

# The holistic being of parents having a psychologically challenged child: an analysis

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Mental retardation is a subnormal intellectual development as a result of congenital causes, brain injury, or disease and characterized by any of various cognitive deficiencies, including impaired learning, social and vocational disability. It is now termed as mentally challenged, psychologically challenged or intellectual disability in order to preserve the dignity of the individual. On this research study, the researcher aims to show the holistic being of parents having a mentally retarded child. Thirty parents having a psychologically challenged child studying in Legarda Elementary School were the respondents of the study. The respondents were given thirty minutes to answer the Likert scale questionnaire categorized according to the components of holism and subcategorized according to Gordon's functional health patterns. The result showed that there is no significant difference on the holistic being according to the demographic profile of the parents. The results showed that there is no negative effect of having a psychologically challenged child on the holistic being of the parents, the public would still benefit from its results by evaluating and knowing the holistic being of the parents having psychologically challenged child. Holism is an ancient theory that can be applied contemporarily to adolescent health and its determinants. This theory suggests that there is value in considering factors that influence health together as integrated wholes, in addition to consideration of individual components. Characteristics of families are fundamental determinants of health and provide opportunity for exploration of this theory. In a "proof-of-concept" analysis we therefore: (1) developed a multidimensional, composite (holistic) measure to be used to characterize family systems; and (2) related this measure and its individual components to adolescent health outcomes, in order to test the theory of holism. Cross-sectional analyses of survey reports from the 2014 Canadian Health Behaviour in School-aged Children study (weighted  $n = 19,333$ ) were performed. Factor analysis was used to confirm the psychometric properties of the holistic measure to describe a family system (the "holistic measure"). Associations between this holistic measure, its individual components, and various indicators of health were examined descriptively and using binomial regression. The holistic measure (4 items,  $\alpha = 0.62$ ; RMSEA = .04; SRMR = 0.01; AGFI = 0.99) included components describing family: material wealth, meal practices, neighbourhood social capital, and social connections. It was consistently associated with various health behaviours, and social and emotional health outcomes. In 22/24 comparisons, this holistic measure related to positive health outcomes more strongly than did its individual components; for negative health outcomes this occurred in 20/24 comparisons. Study findings

suggest that it is possible to assess family systems holistically. Such systems are strongly associated with adolescent health outcomes, and there is etiological and theoretical value in considering family systems as integrated wholes.