



A Study of Stress Perceived by the Parents of Mentally Challenged Children from Low and Middle Social Class

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ABSTRACT The present paper assessed and compared the type and level of perceived stress by the parents of 150 mentally challenged children across their social class. Sample was drawn randomly in equal proportions from mild, moderate and severe categories of mental challenge. The levels of parental stress were assessed by using Family Interview for Stress and Coping in Mental Retardation (Section-I). The findings of the present paper revealed that LIG parents of both genders were more stressed than those from MIG on marital issues, other interpersonal issues and financial implications. Both mothers and fathers of LIG and MIG made extra efforts for the care of their child; their leisure time and activity get equally affected and perceived equal stress because other family members are being neglected; had continuous vigilant on the disturbed behavior of the child; had equal family worries, social life altered equally as well as perceived same level of social embarrassment.