ASOS JOURNAL

The Journal of Academic Social Science

Akademik Sosyal Araştırmalar Dergisi, Yıl: 7, Sayı: 97, Ekim 2019, s. 53-67

ISSN: 2148-2489 Doi Number: <http://dx.doi.org/10.29228/ASOS.36774>

Yayın Geliş Tarihi / Article Arrival Date
4.08.2019

Yayınlanma Tarihi / The Publication Date
29.10.2019

Doç. Dr. Huriye Demet CABAR

Sinop Üniversitesi, Sağlık Yüksek Okulu, Hemşirelik Bölümü
gonener@hotmail.com

Doç. Dr. Birsen ALTAY

Ondokuz Mayıs Üniversitesi, Halk Sağlığı Hemşireliği
baltay@omu.edu.tr

Uzm. Hemşire Esra SARAÇOĞLU

Sağlık Bilimleri Üniversitesi, Samsun Eğitim ve Araştırma Hastanesi
esrasaracoglu@outlook.com

ENGELLİ ÇOCUĞU OLAN EBEVEYNLERİN UMUTSUZLUK DÜZEYLERİNİN BELİRLENMESİ

Öz

Amaç: Bu çalışma, engelli çocuğa sahip olan ebeveynlerin umutsuzluk düzeylerini belirlemek amacı ile yapılmıştır.

Yöntem: Tanımlayıcı türde olan çalışma, Sinop ilinde bulunan özel eğitim merkezlerinde **Şubat-Nisan** 2016 tarihlerinde yapılmıştır. Örneklem seçimine gidilmeden tüm engelli çocukların ebeveynlerinin tamamına ulaşılması hedeflenmiş, iletişim kurulabilen, katılmaya gönüllü 130 ebeveyn çalışma kapsamına alınmıştır. Veriler, araştırmacılar tarafından hazırlanan anket formu ve Beck Umutsuzluk Ölçeği kullanılarak toplanmıştır. Verilerin hesaplanmasında standart sapma, ortalama, frekans dağılımı, ki-kare testleri kullanılmıştır.

Bulgular: Engelli çocukların %44,6'sı kız, %55,4'ü erkektir. Çocukların %23,8'nin zihinsel engeli, %22,3'nin işitme engelli, %20,8'nin yaygın gelişimsel bozukluğu olduğu belirlenmiştir. Ebeveynlerin %31,5'inin engeli olan başka bir çocuğu olduğu ve %48,5'inin engelli çocuğunun geleceğinden umutlu olduğu saptanmıştır. Beck Umutsuzluk Ölçeği toplam puan ortalaması 10,43±2,42 olarak saptanmıştır.

Sonuç ve Öneri: Çalışmada engelli çocuğa sahip olan ebeveynlerin umutsuzluk düzeyleri orta derecede bulunmuştur. Engelli çocuğa sahip olan ebeveynlere destekleyici yaklaşımlarda bulunulmasının; ailelerin umut düzeylerine olumlu katkı sağlayacağı düşünülmektedir.

Anahtar kelimeler: Engelli çocuklar, umutsuzluk, ebeveyn

DETERMINATION THE HOPELESSNESS LEVEL OF PARENTS WITH DISABLED CHILDREN

Abstract

Objective: This study was conducted with the aim of determining the hopelessness levels of parents who have disabled child.

Method: In this descriptive study, the families of children with disabilities who were educated in special education centers. The population of the study consisted of the families of children with disabilities who were educated in special education centers, and the aim was to reach all of the parents of all children with disabilities without being selected, and 130 parents who volunteered to participate in the study were included in the study. Data were collected by using a questionnaire and Beck Hopelessness Scale. Standard deviation, mean, frequency distribution and chi-square tests were used to calculate the data.

Findings: In terms of disability, 23.8% of the children were mentally disabled, 22.3% were hearing impaired, and 20.8% were pervasive developmental disorders. 31.5% of parents have another child with disability and there are more. 48.5% of the parents were found to be hopeful about the future of their handicapped children. The mean total score of Beck Hopelessness Scale was found to be 10.43 ± 2.42 .

Conclusions and Recommendations: In this study, the hopelessness levels of parents with disabilities were found to be mid-level.. Supportive approaches to parents who have a disabled child; it is thought that they will contribute positively to the hope levels of their parents.

Keywords: Disabled children, hopelessness, parents

INTRODUCTION

The family that forms the basis of society has basic functions such as the maintenance of the human generation, the care of the family members and the provision of a supportive environment for them. Giving birth to a child brings change and novelty to family. Parents who learned that their children are unhealthy can cause stress and anxiety to them (Avşaroğlu & Gilik, 2017).

The children who cannot detect and evaluate the stimuli in the environment, cannot establish a connection between thinking, learning and the experiences, have any physical or motor insufficiency and are socially, physically, mentally or medically behind their peers, are defined as disabled children (Karadağ, 2009). Disability is known as being unable to perform normal functions, being unable to complete a function or being not to be enough to complete a function

(Softa, 2013). The disability is that the individual cannot do what he / she wants to do at a given time due to incompetence (Aktekin et al., 2014)

According to the World Disability Report published by the World Health Organization in 2011, 93 million children aged between 0 and 14 experienced moderate and severe disability (5.1%) and 13 million (0.7%) reported serious difficulties. In 2005, the United Nations Children's Fund (UNICEF) estimated the number of children less than 18 years of age as 150 million. WHO, 2011). According to a Turkish Statistical Institute research, which was conducted in our country in 2002, 1.54% of 0-9 year old children and 1.96% of 10-19 age old young people are disabled (UNICEF, 2011). Turkish Statistical Institute conducted a survey for the problems and expectations of disabled people in 2010 and the number of individuals under 14 years of age was recorded as 21.1% (TUIK, 2011).

As the degree of disability of the disabled child born with special needs increases, difficulties arise at different degrees for the family members. These difficulties are related with financial situation, lifestyle, education, psychological status, child's disability and social environment problems (Karadağ, 2009; Avşaroğlu & Gilik, 2017; Durat, Atmaca, Ünsal, & Kama, 2017). The child who is born with disability creates disappointment, confusion, guilt, helplessness, anxiety in the family (Burçak, 2018). The disabled individual can create changes in the family order and the roles and responsibilities of the people in the family (Song, Chun, & Choi, 2015; Avşaroğlu & Gilik, 2017). The anxiety and depression level of the parents change according to their coping methods since childrearing style of parents differs from each other. While some parents can easily adapt to their child's disability, it may be difficult to overcome the care of the disabled child for others and they may be more pessimistic about the future. As the child grows up, the difficulties experienced in the management of the child, the increase in the financial difficulties and the rise in concerns about the future may cause more problems in families (Avşaroğlu & Gilik, 2017).

It was found out in the studies conducted that the mothers responsible for the care of their children with disabilities are more leaving work (Çalışır, Karabudak, Karataş, Meşelan, & Tosun, 2018) they have economic difficulties, they are accused by other members of the family and their spouses; they feel depression, sadness and loneliness (Sen & Yurtsever, 2007). In a study with mothers of children with autism; it was found that mothers care more about parental roles than their careers (Tunali & Power, 2002).

Hope is a feeling that provides a sense of well-being and it motivates people. Hopelessness is a feeling that includes negative expectations about the future (Tercanlı & Demir, 2012). Hopelessness is defined as attributing a negative meaning to events you encountered although there is no real reason for that, waiting for negative results even though you did not strive to achieve the objective, and thinking that you cannot deal with the situations if you fail to succeed (Akandere, Acar, & Baştuğ, 2009; Durat et al., 2017). Additionally, it is emphasized that hopelessness is one of the main factors for depression and the feelings felt with hopelessness are pessimism, inability to take action, feeling of helplessness, guilt, and the inability to work (Akandere et al., 2009).

While some of the families who have a disabled child can cope with this situation, some of them may have problems such as self-isolation from the society, feeling hopelessness and not being able to cope with the problems of the child (Durat et al., 2017). Families with children with disabilities are primarily concerned with shock, denial, depression, guilt, anger, shame,

hopelessness, self-pity, pity for the child and anxiety for the society and the future (Softa, 2013). Families rearrange their lives to be suitable for children with disabilities (Durat et al., 2017). With the acceptance process, getting information about the situation and having to cope with anxiety and hopelessness simultaneously can tax the family members (Burçak, 2018).

The aim of this study was to determine the hopelessness levels of parents with disabilities.

MATERIALS AND METHODS

Form of Research

This study was planned as descriptive in order to determine the hopelessness level of parents with disabled children.

The Place and The Period of The Research

The study was conducted in 2016 in three special education and rehabilitation center in the province of Sinop.

The Universe and the Sample of Research

The universe of the study consisted of the families of disabled children and attending a special education and rehabilitation centre. It was aimed to reach the parents of all disabled children before the selection of the sample. 130 parents who volunteered to participate in the study and can be reached out were included in the study.

Data collection

Information Form which is created through reviewing the literature by researchers and Beck Hopelessness Scale were used as data collection tools.

Beck Hopelessness Scale

It is a self-assessment scale that can be applied to adolescents and adults, which measures the negative expectations of the person for the future. Its original name is Hopelessness Scale (HS). In 1974, A.T. Beck, D.Lesker, L. Trexler developed by. In 1991 Gülten Seber, in 1993 by Ayşegül Durak Turkish adaptation was made. It consists of 20 items. It has a score of 0-1. In articles 1,3,5,6,8,10,13,15,19, no, and in the items 2,4,7,9,11,12,14,16,17,18,20, yes answer gets 1 point. If the score of the scale is high, it means that hopelessness is high. (Savaşır & Şahin, 1997).

Evaluation of Data

The data were analysed with SPSS Statistical Package Program Version 20.00. Standard deviation, mean, frequency distribution, chi-square tests were used for data analysis.

Ethical Aspect of the Research

Written permission has been obtained from the institutions which were determined before the research. The participants were orally informed about the purpose of the study and the research process, written consent was taken and their voluntary participation was provided.

FINDINGS

When the distribution of the parents according to their descriptive characteristics is examined; 64.6% of the parents participated in the study were mothers. 84.6% of the parents were married and 77.7% of them did not work. 43.8% of the income was below the minimum wage. It was found that 31.5% had another disabled child and 46.2% needed care support. It was observed that 51.5% of the parents had no hope for their child's future. (Table 1).

Table1: Distribution of demographic and descriptive characteristics of parents (n=130)

The characteristics of the parents	Number	%
Who is the parent		
Mother	84	64.6
Father	46	35.4
The Marital Status of Parents		
Married	110	84,6
Single	10	7,7
Divorced	10	7,7
The Education Status of Parents		
Literate	62	47,7
Secondary Education	59	45,4
Illiterate	6	4,6
Working Condition		
Working	29	22,3
Not Working	101	77,7
Monthly Income		
Below Minimum Wage	57	43,8
Above Minimum Wage	40	30,8
Minimum Wage	33	25,4
Family Type		
Nuclear Family	66	50,8
Extended Family	64	49,2
The features of care status		
Having more than one disabled child		
Yes	41	31,5
No	89	68,5
Status of having other children without disability		

Yes	41	31,5
No	89	68,5
Status of receiving salary for caring		
Yes	62	47,7
No	68	52,3
Need Support in Care		
Yes	60	46,2
No	70	53,8
Person in Support of Care		
Father	27	20,8
Relatives	14	10,8
Institutional Support	19	14,6
Psychological Support Need of Mother		
Yes	54	41,5
No	76	58,5
Drug Use Status of Parent		
Using	39	30,0
Not Using	91	70,0
Mother's Chronic Disease status		
Yes	36	27,7
No	94	72,3
The Hope for the Child's Future		
Yes	63	48,5
No	67	51,5

Table 2: The Distribution of descriptive characteristics of disabled children (n=130)

Characteristics	Number	%
The Gender of the Disabled Child		
Girl	58	44.6
Boy	72	55.4
Disability Status		
Mentally Disabled	31	23,8
Physically Disabled	18	13,8

Hearing Impaired	29	22,3
Pervasive Development Disorders	27	20,8
Hearing Impaired and Mentally Disabled	12	9,2
Physically and Mentally Disabled	13	10,0
Disability Status		
Congenital	94	72,3
Acquired	36	27,7
Disability Period		
Less Than 1 Year	12	9,2
1-3 Years	40	30,8
4-5 Years	65	50,0
More Than 5 Years	13	10,0
Child's Chronic Disease status		
Yes	50	38,5
No	80	61,5
Chronic Diseases		
Epilepsy	35	26,9
Diabetes	8	6,2
Other	7	5,4
Total	50	38,5
Continuous Drug Use Status of Child		
Using	71	54,6
Not Using	59	45,4

When we look at the characteristics of children with disabilities that parents are obliged to care for, it was recorded that 55.4% of them were males, 23.8% of them were mentally disabled, 22.3% of them were having hearing impairment, 20.8% had widespread developmental disorder and 13.8% had physical disabilities. It was determined that 72.3% of the children had congenital disability, 38.5% had a chronic disease and 54.6% were using drugs (Table 2).

Table 3: Beck Hopelessness Scale Scores of Parents

Beck Hopelessness Scale	N	Minimum	Maximum	Mean	Std. d
Feelings About The Future	130	1,00	6,00	4,73	1,36
Motivation Loss	130	,00	7,00	3,43	1,60
Expectation from Future	130	,00	4,00	2,26	1,12
Total Hopelessness	130	3,00	16,00	10,43	2,42

Beck Hopelessness Scale mean scores of the parents were 10.43 ± 2.42 . Future **emotions** sub-dimension was calculated as 4.73 ± 1.36 ; **the motivation loss** sub-dimension was calculated as 4.43 ± 1.60 and the **expectation** sub-dimension of the future was found to be as 2.26 ± 1.12 . Parents were found to have moderate hopelessness (Table 3).

Table 4: Beck Hopelessness Scale Score according to disability Status of Child (n=130)

Characteristics	n	Average	sd	Statistic
Gender of The Child				
Girl	58	10,18	2,43	t=-,-1,050
Boy	72	10,63	2,41	P=,296
Disability Type				
Mentally Disabled	31	10,09	2,42	F=1,272 P=,280
Physically Disabled	18	10,16	1,94	
Hearing Impaired	29	11,34	1,93	
Pervasive Development Disorders	27	10,55	1,90	
Hearing Impaired and Mentally Disabled	12	9,83	2,51	
Physically and Mentally Disabled	13	9,92	4,19	
Total	130	10,43	2,42	
Disability Status				
Congenital	94	10,21	2,39	t=-1,712
Acquired	36	11,02	2,44	P=,092
Disability Period				
Less Than 1 Year	12	9,66	1,49	F=3,903 P=,010
1-3 years	40	11,45	1,90	
4-5 years	65	9,93	2,54	
More Than 5 Years	13	10,53	3,07	
Total	130	10,43	2,42	
Child's Chronic Disease status				
Yes	50	10,34	2,46	t =1,363
No	80	10,50	2,41	P=,717
Chronic Diseases				
Epilepsy	35	11,17	2,25	F=8,809 p=,001
Diabetes	8	8,25	1,98	
Other(asthma, heart diseases)	7	8,57	1,61	
Total	50	10,34	2,46	

Continuously Drug Use Of Child				
Using	71	10,28	2,66	t= -,825
Not Using	59	10,62	2,10	P=,411

It was determined that the mean of the hopelessness level of the disabled child with epilepsy was the highest and the difference between the groups was statistically significant ($p < 0.05$).

It was found out in the study that, the disability status of the child affected the level of hopelessness. It was recorded that the average of hopelessness of the parent who gave care to disabled children for more than 1-3 years was the highest and the difference between the groups was not statistically significant ($p > 0.05$).

It was observed that the gender of the disabled child does not affect the level of hopelessness of the parent. Parents with children having hearing problems have the lowest mean hopelessness score. The difference between the other disabilities was not statistically significant ($p > 0.05$). It has been found that the disabled child's use of medication does not affect the level of hopelessness of the parents ($p > 0.05$) (Table 4).

Table 5: Average Score of Beck Hopelessness Scale According To Characteristics of Parents (n=130)

Features	n	average	sd	statistic
Who is The Parent?				
Mother	84	10,53	2,50	t= -,632
Father	46	10,26	2,29	P=,529
Marital Status				
Married	110	10,58	2,40	F=2,867 P=,061
Single	10	8,700	2,54	
Divorced	10	10,60	2,06	
Total	130	10,43	2,42	
Educational Status				
Literate	62	10,74	2,57	F=,972 P=,408
Illiterate	6	9,66	2,73	
Secondary Education	59	10,27	2,21	
High Education	3	9,00	2,64	
Total	130	27,72	2,66	
Working Status				
Working	29	11,03	1,86	t= -1,791
Not Working	101	10,26	2,54	P=,078
Income Status				

Below The Minimum Wage	57	4,73	1,09	F=3,853 P=,024
Above The Minimum Wage	40	4,80	1,41	
Minimum Wage	33	4,63	1,71	
Total	130	4,73	1,36	
Family Type				
Nuclear Family	66	10,16	2,32	t= -1,300 P=,196
Extended Family	64	10,71	2,51	

The average of hopelessness of the individuals whose monthly income is above the minimum wage is the highest in Table 5. The difference between the groups is statistically significant ($p < 0.05$). It was found out that the parent (mother or father), marital status, educational status, working status and family type did not affect the level of hopelessness ($p > 0.05$) (Table 5).

Table 6: Parent's Average Score of Beck Hopelessness Scale related to care of the disabled child (n=130).

Characteristics	n	Average	sd	Statistic
Presence Of Other Disabled Children				
Yes	41	10,56	2,15	t=-,415 P=,679
No	89	10,38	2,54	
Need Support in Care				
Yes	60	10,38	2,45	t=-,239 P=,812
No	70	10,48	2,41	
Supporter for the Care				
Father	27	10,25	2,68	F=,067 P=,935
Relative	14	10,42	1,91	
Institutional Support	19	10,52	2,58	
Total	60	10,38	2,45	
Psychologic Support Need of Parent				
Yes	54	10,51	2,24	t=,323 P=,747
No	76	10,38	2,55	
The Drug Use Status Of Parent				
Using	39	10,15	2,84	t=-,795 P=,430
Not Using	91	10,56	2,22	

Chronic Disease of Parent				1,459
Yes	37	10,94	2,55	t= 1,459
No	93	10,23	2,35	P=,150
Feeling of guilt				
Yes	40	10,72	2,34	t=-,915
No	90	10,31		P=,363
The Status for Being Accused by others				
Yes	44	10,47	1,98	t=-,142
No	86	10,41	2,63	P=,887
The Hope for the Child's Future				
Yes	63	10,44	2,44	t=,027
No	67	10,43	2,42	P=,978

In the study was found that the parents having other children with disabilities, the need for support in the care, the need for psychological support of the parent, the status of the parent's use of medication, the chronic diseases of the parent, feeling of guilt, the status for being accused by others and the hopelessness for the future of the child, it did not affect hopelessness level of the parents ($p > 0.05$) (Table 6).

DISCUSSION

In this study our purpose was to determine the levels of hopelessness of parents with disabled children. Beck Hopelessness Scale mean scores of the parents who take care of disabled children were found desperate at moderate level as 10.43 ± 2.42 . In a study performed by mothers of children with cerebral palsy in Çalışır et al 2018, the study reported that the Beck Hopelessness Scale score was moderate (9.50 ± 5.10). In the pre-test of the experimental study of Burçak in 2018, in which the treatment of the disabled children was applied, Beck Hopelessness Scale scores of the experimental group (10.60 ± 0.96) and control group (11.20 ± 0.78) were at a medium level whereas Altay and Arıkan's (2015) study showed that parents' hopelessness scores were slightly hopeless (8.82 ± 5.24) (Burçak, 2018; Çalışır et al., 2018; Altay & Arıkan, 2015).

According to the studies conducted abroad, the parents with disabled children determined to be as hopeless. Björquist *et al.* reported that adolescents with cerebral palsy defined their own health and well-being as stressful and sometimes hopeless in the transition period to adulthood (Björquist, Nordmark, & Hallström, 2015). In the study of Caicedo, carried out with families who have children with special needs, 44% of parents defined themselves as helpless and hopeless (Caicedo, 2014). The strong family ties in Turkey may explain the difference in the results. In this study, there was no significant relationship between the parent's parents and the level of hopelessness ($p > 0.05$).

In a study conducted with the parents of children with subacute sclerosing panencephalitis, the difference between hopelessness scores between the fathers and mothers was found to be statistically insignificant (Altay & Arıkan, 2015). There is a similarity between our study and

this study. This result; it can be suggested that both parents in the cultural structure are fond of their children.

In the study, 64.6% of the sample group consisted of mothers. It was found that mothers were the most common caregivers in the studies which were conducted with the people who take care of their disabled children (Caicedo, 2014; Çatalbaş, Manav, & Ocakçı, 2015; Durat et al., 2017; Gürhopur & Dalgıç, 2017). Although the presence of a disabled child affects all family members, the primary caregiver mother is the most affected individual in this; process (Çalışır et al., 2018). This is an expected result because of the women's caregiving role and the view of societies. The mother, as one of the parents, has a primary role in the care of the disabled child. If the mother undertakes the burden of care, the mother's leaving the work, taking care of the child at home and in the hospital increases the physical, emotional, and economic burden in the mother. Mother has to leave her work and has to take care of her disabled child at home and in the hospital when she undertakes the care of the disabled child. These situations increase the physical, emotional and economic load (Gürhopur & Dalgıç, 2017). The results of the study and the other studies in the literature are similar.

In the present study, it was concluded that the education level of parents did not affect the level of hopelessness. When other studies are considered; Altay and Arikan (2015) investigated the effect of education level of parents on the level of hopelessness and found that it was not statistically significant (Altay & Arikan, 2015). However, in Karadağ's study (2009), the mothers' hopelessness level increased when the level of education decreased. Durat et al. (2017) found out that the levels of hopelessness decreased as the educational status of parents increased (Karadağ, 2009; Durat et al., 2017). This result suggests that future studies are needed on this issue.

It was found in the present study that 77.7% of the parents did not work in a job and their income status was determined under the minimum wage as 69.2%. The level of hopelessness did not significantly affect the study status.

Those with a monthly income above the minimum wage had the highest hopelessness score (Table 5). In the study of Durat et al. (2017), the level of hopelessness of working parents was found to be lower than that of non-workers.

The economic level of the participants in the study is found to be low. The maintenance costs of the disabled child and the existence of the privileged treatment and rehabilitation needs are a cost requiring process for families.

This fact may be thought to lead to an increase in the level of hopelessness of the parents, but because of the cultural and socioeconomic structure of societies, it is considered that there may be no difference between the levels of hopelessness of the parents. This result suggest that there is need to carry out further studies on this topic.

It was found that the family type did not affect the level of hopelessness ($p > 0.05$). Durat et al. (2017) did not affect the level of hopelessness of the family if it is a large or nuclear family (Durat et al., 2017). This result suggests that parents consider their children valuable in any case.

Having a disabled child is a source of stress. The roles of gender and the roles of parents and their children are varied (Durat et al., 2017). In this study, there was no significant relationship between the parents' hopelessness levels and the gender of the disabled children. ($p >$

0.05). Durat et al. (2017) determined similar results. This result can be considered positive for parents to find their children valuable in both genders.

In the study, the hopelessness scores of the parents with a disabled child of 1-3 years were calculated as the highest. Parents who give care for children with disabilities for less than 1 year and more than 4 years have lower hopelessness scores. The difference between the groups was statistically significant ($p < 0.05$). The reason for this situation is that, parents who have less than 1 year old experience with the care of the disabled children are in the beginning of the adaptation process related to the care and when the period is more than 4 years, they can be evaluated as they are adapted and accepted the situation.

When the literature was taken into consideration, it was observed that the protection of families increased as the age of the disabled child with care was reduced and it was reported that this caused stress increase (Malm-Buatsi et al., 2015) and that mothers caring for disabled children in the long term were more stressed (Song et al., 2015). In this study, it was found that 46.2% of the parents who gave care to the disabled child received care support from their family or institution (Table 1).

The level of hopelessness among families receiving care support and families not receiving care support was not statistically significant. ($p > 0.05$) (Table 6). No significant difference was found between the status of families receiving social support and hopelessness scores in the study of Durat et al. (2017). The results of the study are similar to other studies. Also; this result can be interpreted as the parent should always take responsibility if the child is disabled. It is also supportive for families to receive care support.

In the study, 33.8% of the parents stated that they were accused by others because of the fact that they have children with disabilities and 30.8% of them felt guilty. In the study of Karadağ, 46.3% of parents had feelings of guilt due to their disabled children (Karadağ, 2009). In another study, 44.5% of the families stated that they rarely experience blame and feeling of blame (Özsoy, Özkahraman, & Çallı, 2006). There is a similarity between the results of the study and other studies.

It was found in this study that, 46.2% of the parents needed support to provide care for their disabled children and 41.5% of them required psychological support. Song *et al.* stated that supporting the mother, who has a disabled child, in the care, household, play and leisure activities will reduce the stress level of the mother (Song et al., 2015).

It was revealed in a study that, there was a significant difference between the hopelessness scores of mothers in the experimental group as a result of the coping training applied to the mothers of children with autism (Tekinalp & Akkök, 2004). The research is similar to the other studies. This result can be interpreted such that parents who undertake care of their children may need psychological support.

RESULTS AND RECOMMENDATIONS

The hopelessness of the parents of children with disabilities is important for both the disabled child and the other family members. According to the results obtained in this study, the hopelessness levels of the parents with disabled children were found to be moderate according to the Beck Hopelessness Scale. It is recommended that all health care professionals should provide the necessary support for the care of disabled individuals and their parents in order to reduce the factors that cause hopelessness.

ACKNOWLEDGMENT

We would like to thank the personnel of the institution who assisted us in conducting the research and to all the families participated in the research.

REFERENCES

- Akandere, M., Acar, M., & Baştuğ, G. (2009). Investigating the hopelessness and life satisfaction levels of the parents with mental disabled child. *Selçuk Üniversitesi Sosyal Bilimler Enstitüsü Dergisi*, 22, 23–32.
- Aktekin, E., Bayazıt, B., Çolak, S., & Çolak, T. (2014). Eğitilebilir zihinsel engelli çocukların el becerilerinin gelişimine, kapalı alan aktivitelerinin etkisi. *The Journal of Academic Social Science* 2(6),469-477.
- Altay, Ç., & Arıkan, D. (2015). An investigation of depression and desparation levels in parents of subacute sclerosing panencephalitis (SSPE) patients. *İzmir Dr. Behçet Uz Çocuk Hast. Dergisi*, 5(1), 54–60. <https://doi.org/10.5222/buchd.2015.054>
- Avşaroğlu, S., & Gilik, A. (2017). In This research, Hopelessness levels according to some variables and anxiety states of parents who have special needs children were examined. *İlköğretim Online*, 16(3), 1022–1035. <https://doi.org/10.17051/ilkonline.2017.330239>
- Björquist, E., Nordmark, E., & Hallström, I. (2015). Parents' experiences of health and needs when supporting their adolescents with cerebral palsy during transition to adulthood. *Physical & Occupational Therapy in Pediatrics*, 1–13. <https://doi.org/10.3109/01942638.2015.1101041>
- Burçak, A. D. (2018). The effect of the attack therapy process on the anxiety and hopelessness levels of the parents who have disabled children. *Türkiye Bütüncül Psikoterapi Dergisi*, 1(1), 193–203.
- Caicedo, C. (2014). Families with special needs children : family health , functioning , and care burden. *Journal of the American Psychiatric Nurses Association*, 20(6), 398–407. <https://doi.org/10.1177/1078390314561326>
- Çalışır, H., Karabudak, S. S., Karataş, P., Meşalean, İ., & Tosun, A. F. (2018). Family burden and hopelessness levels in mothers of children with cerebral palsy. *Dokuz Eylül Üniversitesi Hemşirelik Fakültesi Elektronik Dergisi*, 11(2), 147–156.
- Çatalbaş, M., Manav, G., & Ocakçı, A. F. (2015). Family-oriented nursery approach to despair levels of the parents of children with cardiac disease and down syndrome. *Marmara Üniversitesi Sağlık Bilimleri Enstitüsü Dergisi*, 5(3), 154–161. <https://doi.org/10.5455/musbed.20150602011201>
- Durat, G., Atmaca, G. D., Ünsal, A., & Kama, N. (2017). Hopelessness and depression in the families of children with special needs. *Osmangazi Journal of Medicine*, 49–58. <https://doi.org/10.20515/otd.300262>
- Gürhopur, F. D. T., & Dalgıç, A. İ. (2017). Family burden among parents of children with intellectual disability. *Journal of Psychiatric Nursing*, 8(1), 9–16. <https://doi.org/10.14744/phd.2017.87609>

- Karadağ, G. (2009). Hardships Undergone by mothers with handicapped children, hopelessness and social support from family. *TAF Preventive Medicine Bulletin*, 8(4), 315–322.
- Malm-Buatsi, E., Aston, C. E., Ryan, J., Tao, Y., Palmer, B. W., Kropp, B. P., ... Frimberger, D. (2015). Mental health and parenting characteristics of caregivers of children with spina bifida. *Journal of Pediatric Urology*, 1–7. <https://doi.org/10.1016/j.jpuro.2014.09.009>
- Özsoy, S. A., Özkahraman, Ş., & Çallı, F. (2006). Zihinsel engelli çocuk sahibi ailelerin yaşadıkları güçlüklerin incelenmesi. *Aile ve Toplum*, 3(9), 24–26.
- Savaşır, I., & Sahın, N. (Editörler) (1997). Bilişsel davranışçı terapilerde değerlendirme:sık kullanılan ölçekler. *Türk Psikologlar Derneği Yayınları*, Ankara.
- Sen, E., & Yurtsever, S. (2007). Difficulties experienced by families with disabled children. *Journal for Specialist in Pediatric Nursing*, 12(4), 238–252.
- Softa, H. K. (2013). Examination of parental depression levels of children with disabilities. *Kastamonu Eğitim Dergisi*, 21(1), 589–600.
- Song, C.-S., Chun, B., & Choi, Y. (2015). The influence of fathers ' parenting participation with disabled children on parenting stress in mothers. *Journal of Physical Therapy Science*, 27(12), 3825–3828.
- Tekinalp, B. E., & Akkök, F. (2004). The effects of a coping skills training program on the coping skills , hopelessness , and stress levels of mothers of children with autism. *International Journal for the Advancement Of Counselling*, 26(3), 257–269.
- Tercanlı, N., & Demir, V. (2012). The assesment of beck hopelessness scale in terms of several variables (the sample of Gümüşhane province). *Gümüşhane University Journal of Health Sciences*, 1(1), 29–40.
- Tunali, B., & Power, T. G. (2002). Coping by Redefinition : Cognitive Appraisals in Mothers of Children With Autism and Children Without Autism. *Journal of Autism and Developmental Disorders*, 32(1), 25–34.
- Tüik. (2011). *Özürlülerin Sorun ve Beklentileri Araştırması*, 2010. TÜİK. http://www.tuik.gov.tr/PreTablo.do?alt_id=1017. (AD: 03.04.2019).
- Unicef. (2011). *Türkiye' de Çocukların Durumu Raporu*. <https://abdigm.meb.gov.tr/projeler/ois/egitim/032.pdf>. (AD: 03.04.2019).
- Who. (2011). *World Report on Disability*. http://www.who.int/disabilities/world_report/2011/report.pdf. (AD: 03.04.2019).