

Influence of Gender on Stress Levels in Parents of Children with Intellectual Disabilities Saifunnisa Kurukkan¹, Noushad Cheriyanbada¹ *

¹School of Social Science and Humanities, B.S.Abdur Rahman Crescent Institute of Science & Technology, Vandalur, Chennai-600048, Tamil Nadu, India

In: *Book of Abstract REVA University*. edited by DR. C Chamundeshwari Associate Professor, Dept of English, REVA University, Bengaluru, India. ISBN 978-93-341-7423-6.

There are difficulties in raising a kid with intellectual disability (ID), such as greater caring responsibilities, psychological strain, and financial strains. Previous research shows that parents of children with IDs are more stressed than parents of children with usual development. The effect of gender on the stress levels of parents of children with intellectual disabilities is examined in this study. Due to the intense care, extra duties, and emotional difficulties involved in raising a kid with special needs, parents of children with ID sometimes endure high levels of stress. The study intends to provide light on the distinct difficulties that each gender faces by comparing the stress reactions of mothers and fathers. Parents of children with a range of intellectual disabilities were given surveys to complete to gather data. Results show that stress levels are considerably influenced by gender, with mothers often reporting higher stress levels than fathers.

Key words: intellectual disability, gender, stress level, parents, psychological strain