

# The Study on Satisfaction, Emotion and Stress of Developmental Disability Children's Parents

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## **Abstract**

**Background/Objectives:** The purpose of this study was to identify the effects of satisfaction of disable children's parents of positive emotion, negative emotion and stress.

**Methods/Statistical analysis:** SPSS version 20.0 for Windows was used for data analysis to verify the effects of the training program. Among statistical methods, Frequency, Mean, SD, Pearson's correlation and regression.

**Findings:** The major findings were as; Satisfaction is highest, but stress is. Positive emotion is higher than negative emotion. Satisfaction was positively correlated with positive emotion and was negatively correlated with negative emotion. Disable children's parents were positively affected by positive emotion. And the findings were provided for the support program on satisfaction regarding to positive emotion of disable children's parents.

**Improvements/Applications:** This study has significance in terms that it proved the importance on the improvement of disable children's parents' mental health multicultural children.

**Keywords:** Satisfaction, Positive Emotion. Negative Stress, Disable Children's Parent

## **1. Introduction**

When there are disable children, it will change their family cohesion and result of developmental disability how their parents cope with [1]. That is the more positive parents' cope, the higher their cohesion and the better children's results. Especially if their mothers are healthy psychologically and participate in therapy more, children' activity have positive results [2].

But realistically disable children their parents feel rearing stress. And the worse children's developmental disability, the more parents' stress [3,4]. Mental disable parents of children are lower social well-being and quality of life stress than other disable parents of children [5]. In Korea, the worse disability mental disable parents feel more stressful [6]. Therefore, disable parents of children feel more burden and stress than normal parents of children.

At first, developmental disability children are not different general children in early childhood. But As they growing up, they appeared relationship building with others disorder, communication disorder, definite characteristic of activity and concern. Until now There are difficulties of cure and therapy as not knowing about reason of developmental disability[7]. The problem of developmental disability children's not individual and expanded family. Especially developmental disability children's mother experienced more stressed more general children's mother[8].

Mothers of children with developmental disabilities experience disappointment and frustration due to their child's developmental delay and lack of response, the special care that is constantly required, and the burden of long-term treatment and education. They also live with problems such as chronic depression and anxiety, anger, stress, emotional instability, and a lack of psychological well-being[9]. These persistent psychological problems have a negative effect on marital adaptation and the entire family, making it difficult to appropriately respond to the rearing of children with developmental disabilities, increasing the psychological pain of mothers with developmental disabilities. The necessity of this emerges.

Thus, the present research aims to examine whether range and the relation satisfaction, emotion and stress of disable parents of children, emotion and stress affect satisfaction. The results of analysis are

expected to provide base data that can be used in the field to help such disable children increase such ability.

## 2. Methods

### 2.1 Subjects

This study was conducted in disable children’s parents lived in Chungnam-do and Seoul. And their children are from 12-18 years old at middle school and high school students. A total of 113 disable children’s parents surveyed. This study was conducted in middle and high school students’ parents at 5 Social welfare support centers in Seoul who went to participate in career education service.

The demographic characteristics of subjects showed **Table 1**. Their age was most 62.0% in 41-49 years old, over 50 was 23.0%, and under 40 was 15.0%. Number of children of 1 was 91.2% and 2 was 8.8%. They had self-help group of 58.4% and no self-help group was 41.6%.

**Table 1. Characteristics of subjects**

Contents		N	%
Age	Under40	17	15.0
	41-49	70	62.0
	Over50	26	23.0
Number of Child	1	103	91.2
	2	10	8.8
Self-help group	Yes	66	58.4
	No	47	41.6

### 2.2 Tool

#### 2.2.1 Satisfaction

Subjective satisfaction scale used a total of 3 items. Cronbach’s  $\alpha$  was .92. Satisfaction consists of personal aspects, relationship aspects, and group aspects [10]. That is, “I am satisfied my life about personal aspects”, “I am satisfied my life about relationship aspects”, “I am satisfied my life about group aspects”. The 7 points Likert scale is used. More point means high satisfaction.

#### 2.2.2 Positive emotion and negative emotion

Positive emotion and negative emotion scale used a total of 6 items. Cronbach’s  $\alpha$  was .92. Positive scale was used enjoyable, comfortable and happy, and negative emotion was used negative, angry, spiritless [11]. The 7 point Likert scale is used. More point means high positive and negative emotion.

#### 2.2.3 Stress

Stress scale used a total of 10 items. Cronbach’s  $\alpha$  was .92. Stress was developed how many not to stress but to perceive stress in 1983 [12]. Stress includes life events, depression, somatic symptom, health behavior, social anxiety and smoking. This scale measured perceived stress of situation experiencing daily life.

### 2.3 Data processing and analysis

SPSS 23.0 was used for analysis to verify the effects of the program. Among statistical methods, for mean

and Standard Deviation. Relationship of variables analyzed Pearson’s correlation. To find dependant variable affecting on independant variables was conducted by multiple regression.

### 3. Results

#### 3.1 Range of variable

**Table 2. Range of variables**

Variables	M	SD	Range	N
Satisfaction	3.79	.10	1-7	113
Positive emotion	3.74	.87	1-7	113
Negative emotion	2.70	1.04	1-7	113
Stress	2.74	.37	1-5	113

Disable parents of children’ range of variable showed Table 2. Satisfaction was highest among variables. But satisfaction, positive emotion and negative emotion were lower than medium. Therefore, it means they didn’t satisfy. Positive emotion was more than negative emotion. Stress was 2.74. Even though developmental disability children’s parents experienced difficulties rearing of children. Because parents’ emotion can affect emotion of their children, it is important that developmental disability children’s parents have positive emotion. According to many references developmental disability children’s parents got stressed from having tired of rearing, burden of cure cost and no my life.

#### 3.2 Correlations of variable

**Table 3. Correlations of Variables**

	1	2	3	4
1. Satisfaction	1.00			
2. Positive emotion	.66***	1.00		
3. Negative emotion	-.25**	-.29**	1.00	
4. Stress	-.10	-.28**	.30***	1.00

\*p<.05 \*\*p<.01 \*\*\*p<.001

Correlations of variables showed **Table 3**. Disable children’s parents’ satisfaction was significant negatively related with positive emotion and positively related with negative emotion. Positive emotion was significant negatively related with negative emotion. And positive emotion was significant negatively related with negative emotion. Therefore, there are possibility that more positive emotion have more satisfaction, and

more negative emotion have more stress. Developmental disability children’s parents have more stressed than general children’s parents.

### 3.3 Variables influencing on satisfaction

**Table 4. Variables influencing on satisfaction**

Dep. Ind.	Satisfaction		
	B	β	
constant			
Positive emotion	1.00		
Negative Emotion	.76	9.75	.67***
Stress	-.09	-1.05	-.09
	.10	2.06	.12*
R <sup>2</sup>	.45		
F	30.15***		

\*\*\*p<.001

Variables influencing on satisfaction showed Table4. Among disable parents of children’ variables Influencing on satisfaction, positive emotion affected positively satisfaction. Stress affected negatively satisfaction. To sustain satisfaction mothers needed positive emotion like enjoyment, calmness and happiness and reduce stress management. Even if parents have stress, it is important to solve the problem and coping the difficulties. It need to increase satisfaction of life through positive emotion, less negative emotion and less stressed. Developmental disability children’s parents try to maintain peaceful, comfortable and safe state in daily life.

### 4. Conclusion

First, Parents’ stress and negative emotion of developmental disability children were lower than medium. Therefore it means they didn’t difficult to psychological problem. Otherwise positive emotion and satisfaction were higher than medium. Therefore, it means they live feel happy and good feeling.

Secondly, positive emotion was significantly related with negative emotion. To reduce stress it needs to keep positive emotion. Negative emotion affects positively stress. Especially satisfaction was significantly positive related with positive emotion and negative related with stress.

Third, positive emotion affected positively satisfaction. Stress affected negatively satisfaction influencing on satisfaction. It is important that parents have positive emotion and manage negative events like stress. Variable social work practice field need to provide to improve mental health program and to release stress and negative emotion program. Besides it needs to build self-help group for developmental disability children’s parents and are differentiated program for developmental disability children according to disability type and degree. That makes them chance to communicate and get many information. Also, it needs to development education program for developmental disability children’s siblings and parents about information and role of family.

As above, it had been proven that disable parents of children’ positive emotion and stress has the effects on satisfaction. And, this research has the significance with regard to the fact that it had dealt with the emotional aspects and the stress of the parents of the disable children.

## **5. Acknowledgements**

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