

Parental Anxiety in Cochlear Implanted Children's Family

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Short Communication

Statement of the Problem: Early rehabilitation such as cochlear implantation (CI) helps reducing the negative effects of hearing impairment on children. Parents of these children may feel anger, sorrow, guiltiness and anxiety. In addition, the fact that a child should go through an invasive intervention, may affect families negatively. The aims of this study include measurement of anxiety level experienced by parents of children with CI and comparison between the level of experienced anxiety in parents of children with CI and parents of children with normal hearing.

Factors That Affect Stress in Parents of Children with Hearing Loss

A portion of the kid related variables that may expand worry for guardians of youngsters with hearing loss that have been inspected to date and that will likewise be considered in this examination incorporate kid age, age at determination, level of hearing loss, social help, maternal instruction, and salary [1].

Concerning age, in spite of the fact that there is convincing proof in groups of kids with typical hearing that parent pressure frequently increments as kids become more established and in this way tops in the last's immaturity, the constrained writing on groups of kids with hearing loss is clashing. A few examinations report that as kids age, parent pressure expands and different reports show no impact of kid age. A large portion of this exploration has been centered on moms of youngsters in youth, with those investigations that have included more established kids regularly revealing a wide age run and a moderately modest number of more seasoned members. Given reports that guardians of kids with ordinary hearing frequently become progressively worried as their kid's age builds, it is conceivable this could be exacerbated for guardians of kids with hearing loss, because of the expanded correspondence, social, instructive, and psychological requests set on kids as they develop and furthermore because of the way that the correspondence hole among kids and their folks regularly turns out to be increasingly evident as correspondence desires increment with expanding youngster age. A so far unanswered inquiry is whether moms of more established youngsters feel more worried than do moms of more youthful kids.

The impact old enough at conclusion on longer term pressure is likewise muddled. Analysis before the age of year and a half has been connected to higher parent pressure, and this discovering fits well with the hypothesis that early conclusion upsets parent-kid holding and resulting guardian conduct. In any case, later conclusion likewise adds to more unfortunate language advancement, which is an entrenched reason for continuous parent pressure. Numerous examinations have announced expanded feelings of anxiety for guardians of kids with postponed language improvement, paying little heed to method of correspondence found that guardians of more established youngsters with language delays gave off an impression of being more worried than did guardians of more youthful kids with a similar condition, because of correspondence troubles [2-4].

Level of hearing loss gives off an impression of being a generally poor indicator of parent worry, with a few examinations demonstrating no immediate connection between level of hearing loss and parent feelings of anxiety and one investigation recommending that hearing loss, interceded by language delay, expands the recurrence of broken parent-youngster communications and hence builds parent pressure.

As far as parent recognitions and qualities, there is solid proof that outside and individual assets decrease worry for guardians of youngsters with hearing loss, with expanded social help lessening worry in families. It has been accounted for that the impact of social help for moms is huge to such an extent that the measure of help got contributes fundamentally to the nature of mother-youngster associations. Nonetheless, who analyzed social help and parent worry in 96 moms of youngsters with hearing loss, found that albeit social help may go about as a support now and again of intense pressure, it has less impact in circumstances of interminable pressure, for example, that of child rearing a kid with hearing loss. A further type of social help is spousal help; lower spousal help has been found to expand parent feelings of anxiety in groups of kids with ordinary hearing. Albeit expanded pressure identified with diminished spousal help in moms of youngsters with hearing loss has been accounted for (Hanson and Hanline, 1990), little consideration has been centered around how much this factor adds to in general parent feelings of anxiety [5].

Materials and methods

This study was carried out on 25 parents whose child had cochlear implanted for six months and also 25 parents of normal children. Parents' demographic data were collected. The Beck anxiety inventory was given to parents of both groups. The results were analyzed according to the questionnaire instructions.

Results: Parents' average age was 32.56 ± 4.4 and 31.76 ± 5.25 in the cochlear implant group and normal group respectively. No significant correlation between parents' educational level and the score achieved by the Beck anxiety inventory was observed ($p > 0.05$). There was significant difference between the scores of the parents of cochlear implanted children and normal group ($p < 0.05$). Mild, moderate and severe anxiety levels were observed in 44% of the cochlear implanted children's parents. On the other hand, 32% had mild and moderate anxiety levels and no severe anxiety was observed in normal hearing children's parents.

Conclusion

Due to the significantly higher total average and also higher levels of anxiety in the parents of children with CI we should pay more attention to this group. Some studies show the effects of demographic characteristics such as economical and educational levels on parental anxiety. But, likewise our study, various studies report the ineffectiveness of demographic characteristics on anxiety levels. Perhaps it is best to pay more attention to the ways of controlling anxiety in such families by controlling the environmental factors. This way, a child with implanted cochlea will have a smoother learning road ahead and therefore they can live easier.

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