

## **Perception of burden and psychological stress in parents of hearing impaired and intellectually challenged children in Punjab.**

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**INTRODUCTION:** The birth of a hearing impaired or intellectually challenged child influences the dynamics and interaction of the whole family leading to possible problems within family. Due to any or a combined disability diagnosis of a child, parenting of such children can be a stressful experience and result in perception of burden. **OBJECTIVES:** This study examines levels of perception of burden and psychological stress in parents of hearing impaired and intellectually challenged children in different areas of Punjab, Pakistan and relationship between perception of burden and psychological stress. **ETHODOLOGY** Study has cross sectional aspects. 100 parents of hearing impaired children (HIC) and 100 parents of intellectually challenged children (ICC) participated in the study. Sample was selected through non-probability convenience sampling. Information was gathered through Basic demographic sheet, Parental Stress Scale (PSS) and Caregiver Burden Inventory (CBI). **Results:** The sample population (n=200) consisted of 65 (32.5 %) males and 135 (67.5%) female respondents, with a mean age  $41.23 \pm 6.709$  years. The mean of total parental psychological stress score was 61.85 (HI  $47.73 \pm 10.08$ , IC  $75.98 \pm 9.12$ ) and mean of total caregiver burden was 53.95 (HI  $46.47 \pm 10.91$ , IC  $61.44 \pm 11.8$ ) with significant correlation between disabilities (HI & IC) and psychological stress as well as perception of caregiver burden with p value of  $p < 0.01$ . In HI group moderate psychological stress (n=53, 26.5 %) and moderate level of caregiver burden (n=49, 24.5 %) predominated, while in IC group profound level of psychological stress (n=70, 35 %) and severe level of caregiver burden was noted (n=74, 37 %) in majority of participants.