



## **PROBLEMS FACED BY A CARETAKER OF MENTALLY RETARDED CHILD**

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### **INTRODUCTION**

#### **Article Review: Problems Faced By a Caretaker of Mentally Retarded Child**

In the article by Kondaguli (2018), all the aspects of parenting a child with intellectual disabilities (ID) are described in detail. The article focuses on the emotional, financial, and social toll that these parents take and, at the same time, provides an overview of different methods that may improve the parents' coping abilities and overall well-being. This paper will critically analyze the points raised in the article while looking at its impact on today's nursing practice and other members of the healthcare fraternity.

#### **Key Challenges Highlighted in the Article**

One of the most powerful aspects of the article is the emphasis on the emotional toll on parents. Kondaguli argues that parents go through major stages of grief, guilt, and sadness when they wake up to the fact that their child will not develop in the same way as other children who are deemed to be normal (Kondaguli, 2018). Such emotional pressure is added to the day-to-day difficulties of raising a child with ID, where one gets to see the child struggling to comprehend this world. Another challenge that is talked about in the article includes financial stress. The expenses incurred, as also supported by Singh & Lohumi (2023), in availing specialized therapies, aids equipment, and other medical facilities become a burden in most families. From this perspective, Kondaguli's analysis of this issue is particularly informative in today's conditions when more and more families have to face the problem of the lack of food (Kondaguli, 2018). The discussion of the article regarding the financial burden is in harmony with previous studies that address the financial challenges that families with children who have a disability face.

Social isolation is pervasive in the article. Kondaguli also notes that parents who are forced to always care for their sick children

end up isolating themselves socially, and this compounds the situation of loneliness. Society labels mental retardation as a disability that isolates children from other children as parents are too afraid to bring their children out in public or mix with other people because of the stigmatization (Kondaguli, 2018). The call for community support, highlighted in the article, is well justified by Singh & Lohumi's (2023) research, supported by examples of community-based interventions that have effectively reduced isolation in such families.

#### **Coping Strategies and Support Systems**

From Kondaguli's discussion of coping strategies, one can gather some ideas about how parents can successfully manage rearing a mentally disabled child. The listed strategies for enhancing parental resilience are emphasized: development of support structures, seeking professional support, and self-care mechanisms (Kondaguli, 2018). It is crucial to draw attention to the fact that the article pays much attention to early intervention, and other studies have also pointed out that early therapeutic interventions have a strong possibility of enhancing the quality of life of children with intellectual disabilities. The article also briefly discusses integrating children with intellectual disabilities into schools, which is a vital component of their development. Kondaguli promotes integration in the classroom to increase social participation among students and improve their performance (Kondaguli, 2018). This conforms with the modern trends that call for the integration of disabled children into mainstream schools for enhanced learning of both disabled and non-disabled children. Nevertheless, the article lacks a discussion of the barriers to adopting the ideals of inclusive education, especially in developing nations, and ways of addressing these issues.

#### **Conclusion and Implications for Nursing Practice**

Conclusively, Kondaguli's article is a valuable and detailed study of the difficulties of parents of mentally disabled children and ways to overcome them. The article is helpful for healthcare workers, especially nurses, as it overly emphasizes the need to assist these families. Through awareness of the psychological, monetary, and social barriers explained in the article, nurses can be in a better position to fight for support systems and measures that capture the needs of the parents

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as well as the children. The subsequent research and policy agendas should concentrate on the enhancement of support services, the advocacy for integration into school, and the design of particular interventions that could help to reduce the pressures on these families.

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