An investigation of the relationship between quality of life and self-efficacy of mothers of students with retardation Birjand County

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Abstract

The present research started with the purpose of studying the relationship between sub-rites ions of living state and self-efficacy of the mothers of mentally retarded students in Birjand County. The census population of this research was the mothers of mentally retarded students of elementary and guidance schools of Brigand. Sample of the research was selected with the method of accessible sampling with 121 individuals. In order to gathering the data, two questionnaire of quality of living SF-36 and Schewarzer’s general self-efficacy, handed to the members of the sample. The method of data analysis is correlation method. The results of the statistic analysis of data indicated that there’s straight and meaningful connection between their self-efficacy and their common health state, limitation of physical (corporal) performance, physical health, psychic problems, liveliness and psychic health. In spite of the fact that the relevance of self-efficacy and the most of sub-criterions of quality of life is meaningful, as regards it’s possible to improve self-efficacy by means of workshops and instructive courses. Thus, with the did of these hired of workshops and courses it’s possible to improve symbols bond with the majority of sub-criterions of quality of life too.

Keywords: Self-Efficacy, Mothers of Students with Retardation

Introduction

Children who are physically or mentally disabled, impose specific mental pressures on their parents and especially their mothers, followed by problems. In addition to their own physical and mental problems, stress on these mothers due to continuity will affect health and well-fare of their husbands, healthy children and disabled children and, in a broader range, mental health of total society (Malekpour et.al. 2006, Litt & Nye, 1993).
These are different viewpoints and definitions of Quality of Life, but World Health Organization defines quality of life as “a person’s perceptions in his or her life situations affected directly by culture and values in an environment living there and also, an association of these perceptions with the person’s goals, expectations, standards and priorities, which is widely affected by his or her physical, mental conditions, independence, social relations and personal beliefs” (Mirkhani, 1999, Forman & Owen, 1998). World Health Organization (1974) defined “Quality of Life” as not only the absent of disease but also as complete physical, mental, social well-fare and since then, it has been tried to define quality of life variables (Casteging et al., 1998 quoted from Fatemeh Razi et al., 2007). At present, there are more than one hundred definitions of Quality of Life in scientific literature; however, quality of life is defined by domains that it includes: mental health, self-confidence, health satisfaction and life satisfaction (Zerai, 2007, Longmore & DeMaria, 1997). Quality of Life is one of important aspects for mothers of students with mental retardation. In regard to our research, we can help these mothers recognize themselves and their feelings about life better, which it will set the stage for reaching better life for these mothers (McMillen & Fisher, 1998, Porter & Hsu, 2003).

Since women's health is one of key dimensions in family health and a child with mental retardation can affect their quality of life and self-efficacy, it is seems that upgrading their quality of life, increasing their perceptions in their life positions, recognizing their children and having rational expectations from them would help them prevent from despair and disability in caring and upbringing their children and would increase their self-efficacy (Rosenberg, 1979). So, in this research, we seek to investigate the relationship between Quality of Life and Self-efficacy of mothers of students with mental retardation. If, there is a relationship between Self-efficacy and Quality of Life, and since Self-efficacy can be upgraded by training, Quality of Life can be improved by upgrading Self-efficacy (Rosenberg, 1985).

Materials and Method

The present research is a descriptive-analytical study which indicates the relationship between Quality of Life and Self-Efficacy of mothers of students with mental retardation in Birjand city in 2009-2010. The study is cross-sectional and non-interventional and is conducted by questionnaires. It has applied results and in terms of research method is of correlation type, which is one of descriptive research types. The statistical universe of the research were all mothers of mental-retarded students under coverage of Behzisti Organization, who on of their children were in primary and guidance schools in the 2008-2009 academic year. The number of students was 134 students (57 girls and 47 boys in primary schools, 13 girls and 17 boys in guidance schools).

In order to select, mothers of children with mental retardation, the method of accessible sampling or available sample was used. Since the total number of students with mental retardation was 134 students, the sample included these student’s mothers, which 121 mothers filled out the questionnaires.

a) The Quality of Life Scale (SF-36)
One of the most common and comprehensive standard tools in the field of Quality of Life is a brief form of a 36-item questionnaire which was designed by Uar & Sharbon in 1992 in the United States, which in 2005, it was normalized to Persion by Dr. Montazeri et al.

B) The General Self-Efficacy Scale Schwarzer
One of standard tools in the field of self-efficacy is the 10-item General Self-Efficacy from Schwarzer, which in 2006, it was normalized in research by Rajabi on Ahvaz University students.

Discussion and Conclusion

The purpose of this research was to investigate the relationship between quality of life and self-efficacy of mothers of students with mental retardation in Birjand County. For this purpose, 121 mothers of exceptional students at primary and guidance schools were selected by the method of accessible sampling and they were give
two questionnaires, the Quality of Life SF-36 and the General Self-Efficacy Schwearzer. In the research, 7 hypotheses were presented, which in the following, they will be presented.

**Hypothesis 1.** There is an association between quality of life and self-efficacy of mothers of students with mental retardation. According to data collected in the research, the hypothesis was confirmed. It can be interpreted that those who have higher self-efficacy and they take well their responsibilities in life, indeed, they have better quality of life. In contrast, people who don’t take their responsibilities in life, they face maladjustments, causing lower quality of life. The finding is consistent with the results by Medilton et al., who showed that quality of life of people with spinal lesions was lower than in normal people, that lower self-efficacy and pair reduced it, indicating the relationship between self-efficacy and quality of life.

**Hypothesis 2.** Self-efficacy of mothers who have personal houses, is significantly different from mothers who live in rental houses. According to data collected in the research, the second hypothesis was confirmed. We conclude that self-efficacy of mothers who live in personal houses, is significantly different from those who live in rental houses. In review of literature, we didn’t find research that have investigated such a hypothesis. However, tenant life problems can set the stage for lower self-efficacy of these people than those who don’t have these problems.

**Hypothesis 3.** Quality of life of mothers exceptional sons is significantly different from mothers with exceptional daughters. At first, it seems mothers with exceptional daughters to have lower quality of life than those with exceptional sons. However, the results didn’t confirm the hypothesis. This finding is consistent with the results by Ghorbani et al. in 2006.

**Hypothesis 4.** Quality of life of mothers who have personal houses, is significantly differently different from those who live in rental houses. According data collected in the research, the hypothesis was rejected. This finding is not consistent with the results of research “The association of Life-style with general Well-being of university students” by Samimi et al in 2006, who concluded that according to the results of chi-square test, general well-being had a significant association with exercise, nutrition, smoking, safety principle observance, stress control and sex, but didn’t have any association with age, school and residence position. General well being had a significant inverse association with the dimensions of life styles. One reason why our result is not consistent with the research, is unsimilarity between the two statistical universes. The statistical universe of our research is mothers of children with mental retardation; however, the statistical universe of the research by Samimi et al. were students.

**Hypothesis 5.** Self-efficacy of mothers with exceptional sons, is significantly different from mothers with exceptional daughters. According to data collected in the research, this hypothesis was rejected. So, we conclude that self-efficacy of mothers with exceptional sons is significantly different from mothers with exceptional daughters. This result is consistent with the results of research “An Investigation of the Relationship between Self-concept Dimensions and General Well-being and its Components in Shiraz University students” by Sheikholeslami and Latifian (2002).

**Hypothesis 6.** Self-efficacy of mothers with different education levels is significantly different. According to data collected in the research, the hypothesis was confirmed. So, we conclude that self-efficacy of mothers with different education levels is significantly different. More education results in more information, higher thinking level and therefore higher self-efficacy.

**Hypothesis 7.** Quality of life of mothers with different education levels is significantly different. According to data collected in the research, the hypothesis was confirmed. So, we conclude that self-efficacy of mothers with different education levels is significantly different. This result is consistent with the results of research by Sheikholazimi an Latifian, who showed that of different self-concepts, only value self-concept had a negative and significant relationship with depression. Since, the relationship of the variable education with self-efficacy and
quality of life has been confirmed, it is recommended that people continue their education, as increasing education level results in higher self-efficacy and quality of life.

References