

**THE PSYCHOLOGICAL EFFECTS ON FAMILY
MEMBERS OF INTELLECTUALLY CHALLENGED CHILDREN IN
LOWER YATTA SUB COUNTY, KITUI COUNTY, KENYA.**

**PETRONILA N. MUEMA
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**A RESEARCH PROJECT REPORT SUBMITTED IN PARTIAL FULFILLMENT OF
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ABSTRACT

This study was conducted to determine the psychological effects on family members of intellectually challenged children in Lower Yatta Zone, Kitui County. Families of intellectually challenged children when they first realize that their children are disabled intellectually, they are shocked, perceive denial, guilt, sorrow, rejection and finally accept since they do not have any alternative but to face problem and cop with it. It is noticed that psychological effects occur during care giving which requires these parents to be socially and economically stable. Resources are needed in provision of counseling and medical care as a result of psychological effects caused by the condition of their children as the face stigmatization from the community and people around them. Parents of children who are intellectually challenged, more especially mothers had high mental stress and low health scores. It is clear from this study that most family members of intellectually challenged children suffered psychological problems that was as result of stress as they are exposed to stressors and adversities. This research report was guided by the following look objectives: To find out the psychological effects associated with intellectual disability to family members of intellectually challenged children, to determine the support and care given to the intellectually challenged children by family members, to determine the perception and experience associated to care giving to intellectually challenged children by family members and find out the intervention measures taken by the community and the school to promote resilience among families with intellectually challenged children. The study in cooperated Metaresillience theory of Richardson (2002) to emphasis on the importance of promotion of resilience among family members of intellectually challenged children since it is they only way of living with the long term challenges facing them. This report project employed descriptive research designs to collect data through the use of questionnaires and observation checklists. The study conducted a pilot study that enabled the researcher to determine validity and reliability of the instruments. The target population was 360 who were head teachers, teachers and parents of intellectually challenged children in lower 20 public primary schools in Lower Yatta Sub County, Kitui County. This population was sampled to 70 participants. Descriptive analysis was employed in this research to calculate the mean value and percentages during data analysis process. Tables and diagrams were obtained during representation of data. The findings showed that the mean stress scores are higher in mental area which is 15.07 for fathers and 18.13 for mothers than physical area which is 10.200 and 07.680 for mothers and fathers respectively so is variability. Data are indicative of

insignificant differences in total stress and physical stress among mothers and fathers. This finds was used to emphasize the importance of care giving and its influence on academic achievement among these young scholars. The research recommended that Parents with intellectually challenged children should be giving guidance and counseling so as to promote their psychological resilience.