

PsychCap as Predictor of Psychological Adjustment among Parents of Intellectually Disabled Children

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ABSTRACT

The present study aimed to examine the effect of PsyCap (psychological capital) on Psychological Adjustment between parents of intellectually disabled (ID) children. Purposive sampling technique was employed based on cross-sectional design. The data was gathered through questionnaires for measuring PsyCap (Generalized Self-Efficacy, Adult Hope Scale, Life Orientation Test and Resilience Scale) and Psychological Adjustment Scale was utilized. All instruments were in Urdu language. The result indicated that PsyCap ; resilience ($B = .16, P < .001$); optimism ($B = .34, P < .001$) hope ($B = .21, P < .001$) and self-efficacy ($B = .42, P < .001$) were considerable predictors for psychological adjustment among parents of intellectually disabled children. The result also indicated that male parents (fathers) of children with intellectual disability scored high on optimism $M = 22.01, t = .022, p < .05$, and have more psychological adjustment ($M = 93.95, t = 1.64, p < .001$) as compared to female parents (mothers) of intellectually disabled children. This study would be helpful in clinical and rehabilitation settings for parents of intellectually disabled children.

KEYWORDS: Psychological Capital, Psychological Adjustment and Intellectually Disabled

1 INTRODUCTION

Parenting is quiet demanding job but when a child with Intellectual disability (ID) comes in the family it ultimately caused severe stress for parents [1]. Studies revealed there is a strong need for developing intervention for these parents in order to enhance their coping skills and management of stressors while rearing their children [1,2]. A study conducted in Australia concluded that mothers of children at risk for disability were highly prone for serious mental illness due to poor social, emotional and behavioral development of these children [3]. A study on Iranian mother showed that mothers of disabled children were on greater risk of depression since they have to take an important and active role for their disabled children and even surrender their leisure activities and career [4]. Another study also recommend need for psychological intervention or support for mothers of disabled children [5]. Above mentioned literature focused on immediate need to design intervention for parents of disabled children to manage their stress and strain. A study revealed that personality traits played important role in coping mechanism and wellbeing among parents of developmental disabled children [6]. A study conducted in organizational setup and focused on development of psyCap in employee for better coping with work stress [7]. Another study conducted for positive change in an organization concluded that psyCap were related to an individual positive emotions that in turn were related to their behaviors and attitudes [8]. Studies revealed psyCap as significant predictor for performance and satisfaction [9] used them as micro intervention for increased participation in work [10] psychological well being [11] however the effect of this positive construct has not been examined for parents of ID children. So this study explored the consequences of PsyCap on adjustment of parents of (ID) children.

2 OBJECTIVES

- To examine the influence of PsyCap on prediction of psychological adjustment among parents of ID children.
- To study the gender differences between PsyCap and psychological adjustment in parents of ID children.

2.1 Hypotheses

H1 Psychological capital positively predicts psychological adjustment of parents of ID children.

H2 Fathers of intellectually disabled children score higher on psychological adjustment in comparison to mothers of ID children.

2.2 Sample

This study consisted on sample of 225parents (132 mothers,93 fathers) of ID children from National Institute of Rehabilitation Medicine (NIRM) Islamabad, Pakistan. Purposive sampling technique was utilized. The demographic information include name, age (20-60), gender , profession and disability of child (ID).

2.3 Instruments

Consent Form and Demographic information sheet was administered along following questionnaires. To measure optimism Life orientation test[12]The adult hope scale [13]Generalized Self-Efficacy scale[14]translated version [15]& Resilience scale[16]the psychological adjustment scale [17] were used in current study. All scales were rating scale and items were accumulated separately for each scale.

2.4 Procedure & Data Analysis

For present study data was gathered from rehabilitation hospital in Islamabad. Verbal Informed consent was taken by parents of ID children on individual basis by researcher and they were assured regarding confidentialityof their protocols. Data analysis was done by Statistical Package for Social Sciences (SPSS) 21.0 version.

3 RESULTS

Table 3.1 Alpha Reliability coefficients for study Scales (N =225)

Scales	N	α
Psychological Adjustment	27	.77
Optimism	28	.69
Hope	07	.90
Self-efficacy	10	.91
Resilience	26	.94

Table 3.1 revealed that all scales were reliable to measuring constructs of the study.

Table 3.2 Descriptive statistics, Skewness, and Kurtosis for study variables (N=225)

Variables	N	Min	Max	M	SD	Skewness	Kurtosis
Optimism	225	10	30	21.27	4.080	.010	.020
Hope	225	07	54	37.69	8.995	.812	.270
Self-efficacy	225	10	40	26.64	6.053	.137	.392
Resilience	225	26	182	137.16	30.477	1.063	.653
PA	225	51	123	89.92	14.130	.230	.140

Note. PA= Psychological Adjustment.

Table 3.2 shows skewness and kurtosis for normal distribution of psychological capital and psychological adjustment.

Table 3.3 Mean, Standard deviation, t- values and Cohen's d for variables between male and female parents of ID children (N= 225)

Variables	Father(n=93)		Mother(n=132)		t	Cohen's d
	M	SD	M	SD		
Optimism	22.01	3.77	20.75	4.23	2.30**	0.31
Hope	38.98	8.56	36.78	9.50	1.81	0.24
Generalized Self-efficacy	27.43	6.37	26.09	5.78	.102	
Resilience	139.44	31.79	135.56	29.54	.940	0.22
Psychological Adjustment	93.95	13.61	87.09	13.85	1.64***	0.13
						0.51

The result in above table shows considerable difference of psychological adjustment and optimism found between male and female parents of ID children. This reflects fathers has high optimism $t = .022$, $df = 223$, $p < .05$, and psychological adjustment $t = 1.64$, $df = 223$, $p < .001$ as compared to mothers of ID children.

Table 3.4 Linear regression analysis depicting effect of PsyCap on psychological adjustment in parents of ID children

Outcome: psychological adjustment			
Predictors	Model 1 B		95%CI LL, UL
(constant)	42.50***		[33.16, 51.83]
Optimism	.34***		[.07, .74]
Hope	.21***		[.03, .44]
Resilience	.16***		[.08, .23]
Self-efficacy	.42***		[.08, .77]
R^2		.38	
F		32.938***	

Note. B= unstandardized regression coefficients; CI=Confidence Interval; LL= Lower Limit; UL=Upper Limit

*** $p < .001$

Above table reflects optimism, hope, self-efficacy and resilience were significant predictors for psychological adjustment as outcome variable. The R^2 value of .38 indicates 38% variance in the outcome variable with $F(4, 220) = 32.938$, $P < .001$. This indicates resilience ($B = .16$, $P < .001$), optimism ($B = .34$, $P < .001$), hope ($B = .21$, $P < .001$) & self-efficacy ($B = .42$, $P < .001$) were significant positive predictors for psychological adjustment or outcome.

4 DISCUSSION

The central goal of the research was to examine the prediction of PsyCap for psychological adjustment and to explore the gender differences among parents of ID children. H1 is supported that assumed positive prediction between pscap (optimism, hope, self-efficacy and resilience $\beta = .34$, $p < .001$; $\beta = .21$, $P < .001$; $\beta = .16$, $P < .001$; $\beta = .42$, $P < .001$ respectively) and psychological adjustment among parents of ID children. There is no published study focused directly on pscap and adjustment among parents of ID children but these findings are consistent with other study that concluded adaptation in different life domains, personality attributes, positive coping process are protective factors for adjustment in chronic diseases [18] pscap as predictor of creative performance [19] as predictor of parents' wellbeing [6].

Findings also supported H2 that fathers of ID children score higher on psychological adjustment than mother. Same findings mentioned previously that mothers are more prone to psychological distress and mental illness like depression as compared to father [3,4] which ultimately hinder their psychological adjustment. Findings showed significant difference between mothers and parents of ID children which might be due to their role in family as mothers are more responsible for child rearing and daily living activities of children in Pakistani culture [20]. Finally the utilization of pscap in interventional plans of ID children regarding trainings and counseling of their parents would be helpful for their better psychological adjustment.

5. LIMITATIONS & RECOMMENDATIONS

This study was completed on parents of ID children therefore findings to make generalizations about other disabilities are not plausible. In future study can be extended to other disabilities and psychological problems to explore the effectiveness of pscap in their interventional and rehabilitation plans.

6. CONCLUSION

The statistical findings showed that PsyCap significantly predict psychological adjustment among parents of ID children. This study would be effective for inclusion of parents in positive interventional & rehabilitation plan of ID children. It is also providing clues to psychologists dealing with ID children to enhance PsyCap in mothers especially for their better psychological adjustment.

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