

**Mothers Experience with children having mental retardation: A qualitative study.
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Abstract

Intellectual Disability (ID), once called mental retardation, is characterized by below-average intelligence or mental ability and a lack of skills necessary for day-to-day living. Mothers of Mental Retardation children often experience greater psychological and emotional demands, than other mothers who don't have mental retarded children. The aim of the study is to explore the experience of mothers with their mentally retarded children. Methods, the study includes 15 mothers with mental retardation children, demographic data collected and recorded, mothers experiences were recorded and analyzed.

Results and conclusion:

Physical, psychological and social fields are obviously affected among mothers with mentally retarded children. Physically, most of the mothers felt tired and exhausted also daily activity and home caring were affected. Psychologically, most of the mothers were suffering of stress, anxiety, insomnia and stigmatization. With regard to social domain, mother's relationship affected negatively, also most mothers mentioned that they were subjected to social stigma.

Key words

Mothers, Mental retardation, Experience, Qualitative