

- ⊗ **Name of the study:** Pressure Feelings among Arab parents of children with developmental intellectual disabilities as opposed to Arab parents of children without developmental intellectual disabilities in the corona epidemic
- ⊗ **Year:** 2022
- ⊗ **Type of research:** research
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Abstract

The COVID-19 pandemic has had a massive impact on the lives of many people all around the world. On March 2019, restrictions on social gatherings were imposed, and education, economy, family life and the mental health of many were negatively affected.

Studies that examined the effects of social distancing and other limitations imposed showed increasing experiences of stress, depression and anxiety (Cantarero et al., 2020; Brooks et al., 2020; Buheji et al., 2020). Parents of children with intellectual developmental disabilities are particularly vulnerable to stress due to the burden of demands and the need to constantly respond to their children extensive needs (Hastings, 2002; 2003; Manor-Binyamini, 2011; Neikrug, Roth & Judes, 2011). During the period of lockdown and social distancing and with the spread of the disease, the burden on these parents, who had to deal not only with the anxiety regarding COVID but also with the demands of caring for their children for a long period of time during all hours of the day, has increased.

The present study examined the differences in parental stress between parents of children with intellectual developmental disabilities and parents of children without intellectual disabilities in Arab society in Israel. 160 parents of children with intellectual developmental disabilities and 116 parents of children without intellectual disabilities completed a quantitative parental stress questionnaire (Abidin, 1995). This questionnaire measures three types of stress: parental distress, dysfunctional interaction between the parent and the child, and child's difficulties.

The research findings show that parents of children with intellectual disabilities experience higher levels of stress in all three types of stress compared to the group of parents of children without disabilities. It was also found that mothers tend to report higher parental stress compared to fathers.

These findings provide insights regarding parental stress experienced by parents of children with intellectual disabilities in situations of uncertainty, such as the COVID-19 epidemic. These insights may be useful for developing intervention programs that can provide parents tools for better coping and thus, improve the quality of their life.

Keywords: parental stress, developmental intellectual disability, distress, the corona epidemic, mothers and fathers.

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