



Problems faced by parents of differently abled children

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ABSTRACT :

Parents of differently abled children experience diverse and complex challenges that influence their emotional, social, and economic wellbeing. The purpose of this study is to investigate the challenges that these parents experience, such as emotional distress, economic pressure, social discredit, and limited access to care. Through a review of available literature, the study seeks to reveal the psychological effect on parents, explore gaps within support systems, and recommend enhancements in total care. The research emphasizes the importance of having coordinated social, emotional, and financial support systems to ease the pressure on these parents.

Introduction :

Raising a differently abled child comes with many challenges that go beyond the traditional expectations of caregiving. These challenges are experienced in emotional, social, and economic areas, profoundly affecting family relationships and parental health. Differently abled children can experience physical, intellectual, sensory, or developmental disabilities, which need ongoing care, special education, and medical care. Parents commonly experience stress because of the long-term character of these roles, public stigmatization, and lack of adequate support systems. This essay discusses the most serious issues confronting parents, particularly the emotional burden, social isolation, economic strain, and inadequacies in available support. An appreciation of these issues is central to campaigning for more comprehensive policies and adequate support for both the children and the caregivers.

Review of literature :

1. Emotional and Psychological Strains

Parents of disabled children have increased stress, anxiety, and depression levels, research suggests. The emotional strain created due to ongoing caregiving, doubt regarding the child's future, and discrimination on the basis of society, according to research conducted by Gupta (2016) and Kumar (2019), is acknowledged by studies. The primary caregiver roles of the mother result in increased psychological distress for her.

2. Social Stigma and Isolation

Parents tend to undergo social exclusion according to a paper by Sharma (2020), as there exists common misconceptions regarding disability. Stigma arises, and decreased social networks along with feelings of shame and a sense of loneliness result. Yet, peer support groups have helped in alleviating isolation and releasing emotional tension.

3. Financial Burden

Offering specialized care for a differently abled child usually involves a huge financial outlay in medical interventions, therapy, assistive equipment, and specialized schooling. According to Rajan & Thomas (2021), a study established that lower socio-economic status families are disproportionately impacted, with higher financial burden and restricted access to services.

4. Access to Resources and Support Systems

In spite of government programs and welfare schemes, gaps in awareness and implementation persist. Research by Joseph (2022) indicates that most parents lack knowledge of benefits available to them while others are unable to maneuver complicated bureaucratic channels. Effective advocacy and increased accessibility to resources are essential in improving parental support.

Conclusion :

Parents of children with different abilities face various challenges that affect their emotional, social, and economic lives. The literature has highlighted the psychological distress, stigma from society, and financial costs they bear. Although some support systems are available, there are gaps in accessibility and awareness. These problems can be addressed by a multi-dimensional strategy, which involves improved policy implementation, support networks at the community level, and holistic mental health services. Future studies need to concentrate on the formulation of specific interventions aimed at

enhancing the quality of life of parents and their children.

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