivers. They are still concerned, but they have the ability to cope. The age has a substantial relationship with cognitively impaired children, according to this study. Female caregivers are more affected by their intellectually handicapped children than male caregivers while caring for their intellectually disabled children. Because of the small they have not found the significant correlation between the education status, but it has been found in earlier studies that care-givers who have depressive score and they need psychological interventions [24].

Savage and McConnell (2015) In terms of tension, anxiety, and depression, the stress and frustration levels of families with children with intellectual disabilities were shown to be greater than the national average [25]. It has been scientifically proved that poor mental health can affect a child's cognitive development. Relationship between intellectual handicap of the kid and parental psychological distress is the outcome of increased psychological anguish [26]. According to another study, families that care for children with intellectual disabilities have higher levels of psychological distress and dysfunction than the general population. It should be benefit for the psychological intervention and relaxation therapies behavior therapies which can be minimize the stress and can equip these with effective coping strategies [27].

Yamaoka, et al. (2016) Based on assess the association between mental health of carers of children with disabilities, conducted a study titled Mental Health of Parents as Caregivers of Children with Disabilities [28]. This study has promoted mental wellness, particularly among those with low socioeconomic level. Parents of children with developmental difficulties must deal with mental health issues [29]. The quality and amount of social support offered by carers should be analysed in order to improve education and relaxation therapy for both children with disabilities and their caretakers.

G, Anjali K., et al. (2017) systematically studied the quality and quantity of the care-givers social support, services such as psycho education and relaxation therapies for both child with disabilities and their caregivers and also the domain of social relation among the mothers of these children [30] [31]. Also examine that mother of intellectually disabled children need lot of outsource support such as social assistance, financial support and a good health care system to meet the neediness of children [32]. For the wellbeing of mothers positive hope to be supplied by society and governing system, to be aware of long term assistance needed both mental and financial support [33] [34].

Those parents having intellectually disabled children have direct link with their wellbeing and marital adjustment. Lack of acceptance makes more stress to the students and it affects cohesiveness. Batool, et al. (2018) The attitude of parents of children with intellectual disabilities was systematically analyzed, the objective of the research was to examine parents' environments for children of intellectual deactivation [35]. The analysis of the feeling of data, attitude associated with sex, age and education of parents of these children. The results of this current research are coordinated with many other investigations that the descriptive study was carried out and the data collected by the method of measuring the sample of 200 children with intellectual disabilities, of 200 hundred parents were parents of normal children. The parents were between the ages of 26 and 65, and the children were between the ages of 6 and 15. According to the research, there is a considerable difference in parental authority between parents with normal children and parents without normal children. There is no significant difference between fathers and mothers' attitudes toward deactivation of children, no significant

difference in parental attitudes toward children with intellectual disabilities based on age, and a significant difference in parental attitudes toward children with intellectual deactivation based on training [36] [37].

Dunn, K., et al. (2019) This study focused on maternal nurses, asks how mental well-being of the parents having intellectually disabled children among parents in the population [38]. Is the psychic or mental well-being of the supervisor of the parents with interment disabilities for the financial resources of the parents, the social support of parental, social support or parental perceptions of children's characteristics? The mental wellbeing of the father and the mother of differently able children, with the fathers of normal children were less likely to show poor mental health. The results of this review show that children and young adults play a small role with intellectual disabilities. This statement raises important questions, Parents want to participate in the care, and if so, then what barriers experience. This information could help policy makers and improve parents' services and support. Thus, it proves that the necessity of the mental wellbeing among the needy pupil. Children with intellectual disabilities point to the hard spot for poor parental well-being. The couple relationship concerns the well-being as opposed to each other in childcare affects the well-being [39].

Table 1: Review of Related Research Publications on Needs and Challenges of Parents and Primary Caregivers of Intellectually Disabled Children

S. No.	Area	Findings	Reference
1	Needs and Challenges of Parents and Primary Caregivers of Intellectually Disabled Children	To recognize the needs of parents of children with intellectual impairments, make a distinction between the needs of fathers and mothers of children with intellectual disabilities. Take into account the parents' needs in terms of socioeconomic difficulties.	Sahay, et al. (2013). [40]
2	Psychosocial Factors in Mentally Challenged Children's Parents.	The goal of this study was to discover if there were any changes in stress levels between parents of children with intellectual disabilities and parents of children without intellectual disabilities	Kersh, Hedvat, Hauser-Cram & Warfield (2006). [41]
3	Burden and depression among parents.	The goal of this study was to investigate caregiver load and depression among parents of impaired children, as well as to estimate the burden level of disabled children's parents.	De Goumoëns, et al. (2018). [42]
4	Self-Esteem and Alienation.	Analyses the self-esteem and alienation of the parents of intellectually disabled children with reference to age-and sex	Harman, et al. (2018). [43]

Table 2: Review of Related Research Publications on Mental Health of Parents and Primary Caregivers of Intellectually Disabled Children

S. No.	Area	Findings	Reference
1	Mental Well-being	Studies involve education and training programmes aimed at improving parents' ability to provide their children with intellectual disabilities with research-based support and conciliation. First, we discuss the constraints and challenges that come with parenting a kid with an intellectual disability, as well as the relative features of	Khamis, V. (2007). [44]

		existing studies in terms of stress, anxiety, and depression in everyday life.	
2	Mental Well-being	Appropriate intervention improves the family caregiver burden.	Koolae & Etemadi (2010). [45]
3	Mental health and perceived stress.	Intervention training programs has a key role on Mental well-being.	Ara & Chowdhury (2014). [46]
4	Intervention	Support for parents of A.S.D children is desperately needed, including psychosocial therapies, relaxation therapy, and group dynamics.	Oti-Boadi, et al. (2020). [47]
5	Wellbeing	Parents of children with intellectual disabilities were asked to rate their quality of life and family stress.	Kumar, et al. (2020). [48]

Table 3: Review of Related Research Publications on Mental Well-being of Parents and Primary Caregivers of Intellectually Disabled Children

S. No.	Area	Findings	Author Name
1	Mental Health	Analysis Mental wellbeing and mental disorder. Ensure better life situation.	Gamm, Stone & Pittman (2010). [49]
2	Nature and Characteristics of Mental health.	Analyses Psycho Social factors of Mental illness and examined the public knowledge about the treatment.	Ando, Yamaguchi, Aoki & Thornicroft (2013). [50]
3	Mental health and Well being	Identifying the mental health of parents compared to Socio economic status.	Dunn, et al. (2019). [51]
4	Mental illness and learning impairments.	Identifies the roadblocks and opportunities to obtaining mental health assistance in order to better their natural skills.	Whittle, et al. (2018). [52]
5	Mental illness and intellectual disability	Finds Mental disorder are associated with intellectual disability. It varies with age, gender, socio economic status and type of intellectual disabilities.	Einfeld, et al. (2011). [53]
6	Mental illness and intellectual disability are two common causes of intellectual disability.	Finds child behavior check list higher than that of nonintellectual children.	Jacoby, et al. (2020). [54]
7	Interface	Examines that mental wellbeing problems limiting their social interactions. Findings lead to sustainability of mental health through social dynamics.	Girimaji, et al. (1999). [55]
8	Mental-Well being	Systematically analyses the psychiatric disorder and symptoms, compare with general population. Finds that higher level of social	Mori, et al. (2018). [56]

		ability and competency appear to protect mental health.	
9	Care-givers Mental health	Examined that care givers mental health related to their Socio -economic factors and social support and coping strategies.	Savage & Bailey (2004). [57]
10	Psycho social intervention to intellectually disabled children	How intervention can mediate or enhance general well-being with reference to Socio-economic details.	Mouilly, et al. (2014). [58]

Table 4: Review of Related Research Publications on Parents and Primary Caregivers of Intellectually Disabled Children

S. No.	Area	Findings	Reference
1	Parents and primary care givers	Examines child outcomes compared to the level of intellectual capacity. Results that no consensus about intellectual capacity.	Collings & Llewellyn (2012). [59]
2	Parental support for caring children with intellectual disability.	Suggested that Environmental characteristics and educational background of parents as factor of copying styles and stress, Parental cognitive domain influenced the accessibility of interventions.	Hassall & Rose (2005). [60]
3	Anxiety and Depression among parents.	Parental distress and children's attention are related. Found that mothers suffer more burden compared to father.	Uslu, Erden & Kapci (2006) [61]
4	Stress and Intellectual Disability.	Parents of children with intellectual challenges, according to research, are under a lot of stress. Isolation feelings.	Aldosari, et al. (2014). [62]
5	Coping Strategies.	Examined that Dysfunctional coping was the useful predictor for parental stress, Interventions reflects their feelings.	Woodman & Hauser-Cram (2013). [63]
6	Depression and use of Mental Health Services.	Usage of child welfare and mental health services for coping depression.	Abbeduto, Seltzer, M, Shattuck, Krauss, Orsmond & Murphy (2004). [64]
7	Behavioural problems	Behavioural problems increase d by parental stress. Personality traits and marital adjustment correlated stress factor.	Baker, Blacher & Olsson (2005). [65]
8	Scaffold parents of intellectually disabled children.	Found that lack of social support parents of intellectually disabled children suffers more problems like marital dysfunction, social isolation, adjustment problems among peer groups and siblings.	Al-Yagon, M. (2015). [66]

9	Stress level and coping Strategies.	Parents of exceptional children are found to be more stressed than parents of typical children. Stress coping tactics were also compared, with the results revealing that there is no difference in coping methods.	Jenaabadi, H. (2014). [67]
10	Stress and coping strategies in families.	Families with intellectually disabled children suffer mentally and psycho social stress, it leads physical disturbance.	Bawalsah, J. A. (2016). [68]

Table 5: Review of Related Research Publications on care-givers of intellectually disabled children.

S. No.	Area	Findings	Reference
1	Care giver's coping strategies and Quality of life	Study found that active emotional coping strategies is the best method. Reducing the burden Rehabilitation programmes much more useful.	Bonab, Motamedi & Zare (2017). [69]
2	Impact of intellectual disability and family function	Intellectually handicapped children have more challenges with family function, marital satisfaction, and coherence.	Manor-Binyamini, I. (2011). [70]
3	Burden among care giver's of intellectually disabled children.	Study revealed that expressed emotion towards intellectually disabled children is based on care givers burden. Family communication style also modified.	Padencheri & Russell (2004). [71]
4	Primary and secondary effects of interventions	Study revealed that evidence-based interventions reduced psychological distress within short period.	Roberts, et al. (2006). [72]
5	Parenting stress and Psychological functioning.	According to the findings, children's poor behaviour was linked to greater parental stress and sadness. For children with developmental disorders, clinical intervention is required to mediate problem behaviour.	Davis & Carter (2008). [73]
6	Mental Health	Parents of children with intellectual disabilities have poor mental health and require psychological assistance when compared to typical parents.	Venkatakrishna Shastry & Vranda (2012). [74]
7	Mental Well being	The study assess the relationship between parental states of mind, it enhance the capacity of coping.	Horsley & Oliver (2015). [75]

5. DISCUSSION AND NEW RELATED ISSUES :

Care giving and caregiver are described as when family members provide concrete aid and mutual support to one another as part of typical family interactions. The role of care givers takes up a new noticeable appearance when the child in the family exhibits some impairment which is purely developmental. Within such issues, the parents are bound to handle and tackle the confrontations of health problems which are faced by their child's status of biological or developmental disability [76][77][78][79][80].

Care giving is described as exchanges in which one family member regularly assists another with duties that are required for independent living. The role of parents in upbringing of children, care, quality education and overall success in life are well documented, reporting that children having ID are potential problems to themselves, their caregivers and the society at large, if their conditions are not effectively managed thereby constituting nuisance to the public at large [81]. Studies revealed that the involvement of parent depends on social status of families, educational levels, single parenting and occasionally, ethnicity [82]. In special education Supervisors only if they love and appreciate students, help them achieve sufficient academic performance, and professional work strengthens their self-confidence. Dignity of an individual, which allow students to gain morality, then one can recommend the provision of information, financial support and encouragement. Training programs as a prerequisite for overcoming challenges related to the nursing profession. Family stress and agony inter relates psycho social well-being. The Quality of Life is strongly associated with the coping of stress among parents of intellectually disabled children. We need to understand, which aspects of psychological well-being are the most impacted there by the factors that influence parental mental health? [83][84][85].

6. RESEARCH GAP :

It has also been found that both parents perceive a balance of the PSYC family and the quality of life. Most parents and primary caregivers stated that social interests, such as family outings, relaxation therapies, and leisure time with their partners, other children, or friends, are not important to them. Researchers noticed these limitations, as well as cares' stress levels. Possible research agendas based on the research gap is Intellectual disability is a generalized disease that appears before adulthood, characterized by a significantly compromising cognitive operating operation. If children diagnose delays, their parents can experience the psychological movements that are experienced by suicide persons. On the other side, it forces residential activities to destroy the dynamics in the family [86][87]. Consequently, the roles of the family member have to change. Implement skills and improvement focused on the family of programs to provide political and legislative processes. Secure delivery of well- organized parent's kits and adaptation to obtain knowledge and accept interventions, give parents and children in a variety of positive results of behavior [88]. The upbringing of children is an imbalance in the characteristics of the family system that highlights the need for the psych oration of parents [89].

7. POSSIBLE RESEARCH AGENDAS BASED ON RESEARCH GAP :

In such a case, the parents are frequently the most affected members of the family. Parents of disabled children are frequently subjected to higher levels of stress and emotional strain than typical mothers. Because they are alone with their children on a daily basis, parents are under a lot of stress [90][91]. Even when faced with severely stressful life situations, not all parents of children with impairments have difficulty adapting. Children and parents, on the other hand, are at risk of stress-related disorders when parents are overburdened by the demands of care giving, earning a living, and other responsibilities. Identifying the research gap, it is clear that no much importance laid on the significance of psycho education and enhancing subjective well-being in the life of care givers. Stress was found to have a negative relationship with family's living status; rather it's of great importance to see that certain amount of mindfulness meditation and relaxation therapies for enhancing mental health and subjective well being introduced as a schedule in the life of caregivers along with the schedules of the childcare [92][93][94][95]. Family counseling and family therapies intermittently need to be installed as part of the child intervention. Implementing psycho education and family intervention improve skills and proficiency to provide policy making and legislative processes. Safe delivery of well-organized parent care kits and adaptation of family allows parents to gain knowledge and adopt interventions, giving beneficial results for both parents and children in a variety of behaviors. Examining the daily active Muscle relaxation techniques and mindfulness meditation of participants of intellectually disabled children, a high rate of active involvement of caregivers needs to be studied along with socio-demographic links [96][97].

For both the mother and the primary caregiver, relaxation techniques and mindfulness meditation play a vital part in creating stimulation in all dimensions of health. It is the most essential component in defining the elements of poor mental health in intellectually disabled people [98]. By using relaxation techniques and other entertainment activities, the caregiver can participate in social functioning and enrich the social domain, and subjective well-being will improve. Signs can develop in infancy or wait

until a youngster is old enough to attend school. The effects and lack of mental health are always felt by parents and caregivers. Successful outcome assists in identifying the effectiveness of the services provided thus shall improve their family's quality of life. As we analyze the research gap, assessing the psycho education and mental health provide activities to Parents as well as primary caregivers of intellectually disabled children, at the very beginning of the diagnosis of the child while creating the therapy and treatment plan, for psychological and physical well-being of the parents and primary care givers. Mental health refers to a person's overall sense of well-being, which is intertwined with their views of health and ability to perform. All aspects of community and social life that have a direct and quantifiable impact on physical and mental health on a larger scale are referred to as quality of life [99][100].

Psycho-education is a low-cost solution that teaches stress-coping skills such as goal setting, skill training, achieving satisfying goals, assertiveness, and communication. Early indications of intellectual disability, as well as possible predisposing and triggering variables, are the subject of psycho-education. Understanding their children's conditions will assist careers in complying and encouraging them to seek suitable management. It also encourages people to look at their own health beliefs and awareness of sickness, as well as to comprehend the complex interactions that exist between symptoms, personality, interpersonal factors, and the environment. It's a combination of feeling well and performing well. In terms of human conduct, psychological well-being could be a critical psychological element. It's a concept that incorporates a variety of well-rounded, balanced, and comprehensive life experiences.

8. ANALYSIS OF RESEARCH AGENDA :

The present paper highlights an outline based on the reviews, that the parents of disabled children are frequently subjected to higher level of stress and emotional strain compared to the other mothers. Past studies clarifies that not all parents of children with impairments have difficulty in adapting to their situation. It is understood that the children with impairments and their parents are at risk of stress related disorders because the parents are overburdened by demands of care living, and other economic and social responsibilities. The present authors finds that most of the studies are based on the problems parents are facing, and not much importance is laid on the importance of preventive and management aspect of the stress related factors. This is the research gap identified by the present authors. By understanding the results of past research, the author analyze that further research is needed in the area of management of stress related disorder among the parents of children with impairment. The present authors identify the need for introducing the child care schedule with effective mindfulness meditation and relaxation therapies, which will enhance the mental health and subjective well-being of the caregivers. It also shows the importance of family counseling and family therapy to be installed intermittently as a part of child intervention. Stimulation is created with the practice of relaxation and mindfulness meditation among the caregivers. Along with social functioning the view about their health will also improve. Psycho-education will help to enhance awareness of disability and their interaction with other factors like environment and the personality. This will help them to lead a well-balanced life.

(a) Final Research Proposal :

After the analysis of the research analysis, final research proposal was chosen for the mega research. To enhance effective management of the stress related disorder a module with appropriate intervention will be proposed to the parents or caregivers to the intellectually impaired children. Experimental study design will be used for the research; with controlled and experimental group the results will be compared. The study result will provide a social implication to manage the stress related disorder to the parents of the intellectually impaired children.

(b) ABCD Analysis :

There are various frameworks to analysis any situation, one among that is ABCD analysis. This analysis will help in understanding the affecting factors and important elements that are based on Key attributes of the determinant issue of the concept [101]. It will also analyse the strategy adopted having factors on advantages, benefits, constraints and disadvantages. In the present study ABCD analyses the effectiveness of the concept of the intervention per their advantages, benefits, constraints and disadvantages.

Table 6: ABCD constructs for determinant issue

S. No.	Determinant issue	Advantages	Benefits	Constraints	Disadvantages
1	Psycho education	Understand the needs of intellectually impaired children	Behaviour management	Not flexible to individual preferences	Strong commitment required.
2	Jacobson's muscle relaxation therapy	Reduces stress, positive influence on psychological disorder.	Influence the mood by identifying the thoughts, challenging it with more realistic thoughts.	Resistance to Change by the respondents. Do not focus on underlying unconscious resistance	Progress is gradual hence fear of discontinuity.

(C) Six Thinking Hats :

This analysis was developed by Edward De Bono, a Maltese physician, psychologist and philosopher. He created it for the purpose of solving everyday problems. This is a tool to enhance creative thinking by using six different styles of thinking classified into six hats with different colours of hats like, white, red, black, yellow, green, and blue which represents logic, emotion, caution, optimism, creativity and control. White hat represents information gathering, i.e., about the knowledge and insights about any situation the person is experiencing. Red hat represents feeling and instincts, and the details to justify them logically. Black hat represents cautious and capacity to assess risk. This also justifies the concerns with critical judgement. Yellow hat is the optimists' hat, which expresses the highlight benefits and the added value from the ideas that are generated. Green hat shows the creative thinking which will aid to explore the ideas and possible ways forward. Blue hat focus on controlling the thinking and managing the decision-making process. This will help in creating an agenda, summarizing it and reaching conclusions.

This tool will be used in the present study to analyse the intervention to be given to the respondents of the study. Taking into consideration of the psycho education and the behavioural therapy which are included in the agenda of the research, the present author justifies the proposal mentioning that the psycho education will be imparted with manner in which the specific issue of training the children with intellectual impairment and also behavioural management. Decision taking will be guided with the help of this tool.

9. IDEAL SOLUTIONS AND PRESENT STATUS :

Parental distress has a negative impact on children's mental health, which needs to be researched more. The quality of life and the stress of family life are important factors of psychological well-being. In the realm of intellectual impairment, parents' subjective well-being has a substantial impact (ID). The majority of parents and primary caregivers reported being unable to engage in social, recreational, or leisure activities such as family outings, relaxation therapies, and family recreation time.

10. SUGGESTIONS TO IMPLEMENT RESEARCH ACTIVITIES ACCORDING TO PROPOSAL :

A set of research activities will be initiated by the present author in the form of intervention to the caregivers to enhance management techniques among the respondents. Effective training on relaxation techniques is proposed to be introduced to the caregivers to enhance management of emotional and psychological problems. This also will help in making suitable tailor-made decisions about the children with intellectual impairment.

11. LIMITATIONS :

It is a well-acknowledged reality that mothers are primarily responsible for the childcare. One of the limitations of the current investigation was that there was over representation of female caregivers hence the results cannot be generalized on male caregivers. For enhancing the generalization of findings, some more research is needed which can include more male caregivers. Since the study sample consisted of a cross-section of primary caretakers having intellectually disabled children, some of whose pupils were diagnosed at birth and others in later life of childhood. This can reveal possible dissimilarities in

caregivers' stress, burden, coping and mental health differently, additional research is required to investigate the unequal adaptive implications across different periods of time after child's birth. Although the present investigation utilized quantitative technique for analyzing the data for emphasizing statistical reliability, it is better to add qualitative data to get better understanding of such psycho-social variables related to caregivers of children with ID to validate the findings of this research.

12. CONCLUSIONS :

Parents of handicapped children often experience higher levels of stress and emotional strain than other mothers. Because they are alone with their children on a daily basis, parents are under a lot of stress. Even when faced with severely stressful life situations, not all parents of children with impairments have difficulty adapting. Children and parents, on the other hand, are at risk of stress-related disorders when parents are overburdened by the demands of care giving, earning a living, and other responsibilities. Many parents of cognitively challenged children suffer from undiagnosed psychological illness. Parents of children with a variety of disabilities face a variety of challenges. Parents of epileptic children express their thoughts toward their children more openly. It has been demonstrated that parents of children with intellectual disabilities suffer from much greater levels of anxiety and sadness. Family complacency is mediated by family functioning, which is linked to family mental health and use of relaxation techniques. Safe delivery of well-organized parent care kits and adaptation of family allows parents to gain knowledge and adopt interventions, giving beneficial results for both parents and children in a variety of behaviors. Relaxation techniques and mindfulness meditation plays a significant role in paving stimulation in all domains of health, for both the mother and primary caregiver. Poor coping, isolation, social malfunctioning as elements of parental distress that affect mental health and quality of life, which needs to be further studied and correlated. There occur different levels of intellectual disability in children. The consequences and lack of mental health are always felt by parents and caregivers. All aspects of community and social life that have a direct and quantitative impact on physical and mental health on a larger scale are referred to as quality of life. As a result, it's important to enroll, a family-centered approach, as well as schedules for psycho education and appropriate quality of life intervention for parents in conjunction with child care, is essential. There are a plenty of relaxation techniques such as Progressive muscle relaxation group therapy, breath exercise, mindfulness meditation and psycho education for developing well and quality of life.

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