

Parents psychological Burden of Care for Children with Mental Retardation in The Middle Euphrates Governorates

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Abstract : The responsibility of caring for mentally retarded child can contribute to parent's burden. The study shows that parents of children with mental retardation experience high level of burden.

Objective: The present study aims to assess the level of psychological burden of care among parents who have children with mental retardation and to identify the relationship between parents burden of care for children with mental retardation and their sociodemographic data such as age, sex etc. **Methodology:** A descriptive -analytical study design was conducted on 22th January 2016 to 25th march 2016. A purposive (non-probability) sample of (90) parents (mother or father) were selected throughout the use of non- probability sampling approach, that include parents who have children with mental retardation attending mental disability care institute. The questionnaire items were constructed by the researcher for the purpose of present study. In order to test the validity of the questionnaires, the instrument was presented to panel of experts in different fields to make it more valid. Data have been analyzed by using descriptive and inferential statistics.

Results: The results of the study show high psychological burdens due to the handicap children. There is a significant relationship between the levels of parents' burdens and their child hand cap degree and the monthly income. As for the psychological status present a significant differences between the psychological burden and the parents level of education and residency. but there are statistical non significances between the parents burden with other parents demographical data.

Conclusion: The study concluded that there is high level of parents psychological burden due to the presence of mental retardation child in the family. The level of mental retardation is very important indication about the level of the burden.

Recommendations: The study is recommended that future researches should be directed towards exploring psychological intervention factors which help to minimize the burden on parents of children with mental retardation.

Keywords : mental retardation, burden, children.