

CHAPTER SEVEN

CONCLUSIONS : Socio-Economic, Educational and
Rehabilitation Aspects of Mentally Retarded
Children

"To whom can we refer as Mentally Retarded?"

By investing all the cases it is understood that, those who have the following characteristics or nature can be termed as mentally retarded.

- 1) Low mental development (Low IQ)
- 2) One who doesnot sit, walk and speak properly.
- 3) One who doesnot understand or comprehend easily.
- 4) One who doesnot remember what we say.
- 5) One who doesnot recognise the things clearly.
- 6) One who doesnot behave according to the requirement of his age group and sex.
- 7) One who sits alone without indulging among the siblings.
- 8) Late developments in all the day-to-day human activities.

Important Observations of the Study

Caste and Mental Retardation

From the present study conducted in Chetana School Kolhapur, Maharashtra it was found that 24 (48 %) children belongs to Maratha, 7 (14 %) belongs to Jain and 4 (8 %) belongs to Lingayats. A higher number of handicapped children among the Marathas may be probably due to their higher strength of population. Marathas form more then 50 percent of the total population in Kolhapur district. Hence we cannot say that their is higher frequency of mental handicapped problem among them.

Marathas are mainly agriculturist in rural Maharashtra and are now seen in different other fields like politics, education, etc. in the urban areas.

Among the Jains who constitute a minority group of about less than 1 % of the total Indian population we find that there were 7 (14 %) respondents belonging to Jains. In the city the Jains are mainly businessman while in the rural areas they are agriculturists.

Among the scheduled caste we find there are 3 respondents (6 %) which is a negligible percentage.

Income group and mental retardation

The data indicates that irrespective of the Income group i.e. low or high we find the presense of mental retardation. However there are slightly more number of mentally retarded children (30 %) in the 500 to 2000 Income-group and 20 (40 %) respondents in the 2001 to 5001 and above Income-group.

Marriage within blood relation and mental retardation

The data indicates that out of the fifty respondents 16 (32 %) were married within the blood relation while remaining 34 (68 %) married outside the blood relation.

In short we can say that in both type of marriages there is mental retardation problem and slightly more so in the case of marriages outside the blood relation. This above fact disproves our original hypothesis namely that

mentally handicapped problem is more a result of ingroup breeding.

Marriage within blood relationship and mental retardation

Out of the total 16 (32 %) respondents in this category, 7 (14 %) married their elder sisters daughter, 6 (12 %) has married their mothers brothers daughter. While 3 (6 %) had married their fathers sisters daughter. Custom of marring elder sisters daughter is very common in rural area as well as in urban areas of Karnataka, while cross-cousion marriage is common in Maharashtra as well as Karnataka.

Marriage of Grand-father and Mental retardation

Out of the fifty respondents 4 (8 %) grand-fathers were married within the blood relatives, while remaining 46 (92 %) had married outside the blood relation.

In other words second generation within the blood relation marriages within the blood relatives constitute only a minority. This means that in the sample of fifty handicapped children under study the father associated with their problem is due to other then the factor due to marring within blood relation.

Early marriage and Mental Retardation

If we take 10 to 15 years as the earliest age_group of marriage than it was found that 15 (30 %) handicapped

childrens mothers had married in this age-group. While if we define 10 to 20 years age-group as the early age then we find 41 (82 %) handicapped childrens mothers had married in the above early age group.

The above data indicate that there is significant relationship between early marriage and the mental retardation problem.

Late marriage and mental retardation

In the sample there are no mothers of handicapped children who had married late i.e. 26 to 30 years age-group onwards. Therefore we cannot say anything about the late marriage of the women and its relationship with the problem of mental retardation.

Mothers age at birth of retarded child

There were 21 (42 %) mothers whose age-group was 16 to 25 when they had given birth to their mentally retarded child.

The Government campaign on the television, radio and other media to persuade people not to marry their daughters at an early age is quite scientific.

Attitudes of the parents towards mental retardation

Majority 42 (54 %) parents felt that their handicapped child was similar to other children, while a small number i.e. 8 (16 %) felt that their child and its capabilities and

its lifestyle was different from other normal children.

We note that majority parents are not ready to accept their child as retarded.

Role of Chetana School in rehabilitating the mentally retarded children

There were 38 (76 %) mentally retarded children who could not speak, walk, dress and eat by themselves, they were completely dependent upon the family members. But after being admitted to the school the parents explained that their child could carry out the above daily activities independently.

How can mental retardation be Cured ?

As far as rehabilitation of mentally retarded children, it can be prevented or cured through the following things.

- 1) Mental retardation is curable.
- 2) It is not a disease but slow mental development exist among some children.
- 3) It cannot be cured through magic or religion.

1) Parents should accept the reality -

By observations I have come to the conclusion that majority of the parents were not accepting their children as handicapped.

- 2) Love and affection is needed from family.

It was found out that most of the retarded children were not getting love and affection from their sibilings and parents. They were generally neglected.

- 3) Cheating mentally retarded children within sibilings must be avoided.
- 4) Avoid familial disturbances.
- 5) Perfect and scientific guidance.

Day-to-day activities like walking speaking, reading should be developed within family.

- 6) School staff must be more and more practical to develop humanitarian characteristics among the children.
- 7) Mental retardation cannot be prevented at school only side by side the involvement of parents, school Government and society plays an important role in improving mental ability and reducing mental retardation.

How Mental Retardation can be avoided from the Society ?

- 1) Give information about the available rehabilitation facilities in India through mass medias.
- 2) Do propoganda about the problem through Radio, T.V. films, News-papers, Magazines, Books, posters, etc.
- 3) Create public consciousness among the masses about mental retardation.
- 4) Marriage within blood relation may be avoided.
- 5) Late marriage and early marriage may be avoided.

- 6) If there is mental handicapped in your home, (before next child is born) take the advise of doctor.
- 7) Pregnancy at early age and in late ages is dangerous, and can be avoided.
- 8) Male members should avoid smoking and drinking.
- 9) Maintain a balanced food diet having all type of vitamins and nutrists.
- 10) Donot avoid medician, prescribed for pregnant women.
- 11) Avoid the smoking, drinking a alcohol especially at the time of pregnancy.
- 12) At the time of delivery consult a good physician, who has got good experiance and facilities.
- 13) Take more care of child upto 1 year.
- 14) If child is suffering from any disease consult doctor immediately.
- 15) Find out whether the child is developing or not (both physically and mentally) consult the Doctor immediately.

Suggestions to Government

- 1) The Government should provide different type of residential schools.
- 2) The name of the child should be added as a nominee in all the property owned by the parents. The law should be made to give support to this statement.
- 3) In the census retarded children should be counted.
- 4) The mentally retarded children should be encouraged to start small scale industries (by giving self loan facilities).

- 5) Create reservation facilities in the appointment (i.e. especially IV employment).
- 6) Allocate some (percentage) amount in the budget by the State and Central Government for the rehabilitation of Mentally retarded children.
- 7) Government should start the loan schemes with subsidy for self employment especially for Mentally retarded children.

Colour Therapy for development of handicapped children

Doctor Steiners of England has started a new technique for development of mentally handicapped children in England and other countries. This techniques has been found to be very effective in making the handicapped children independent. In India there is only one such centre at Vidyagiry, Dharwad which is administered by a trained expert Mr.Paste.

Mr.Paste observes from his experiences of using different colours like Green, White, Orange to stabilise the wavering minds of the kids. It is interesting to note that instead of black boards Green colour boards are used in this institution because Green colour brings Joys and happiness to the children. Likewise the class-rooms are coloured with orange and white colours. In brief their atmosphere is filled with different colour combinations which stimulate the minds of the handicapped children in a beneficial way.

A person by name Gurappa who originally behaved like a woman has undergone colour and occupational Therapy at this institution and is now working as peon and earns Rupees 1400 per month. This is novel and a natural approach to treat the handicapped various handicapped Institutions in Maharashtra including the Chetana Vikas Mandir at Kolhapur and other Institutions in India can make use of such techniques to rehabilitate the handicapped children and make them happy and useful citizens of this world.