

Comparison of Emotional Control, Emotion Regulation and Quality of Life Strategies between Mothers with Mentally Retarded and Normal Children

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Mothers of mentally retarded children have a lot of psychological, social and adaptive problems compared to other parents of exceptional children and this has caused many problems for them and their families. Regarding this issue, the purpose of this study was to compare emotional control, emotional adjustment strategies and quality of life of mothers with mentally retarded and normal children. This research is a causal-comparative study. The statistical population of this study consisted of two groups of mothers with mental retardation and normal children in Lahijan city in 1396. Sixty mothers of mentally retarded children and 60 mothers of normal children who were selected by random sampling method and responded to the questionnaires. To analyze the data, SPSS20 software and descriptive statistics, frequency, percentage, mean and standard deviation, and MANOVA has been used. The results of the study showed that there was a significant difference between the two groups of mothers of the mentally retarded and normal children, in terms of quality of life components (physical, psychological, social and environmental health), but there were significant differences between emotional control and emotional adjustment does not exist. The results also showed that the problems of mentally retarded children such as the lack of special facilities for these children and the high cost of care and care for these children has led to a decline in the quality of life of their parents, especially mothers. Therefore, it seems that with a deep understanding of the problems of this kind of children and the appropriate planning for the education of these children and the provision of appropriate counseling services and the creation of a supportive environment (social and psychological) for both children and their parents, it is

possible to overcome the the problems of mentally retarded children and their parents.

Keywords : Mental retardation and normal children, emotional control, emotional regulation strategies, quality of life

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