

PSYCHOLOGICAL PERSONALITY PROFILING OF PARENTS REARING THE CHILDREN WITH DEVELOPMENTAL DISABILITIES

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ABSTRACT

Background: Parents, the primary support system of the children with developmental disabilities play a significant role in the wellbeing of the children. It is essential to identify vulnerable predisposing factors developing out of psychological assistance from parents. Most of the previous studies focus on the physiological causes and here in this study, we focus on the psychological causes (personality) of the parents. **Aim:** To create a personality profile of the parents who rear the children with developmental disability. **Method:** A sample of 20 parents were selected for the study using purposive sampling method. The subjects were requested to provide information on certain demographic details followed by the administration of Eysenck's Personality Questionnaire, NEO Five Factor Inventory, International Personality Disorder Examination and Bhatia's Battery of Performance test of Intelligence for a period of 15 to 30 minutes. The data thus collected was subjected to the analysis. **Results and Conclusion:** The present study concludes that personality of the parent's rearing children with developmental disability is found to be more neurotic and conscientiousness in nature. The intelligence quotient of the parent tends to have an impact in their children intelligence quotient. The female parents rearing the children with developmental disability tend to be more anxious, dependent, psychotic, neurotic and openness when compared to the male parents who were more agreeable and conscientious in nature.

KEYWORDS: Personality profiling, Parents, Developmental disability, Neurotic, Conscientiousness.

INTRODUCTION

More than one billion people in the world live with some form of disability and nearly 200 million of those experience considerable difficulties in functioning (World Report on Disability, 2011). Rearing a child is always stressful, but rearing a child with developmental disability (DD) can present a specific challenge for parents. Parents of children with DD often experience a typical interaction with their children that are due in part to characteristics of their children which are different from those of typically developing children. As far as psychological finding, an individual's behavior is a product of heredity and environment. Therefore, with respect to heredity, the physiological impacts for the disabilities with respect to prenatal, peri-natal, postnatal and other genetic factors are under consideration. Hence this study focuses on the psychological impact of the parent's personality as the management or a contributing factor to the developmental disability of the children. The developmental disabilities in children affects the whole family and the determination of appropriate conceptualization of family outcomes requires an understanding of the impact of members with disability on family members. This involves stress, anxiety, depression, caregiver burden and quality of life (Mugno D, Ruta L, Mazzone V, 2007).

Parents of children with various developmental disabilities experience in such as heightened stress, overburden and marginalization in society, sense of self blame, tiredness or exhaustion, commenting that little

attention has been given to the health outcomes of caregivers of developmental disabilities (Talley and Crews, 2007). Identify care giving as an issue that must be considered in the context of health (physical & psychological) that vary across the lifespan according to the characteristics and developmental levels of both caregivers and care recipients.

Parents of children with developmental disabilities tend to follow maladaptive coping skills including feelings of guilt, pessimism, hostility, aggression and avoidance. This, in turn affects the mental health of them and thus making them easily prone to develop depression, stress and anxiety (Olivia F Macdonald, Honors Thesis, 2011).

There is significantly high proportion of mothers (89%) had anxiety, depression, or both anxiety and depression together as compared to fathers (77%) (Muhammad Waqar Azeem et al, 2013). Studies performed in developing countries have shown reasonably consistent high rates of depressive and anxiety disorders; where 10-44% of people suffer from depression and anxiety (World Health Organization, 2001). Parent ratings from the Children Depression Inventory were significantly associated with maternal depression, and negative self-image, anxiety, and conduct problems in children (Kobe FH & Hammer D, 1994). High risk of depression is having by the parents caring for children with developmental disabilities after adjusting for the presence of a chronic health condition (Gallagher S & Hannigan A, 2014).

Children with DD, struggle with day to day activities and require support from their parent or caregiver to accomplish them. Apart from the parental role and feel, personality of the individual, either the father or mother or both together plays a major role in rearing the child. The level of acceptance of the disability and the maturity to handle it differs with respect to the personality of the individual.

Personality of the individual plays crucial role towards the management of the stress, and the way one adopt the coping strategy to overcome stress. Since the parents stress is often affected by their interactions with their children, which are affected by their children's behavior. Friedrich, Wilturner, and Cohen (1985) found the relationship between the child medical involvements, child behavior problems, maternal coping resources, and parent and family problems to be bidirectional. Mash and Johnson (1990) reported that in families with a hyperactive child, parental stress was affected by both parent and child characteristic. Thus, when a child has a DD his or her maladaptive behavior may influence parent affect, in turn affecting parent behavior, and subsequently negatively impacting parent-child interactions. Such a cycle may lead to a reduced quality of life for these families and to an increased burden on our health and education systems in the form of long-term care needs for the children with DD who grow up to be adults with DD (Farran, 2000; Grant, 2005).

REVIEW OF LITERATURE

Thomas J. Schofield and et al., (2013) examined the parent personality and positive parenting as predictors of positive adolescent personality development over time and his results suggest that parents may play a significant role in the development of adolescent personality traits that promote competence and personal well-being across the life course.

Hossein Dadashzadeh and et al., (2014) have conducted research on personality profile of parents of children with attention deficit hyperactivity disorder and their results indicate that personality disorders are prevalent in parents of ADHD children and mothers suffer from personality disorders more than fathers.

Marika Veisson (2001) has investigated on parents of disabled children – personality traits and obtained the results that mothers of disabled children had significantly lower Extraversion, Openness and higher Neuroticism than the norms for Estonian women. The results demonstrated also that fathers of disabled children were significantly lower in Extraversion and Openness, but significantly higher in Conscientiousness than indicated in the norms for men.

METHODOLOGY

AIM

To create a personality profile of the parents who rear the children with developmental disability.

OBJECTIVES

- ❖ To assess the personality traits and types of the parents rearing children with developmental disability.
- ❖ To verify the relationship between the intelligence in children with developmental disability and the parents rearing the children with developmental disability.

HYPOTHESES

- ❖ H1: Most of the parents rearing the children with developmental disability would possess the neurotic personality.
- ❖ H1: There will be significant relationship between the IQ of the parents rearing the children with developmental disability and their children.

SAMPLE

A sample of 20 parents, both the father and mother were selected for the study using purposive sampling method. To determine the sample size, G³ software was used.

TOOLS

1. Socio demographic data sheet

This intended to gather information regarding the name of the participant, age, education and other demographic details. It is also to elicit the information regarding the IQ of their children and other required details.

2. Eysenck's Personality Questionnaire

Eysenck's Personality questionnaire is to assess the personality traits of a person in three dimensions of personality namely extroversion, neuroticism and psychoticism.

3. Neo Five Factor Inventory

The 60-item NEO Five Factor Inventory (NEO-FFI) was developed to provide a concise measure of the five basic personality factors. The test is highly reliable with a value of above 0.75.

4. International Personality Disorder Examination

The International Personality Disorder Examination is a self-administered carbonless form that contains 59 ICD-10 items written at a 9 – 10-year-old reading level.

5. Bhatia's Battery of Performance Test of Intelligence

Bhatia's Battery of Performance test of Intelligence developed to test the intelligence of Indian Population.

This battery has reliability value of 0.55 and validity with a value of 0.77.

PROCEDURE

The subjects were requested to provide information on certain demographic details followed by the administration of tools. The entire administration of the test took up to 30 to 45 minutes. The confidentiality and anonymity of the data were assured and maintained.

RESULTS AND DISCUSSION

In order to test the hypothesis and for assessing the present study variables, frequencies and percentages were used for socio-demographic variables. Mean, standard deviation and correlation were performed for study variables in selected tools.

Table -1 Shows the Frequency and Percentage of Socio Demographic Data

Variables		Frequency	Percentage
Age	20-30	27	67.5%
	31+	13	32.5%
Sex	Male	20	50%
	Female	20	50%
Education	Bsc	24	60%
	Msc	16	40%
Job	Professional	27	67.5%
	Home maker	13	32.5%
Family type	Nuclear	36	90%
	Joint	4	10%
Child age	1-10	10	50%
	11+	10	50%
Child IQ	Average	14	70%
	Borderline	4	20%
	Above average	2	10%

The study is conducted to parents rearing children with developmental disability (20) in age category of 20 – 30 years (67.5%) early adults and 31+ years (32.5%) middle adults. 50% of the participants were males and other 50% were females. 60% of the participants were B.sc qualified and 40% were M.sc qualified. 67.5% of the participants were workers and 32.5% were home makers. 90% of the participants were in a nuclear family and 10% were in joint family. Around 70% of the parents rearing children with DD with an average IQ, 20% with borderline IQ and the other 10% with above average IQ.

Table -2 Show the mean and standard deviation of the variables

Variables	Mean	Std. Deviation
Paranoid	2.50	1.192
Schizoid	3.90	1.119
Dissocial	3.00	1.487
Impulsive	2.25	1.517
Borderline	2.55	0.759
Histrionic	3.95	1.146
Anankastic	4.85	1.694
Anxious	3.30	1.380
Dependent	1.45	1.146
Extroversion(a)	11.30	1.922
Neuroticism(a)	13.00	1.414
Psychoticism	11.45	1.932
Neuroticism	28.45	6.778
Extraversion	25.25	5.046
Openness	20.65	4.196
Agreeableness	26.55	6.048
Conscientiousness	30.95	4.796

The above table shows that dimensions of EPQ, NEO FFI, IPDE among the parents rearing children with developmental disability. The analysis indicates that most of the parents are with conscientiousness personality trait of being careful or vigilant. This implies a desire to do a task well, and to take obligations to others seriously. They are mostly tend to be efficient and organized as opposed to easy-going and disorderly. These findings enhance a similar literature that conscientiousness plays an important role of parenting (Tana L., Clarke, M.A., 2006). With regard to psychopathology, conscientiousness was highly related to maternal self-reported ADHD symptoms. Parents are also found with neuroticism personality who is more likely than average to be moody and to experience such feelings as anxiety, worry, fear, anger, frustration, envy, jealousy, guilt, depressed mood, and loneliness.

Table -3 Show the correlation between the variables of IPDE and NEO-FFI (Significant ($p > 0.01$))

Variables	Neuroticism	Extroversion	Openness	Agreeableness	Conscientiousness
Paranoid	0.290 S	0.057	0.363	0.347	-0.189 S
Schizoid	0.596	-0.079	-0.355	0.623	-0.030
Dissocial	0.527	0.112	-0.363	0.035	-0.081
Impulsive	0.070	0.431 S	0.213	0.145	0.089
Borderline	0.451	-0.065 S	0.212	0.229	-0.382
Histrionic	0.403	-0.007	-0.146	0.422	0.431
Anankastic	-0.237	0.189	-0.208	-0.033	0.368
Anxious	0.497 S	0.200 S	0.046	0.004	-0.355 S
Dependent	0.488	0.089 S	0.341	0.099	-0.417

There exists positive correlation between paranoid and neuroticism (**0.290**), impulsive and extroversion (**0.431**), anxious and neuroticism (**0.497**), anxious and extroversion (**0.200**), dependent and extroversion (**0.089**). There exist negative correlation between paranoid and conscientiousness (**-0.189**), borderline and extroversion (**-0.065**), anxious and conscientiousness (**-0.355**). This reveals that parents rearing children with developmental disability with more suspiciousness, anxiousness and mistrust are found to be more worried, frustrated, jealous and depressed. Parents who are more impulsive, dependent and anxious are found to be more sociable, talkative and assertive. Parents rearing children with developmental disability with more suspiciousness, anxiousness and mistrust are found to be less efficient and organized. Characteristics of extroverts are found very uncommon in parents with unstable sense of self and unstable emotions.

Table -4 Shows correlation between the variables of IPDE and EPQ (Significant ($p > 0.01$))

Variables	Extroversion	Neuroticism	Psychoticism
Paranoid	0.436	0.571	0.354
Schizoid	0.161	-0.308	0.265
Dissocial	0.295	0.163	0.531
Impulsive	0.370 S	0.482	0.229
Borderline	0.314 S	0.356	0.540
Histrionic	0.389	0.544	0.034
Anankastic	0.208	0.181	-0.348
Anxious	0.163 S	0.251	0.775
Dependent	0.174 S	0.335	0.854

There exists positive correlation between impulsive and extroversion (**0.370**), borderline and extroversion (**0.314**), dependent and extroversion (**0.174**), and anxious and extroversion (**0.163**). Parents rearing children with developmental disabilities being more impulsive, dependent and unstable are found to be more extroverts in nature

who is energized by being around other people. This nature, at times is found in the children also who practically observe the nature of their parents and learn it.

Table -5 Shows correlation between the IQ of the child and the parent (Significant ($p > 0.01$))

Variables	Parent IQ
Child IQ	0.001 S

There exists positive correlation between the intelligent quotients (IQ) of the parents and the children (**0.001**). This states that the parent's IQ level has an impact on the IQ of their children. Though there are never ending controversies in psychology that IQ is an inherited component versus an environmental factor, this result support the evidence that IQ is influenced by parental genes.

Table - 6 Shows t-test values between the variables of personality among male and female parents

Variables	Sex	Mean	Std. Deviation	t-test(sig.)
Paranoid	Male	1.71	0.951	0.026
	Female	2.92	1.115	
Schizoid	Male	4.00	1.291	0.778
	Female	3.85	1.068	
Dissocial	Male	3.00	1.155	1.000
	Female	3.00	1.683	
Impulsive	Male	1.71	1.704	0.257
	Female	2.54	1.391	
Borderline	Male	2.00	0.577	0.013
	Female	2.85	0.689	
Histrionic	Male	4.00	1.633	0.891
	Female	3.92	0.862	
Anankastic	Male	5.43	1.813	0.274
	Female	4.54	1.613	
Anxious	Male	2.00	0.577	0.001
	Female	4.00	1.155	
Dependent	Male	0.29	0.756	0.001
	Female	2.08	0.760	
Extroversion	Male	11.57	2.225	0.656
	Female	11.15	1.819	
Neuroticism	Male	12.14	2.035	0.040
	Female	13.50	0.522	
Psychoticism	Male	9.86	0.690	0.004
	Female	12.31	1.843	

Neuroticism	Male	26.29	7.718	0.307
	Female	29.62	6.225	
Extraversion	Male	25.86	5.669	0.704
	Female	24.92	4.890	
Openness	Male	18.43	5.912	0.121
	Female	21.85	2.444	
Agreeableness	Male	29.43	4.198	0.013
	Female	25.00	6.455	
Conscientiousness	Male	34.43	2.699	0.013
	Female	29.08	4.681	

The values were found not significant though there are mild variations among the male and female parents. Female parents rearing children with developmental disability are found more anxious than male parents. They are found to be more dependent when compared to males rearing children with developmental disabilities. Females are found to be more psychotic, neurotic and openness in nature than males. The results also show that male parents rearing the children with developmental disabilities tend to be more agreeable and conscientious when compared to females. Generally in Indian context, females are the persons who care their child with at most love and get emotionally bonded with the children than males. Psychologically female parents are easily prone to be anxious or depressed to find their children with some developmental disabilities than the male parents. Because this condition could increase the physical, psychological and social stress among the mother's rearing children with developmental disability.

CONCLUSION

The present study concludes that personality of the parent's rearing children with Developmental Disabilities were found to be more neurotic and conscientiousness in nature. The IQ of the child was similar in range with their parent's. The female parents rearing the children with developmental disability tend to be more anxious, dependent, psychotic, neurotic and openness when compared to the male parents rearing the children with developmental disability. Whereas the male parents rearing children with developmental disability tend to be more agreeable and conscientious in nature than the other female parents. Therefore, now it has become a need to concentrate much on the personality of the parents rearing the children with developmental disability and to suggest suitable coping mechanism to them and also counsel them to deal effectively with the children which also must be considered a part of the therapy sessions.

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