Original Article

Investigating The Relationship Between Parents' Quality Of Life And Social Adjustment Of Mentally Retarded Children

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Abstract:

Background: The present study is applied in terms of purpose and is descriptive-analytical in terms of method and uses a questionnaire. The aim of this study was to investigate the relationship between parents' quality of life and social adjustment of mentally retarded children.

Method: The statistical population was mothers of mentally retarded children in Tehran, with a sample of 50 people. The validity of the questionnaire questions was confirmed by professors and experts, its reliability was calculated by Cronbach's alpha test of 0.78. SPSS software was used to analyze the data obtained from the questionnaire. Kolmogorov-Smirnov test showed that the data were abnormal. Finally, the non-parametric Spearman test was used to test the research hypotheses.

Results: The results of Spearman test showed that there is a positive and significant relationship between parents' quality of life and social adjustment of mentally retarded children with 95% confidence level.

Conclusion: According to the final result of the research, with the increase of the perceived social support of the parents, the social adjustment of the children with educable mental disabilities also increases. Also, as the level of education of parents has increased, so has the level of social adjustment of children.

Keywords: Quality of Life, Parents, Social Adjustment, Mentally Retarded Children.

Submitted: 13 November 2021, Revised: 5 November 2021, Accepted: 9 December 2021

[Downloaded from mail.intjmi.com on 2026-11-19]

[DOR: 20.1001.1.23222913.2021.10.4.4.4]

Introduction

There have been many definitions of IQ deficiency over the years, each of which differs due to its focus on a specific aspect and differences in the extent of the deficiencies, situations, causes, and effects. This is one of the most important reasons for using different words in translated texts in relation to mental retardation. In 2013, the American Psychiatric Association, in its fifth edition of the Diagnostic and Statistical Manual of Mental Disorders, introduced the following components for mental retardation: Impairment of general mental abilities, impairment of adaptive functioning according to age and cultural and social context, onset All signs during the transformation period. Depending on the severity of the injury in the adaptive function, the person is in the range of mild, moderate, severe and deep. The results of research indicate that the degree of adaptive function of the child is important in the severity of his mental disability and future consequences such as affecting the family. Rahimi, for example, looked at the needs of parents with a preschool child with cerebral palsy. The results showed that these families are different in terms of amount and type of need. In fact, the level of functional and communication of the child determines the amount of need and type of needs of these families [1]. In most families, the birth of a child brings joy and happiness; But the birth of a child with a disability brings with it a dual sense of sadness and joy, and challenges the functioning of the family. In a family system with a child with a mental retardation, mothers are more stressed than fathers, and this is probably due to the mother being more involved with the child, bringing happiness and challenging the functioning of the family [2]. On the one hand, the mothers of these children do not have effective and supportive resources, and on the other hand, they are devoted to the child. Sometimes they support their disabled child to such an extent that they neglect themselves in all physical, mental, spiritual and social dimensions. These mothers consider their children as divine blessings and trusts for which they are responsible. Social adjustment as the most important sign of mental health is one of the topics that has attracted the attention of many sociologists, psychologists and especially educators in recent decades. Social adjustment is based on the need to balance the needs and desires of the individual with the interests and desires of the group in which he lives, and to avoid, as far as possible, direct and intense friction with group interests and norms [3]. In addition to the various factors that affect the quality of life of mothers with children with disabilities, there are also factors that affect the quality of life of these children. Therefore, the vulnerability of children's quality of life with mental disabilities is affected by various factors such as economic status, social variables, social support, factors related to parents and children with disabilities and strategies used to cope.

Research Background

Jamshidi and Javidi (2016) [2] have conducted a study entitled "Study of the relationship between parents' quality of life and social adjustment of mentally retarded children." The purpose of this study was to investigate the relationship between parents' quality of life and social adjustment of mentally retarded children. The research is applied and in order to implement it, the correlation method has been used. The statistical population includes all children with mental disabilities in Farashband city of Fars province. A sample of 100 families was selected using available non-probability sampling method. The research instruments include the World Health Organization Quality of Life Questionnaire and Sohrabi and Peyvastegar et al (2013) [4], which were completed by the researcher. Data were analyzed using Pearson correlation coefficient and Rogerson statistical test. The results show that a significant level of quality of life can predict changes related to social adjustment. Also, the test of research hypothesis indicates a positive and significant relationship between parents' quality of life and social adjustment of children with mental disabilities. Explaining the findings also indicates a very high impact between the overall level of quality of life, quality of relationships and intimacy between parents and their level of life satisfaction with the level of social adjustment of children. Based on the final results, it is better for the relevant institutions and officials to formulate and implement the necessary support programs in order to empower families with mentally retarded children or any other group of children with disabilities. Rajabi and Mohammadi (2015)[5] have conducted a study entitled "Comparison of quality of life of parents of mentally retarded and normal children".The purpose of measuring quality of life is to assess the mental nature of quality of life, to achieve one's

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own perception of the current state of life and health. Therefore, the aim of this study was to compare the quality of life of parents of mentally retarded children and normal parents. The present study is a comparative study. In order to collect data, a sample of 100 parents of all students in exceptional and normal schools in Gonabad was selected by stratified random sampling. The instruments used were the World Health Organization Quality of Life Scale (2000) and SPSS software version 21 and multivariate analysis of variance were used for data analysis. The results showed that there was a significant difference between the scores of the parents of normal children and children with mental disabilities in the scores related to quality of life. Therefore, the results showed that mothers of mentally retarded children have lower quality of life and optimistic attitude than mothers of normal children. [2] have conducted a study entitled "The effect of having a child with mental disabilities on mothers' lives: a qualitative approach". Considering the profound and interaction effect of children with mental disabilities on the lives of family members, especially mothers, and the existence of very few studies in this target group, this study was conducted to investigate the impact of children with mental disabilities on mothers' lives. This research was conducted with a qualitative approach and data-based theory method. The sample consisted of 22 women with mentally retarded children in Yazd who were selected by purposive non-random sampling; This number was selected based on theoretical saturation criteria and sampling was continued until data saturation was reached. Semi-structured and in-depth interviews were used to collect data. The data obtained from the interview were analyzed by theoretical coding method. In the open coding stage, 54 concepts were obtained and in the axial coding stage, 9 categories were obtained. Categories include poor facilities, cost suffering, weakened social relationships, marital dissatisfaction, poor support, blaming others, dual beliefs, childbearing fears, and fear of the future. The category of "care-risk" emerged as the core category. The results indicate that caring for a child with a mental disability exposes the mother to a variety of risks. Cultural, economic and supportive poverty has been a condition affecting the phenomenon of maternal care-risk. Consequences include emotional divorce, relationship breakdown, depression, and termination of subsequent pregnancies. Mohammadpour et al. (2016)[6] have conducted a study entitled "Study of the relationship between parental social support and social adjustment of educable mentally retarded children." The aim of this study was to investigate the relationship between parental social support and social adjustment of educable mentally retarded children. This research has been conducted according to the purpose and application of applied research and descriptive survey method of correlation. The statistical population of the present study consisted of all educable mentally retarded children in 30 educational centers in Tehran. Statistical sample was determined based on cluster random sampling method. Statistical sample using the sample size formula for an unlimited community of 263 parents of educable mentally retarded children in exceptional educational centers in Tehran and 260 educable children with mental disabilities were selected. In this study, the city of Tehran was divided into several regions and a welfare center was randomly selected from each region, so that in each welfare center a number of parents and children were interviewed. Data collection tools were standard questionnaires of Fleming et al. To assess perceived parental social support and California personality test to assess the social adjustment of mentally retarded children. In the present study, SPSS software was used to analyze the data, and in the descriptive part, frequency tables and graphs were used, and in the analysis part, independent t-test, paired t-test and Regression' analysis were used. Findings showed that the perceived social support of parents has a positive and significant effect on the social adjustment of educable mentally retarded children, so that with increasing the perceived social support of parents, the social adjustment of educable mentally retarded children also increases. Slowly Also, as the level of education of parents has increased, so has the level of social adjustment of children.

Purpose of the research

Investigating the relationship between quality of life and social adjustment of mentally retarded children.

Conceptual definition of quality of life

According to the World Health Organization, quality of life is people's perception of their position in life in terms of culture, the value system in which

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they live, their goals, expectations, standards and priorities. Therefore, it is a completely subjective subject and cannot be seen by others and is based on people's understanding of various aspects of life [7].

Social adjustment

Social adjustment as a personality trait is a deep concept that includes multiple social abilities, effective and constructive communication with all those with whom the person deals [8].

Disability

Undoubtedly, our interpretation of the word disability depends on the stereotypical knowledge and assumptions we gain from our community in this regard. In the past, disability was seen as an individual problem. According to statistics, 80% of the world's disabled children live in developing countries, and only 3% of them have access to rehabilitation services. Lack of proper prevention programs leads to the prevalence of disability. UN studies show that most of these children live in poverty and deprivation and have little opportunity for growth and development. According to Carney's research, the four problems of these children are:

_Lack of adequate access to resources.

_Lack of sufficient support to meet the needs.

_ Deprivation of human rights

_Weak development and lack of awareness of human needs [5].

Research Hypothesis

There is a positive and significant relationship between quality of life and social adjustment of mentally retarded children.

Research Method

The present study is applied in terms of purpose and descriptive-analytical in terms of method. Data collection was done with the help of documentary-library studies and field surveys were done through observation tools and completing a questionnaire. After confirming the validity and reliability, the questionnaire was distributed by the researcher among mothers of mentally retarded children in Tehran by simple random sampling. The statistical population of the study was the mothers of mentally retarded children in Tehran, of which 50 were considered. The validity of the questionnaire questions was confirmed by professors and experts, its reliability was calculated by Cronbach's alpha test of 0.78 (Table 2). SPSS software was used to analyze the data obtained from the questionnaire. Kolmogorov-Smirnov test showed that the data were abnormal. Finally, the non-parametric Spearman test was used to test the research hypotheses.

Table 1. Cronbach's alpha test

Dimensions	Cronbach's alpha value
Quality of life of parents	0.78
Social adjustment	0.78

Results

According to Table (2) Kolmogorov-Smirnov test showed abnormality of research data, so Spearman test was used.

Table 2. Kolmogorov-Smirnov test to check for normality

Variable	n	Kalmogrov-Smirnov	Significance (P)
Quality of life of parents	50	1.654	0.003
Social adjustment	50	1.369	0.003

Investigation of research hypotheses

The first hypothesis:

H1: There is a positive and significant relationship between quality of life and social adjustment of mentally retarded children.

H0: There is no positive and significant relationship between quality of life and social adjustment of mentally retarded children.

Table 3. Spearman correlation test assumptions for the first hypothesis

Spearman correlation coefficient value	The significance level	Result

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0.600	0.003	Significant positive correlation and rejection of H0

According to Table (3), the results obtained for the level of significance indicate that the correlation between the two variables of quality of life and social adjustment of mentally retarded children with a coefficient of 0.600 and sig = 0.003 was confirmed and with a 95% confidence level. agreed. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two variables of quality of life and social adjustment of mentally retarded children and as a result, H0 hypothesis is rejected and H1 hypothesis is confirmed.

Discussion

The aim of this study was to investigate the relationship between parents' quality of life and social adjustment of mentally retarded children. In the present study, SPSS software was used to investigate the research hypotheses [4]. Kolmogorov-Smirnov test showed that the research data were abnormal, so Spearman test was used. The results obtained for the level of significance indicate that the correlation between the two variables of quality of life and social adjustment of mentally retarded children with a coefficient of 0.600 and sig = 0.003 is confirmed and accepted with a 95% confidence level. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two variables of quality of life and social adjustment of mentally retarded children and as a result, H0 hypothesis is rejected and H1 hypothesis is confirmed. Which is consistent with the results of researchers Al-Lahiari (2011)[8]and Peyvastegar et al (2013)[4]. When a child is diagnosed with a disability in a family and this affects the whole family unit. Negative attitudes that relatives, friends and society have about the disabled child affect not only the child but also the family system. It overshadows all the items of a family. Lack of public awareness about the talents of people with disabilities is considered as an obstacle to their participation and acceptance in society [5]. There is no denying that parents of disabled children face a lot of stress, but it is important to look for ways in which such families can come to terms with this.

The value that others show for the parents 'efforts to deal with the problems of the disabled child, their attention to the parents and their respect for the parents, their positive attitude towards the disabled and the disabled child are factors that actually deplete the parents' resources and strength to deal with With problems It increases the child's disability and consequently their adaptation.

Conclusion

According to the final result of the research, with increasing the perceived social support of parents, the level of social adjustment of educable mentally retarded children also increases. Also, as the level of education of parents has increased, so has the level of social adjustment of children.

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