

## INFLUENCE OF INTERVENTION PROGRAMME ON LIFE SATISFACTION OF FATHERS AND MOTHERS OF MILD INTELLECTUALLY CHALLENGED CHILDREN

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### ABSTRACT

A study was conducted to study the influence of intervention programme on the life satisfaction of fathers and mothers of mild intellectually challenged children. 79 fathers and 102 mothers of mild intellectually challenged children aged between 09-17 years were selected for the study. Purposive sampling technique was used and the samples were further subdivided into experimental group and control. Life Satisfaction Scale developed by Dr. Promila Singh and George Joseph (1996) was used with few modifications for the present study. The intervention program was given to the parents of experimental group. The data revealed that there was significant difference between the sample of control group and experimental group. Fathers and mothers of experimental group developed a positive attitude towards their children's life and also towards their own life. Fathers and mothers of control group did not show any change in their life satisfaction level. Thus the study highlights that intervention programme can have a positive influence on the life satisfaction of fathers and mothers by enabling them to understand the need and importance of functional skills of the challenged children, the parent's adaptation to changes in life style with intellectually challenged children and a balance between family and work life.

**KEY WORDS:** Intervention Programme, Life Satisfaction, Mild Intellectually Challenged Children, Parent.

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