

Impact of Developmental Disorders on Functioning of Parents: A Review

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Abstract

Present article explored the research studies related to the developmental disorders in children and its impact on functioning of their parents. Past researches have revealed that the psychological and physical health of the parents is impaired due to the extra care taken burden. Parents encounter various emotional stresses and their mental health is at risk. They have poor marital adjustment leading to frustration and depression. Child's behaviour problems are the cause of parental stress and anxiety. But the brighter side is having a disabled child in the family is sometimes rewarding also. It increases the family bonding and encourages the personal and spiritual growth of the family members. It increases the tolerance, sensitivity and sense of purpose amongst the parents of the disabled child. Parental counselling, Family therapy and Psycho-education can empower the parents to accept and adjust with the condition. Hence, it is suggested that parents need to be counselled for enhancing the quality of life of the whole family.

Key Words – Emotional stress, Counselling, Psycho-education,

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