



## **Psychosocial Environment of Families of Cerebral Palsy**

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### **ABSTARCT**

The present study was conducted at Spastic society of Tiruchirappali. The aim of the study is to assess the Psychosocial environment of the families of children with Cerebral Palsy. The psychosocial approach looks at individuals in the context of the combined influence that psychological factors and the surrounding social environment have on their physical and mental wellness and their ability to function. Psychosocial problems experienced by the parents of children suffering from CP were measured. .The study is descriptive in nature conducted among 30 mothers of cerebral palsied child. The problems experienced by the mothers were associated with common themes such as disturbed social relationships, financial problems, moments of happiness, worries about future of the child, need for more support services.

### **INTRODUCTION**

**Cerebral palsy is a set of neurological conditions ,it affect movement. It is the most common form of childhood disability.** Because of damage or malfunctioning to certain parts of the brain, voluntary or involuntary movements or both can be affected. It is non progressive, does not affect intelligence or cognitive ability and it is not contagious. Cerebral Palsy children can have a normal life span and even good quality of Life. The psychosocial approach looks at individuals in the context of the combined influence that psychological factors and the surrounding social environment have on their physical and mental wellness and their ability to function. The birth of a cerebral palsied child is an extremely traumatic event for the family. Those parents face two major crises .First, Loss of dreams and hopes and second , grief, depression, guilt, denial, shame and despair .. It has been reported that the family, who has a handicapped child born into it and who grows into adulthood, is one of the most stressful experiences a family can endure.

Parental reaction to the realization that their child is exceptional usually includes shock, anxiety, guilt, sadness, and depression .The parents of cerebral palsy children has poor Psychosocial involvement comparing to other parents ,this is mainly because, they are afraid of the societies reaction .Over protection for the child and difficulty in mobilization also results in poor social involvement.

### **CEREBRAL PALSY**

Cerebral palsy is a disorder of muscle movement and coordination. It is caused by an injury to a child's brain that occurs before birth or during infancy. It affects the part of the brain that controls body movement. There is no cure for cerebral palsy, but early diagnosis and treatment can greatly improve quality of life.

### **CAUSES OF CEREBRAL PALSY**

Premature infants have a slightly higher risk for cerebral palsy. Causes for cerebral palsy in early infancy are:

Low oxygen levels (hypoxia)

Severe jaundice

Brain infections such as encephalitis, meningitis, and herpes simplex infections

Brain hemorrhage (bleeding into the brain)

Head injuries (due to accidents, a fall or child abuse)

Maternal infections such as rubella (German measles)

### **Types of Cerebral Palsy The types of cerebral palsy are:**

- 1) spastic: the most common type of cerebral palsy; reflexes are exaggerated and muscle movement is stiff
- 2) dyskinetic : dyskinetic cerebral palsy is divided into two categories.
- 3) Athetoid cerebral palsy which is marked by involuntary, slow, writhing movements and dystonic cerebral palsy where trunk movements are more affected than limb muscles, resulting in a twisted posture
- 4) ataxic: voluntary muscle movements are not well coordinated
- 5) hypotonic: muscle tone is decreased or floppy
- 6) mixed: combinations of the symptoms listed below.

## SIGNIFICANCE OF THE PROBLEM

Parents of disabled children undergo many problems ,physically and mentally. When it is with long term illness like Cerebral Palsy ,the condition of parents are even more worst. When it come to relationship with the society ,it is in two way. Either, the society is not willing to accept such children as other children or the parents being afraid of criticism .This results in Lack of Psycho social involvement

### Aim

To explore the Psycho social environment of families of cerebral palsy children on mothers perspective

### Methods and Materials

1. **Study population**-mother's of Cerebral palsied children
2. **Sample specification**-mother of CP children studying in spastic society.
3. **Sampling technique**-As the population is finite, researcher used probability sampling method . The researcher has used simple random sampling method for collecting the sample size.
4. **Sample size**-The research sample size is 30.
5. **Research design**- Descriptive study

### Tools of the study

An interview schedule was designed by the researcher for data collection, based on review of literature. It was validated by two special educator and research supervisor .Socio demographic profile consist of question like age of the child and respondent, family income, religion mother's educational qualification, CP type and question based on institution and Government schemes.

### Data Interpretation

Variables	No of Res(30)	Percentage
<b>Marriage type</b>		
Consanguineous	7	23.3
Non consanguineous	23	76.7
<b>Childs gender</b>		
Male	20	66.7
Female	10	33.3

Table 1: Respondents based on Marriage type and Child's gender

Most of the respondents marriage are non consanguineous and majority of the respondents are having female child .

Variables	No of Res(30)	Percentage
<b>Child Taking Care Of His Own ADL</b>		
Yes	20	66.7
No	10	33.3
<b>Respondents growth limited due to child</b>		
Yes	14	46.7
No	16	53.3
<b>Improved relationship with husband</b>		
Yes	21	70.0
No	9	30.0

**Table 2: Respondents based on Child’s ADL, growth limited by the child and relationship with husband.**

The above table shows that majority of the CP children are taking care of their daily living and majority of the respondents has reported that CP child has improved their relationship with their husband and nearly half also has told that their growth has limited due to CP child as spending most of the time for Disabled child.

**Major Findings**

- Majority of the respondents belongs to nuclear family.
- 26% of respondents with male child and 36.6% of respondents with female child have completed graduation
- 62.4% of the male child and 43% of female child are affected by CP type spastic.
- Majority of the respondents are happy with training given in the institution

**SUGGESTIONS**

In this study the researcher analyse the Psychosocial environment of the mothers of Children with Cerebral Palsy .From this study it is understood that Mothers receiving support from family members especially husband are doing healthy parenting when compared to others .So the family members and the husband has to give her space to ventilate her feelings and emotions, listen to her suggestions and get her things she needed which may help her to feel comfortable .

## DISCUSSION

In this study half of the respondents belong to age group between 20yrsto 30 yrs and majority of the respondents belong to nuclear family from urban background. Most of the mothers are homemakers as they are the care takers of the child and this made few mothers to feel that their growth has been limited by their CP child. Other than few, majority of the respondents identified their child disability at the first year of life and was given treatment. Regarding institution ,many came to know only through professionals ,it is a greatest support and everyone are satisfied with the institutions training, approach, therapy and they expect the institution to make their children self reliant. Majority of the respondents are using functional aids for mobilization and are using them at home and institution and more than half of the children are totally dependent on the respondent for their daily activities living. Most of the respondents have reported CP child has brought their family closer to god. In spite of experiencing additional financial cost for the CP child among all respondents most of them added it brought them a good relationship with their spouse. Most of the respondents are expecting emotional support from the family. Though everyone are aware of concession in government buses and trains, as their children are totally dependent in mobilization they feel that claiming the concession is of no use. Most of them are confused and had no idea about their child's future.

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