

## **CHAPTER-VI**

### **CONCLUSIONS**

According to the results of a study, it can be concluded that Parenting Skill Program was effective in

1. Improving the self-efficacy of parents of children with IDD in the experimental group.
2. Improving the mental well-being of parents of children with IDD in the experimental group.
3. Improving child's adaptive behavior in all domains viz. self-help general, self-help eating, self-help dressing, occupation, communication, locomotion and socialization.

#### **Implications of the study:**

The present study's findings have the following implications

##### **Nursing education**

1. Health team members, social works, special educators and psychologist working in special schools and rehabilitation centers need to be aware of Parenting Skill Program through in-service and continuing education program.

##### **Nursing Practice**

2. Parents of children with IDD should be educated to incorporate Parenting Skill Program into their usual routine care for their children along with other forms of activities at home.

### **Nursing Research**

3. Research should be directed for exploring and updating the public knowledge regarding Parenting Skill training program in strengthening the parenting skills and self-efficacy and mental well-being of parents of children with IDD.

### **Nursing administration**

4. Administrative authorities of special schools for children with IDD can use the intervention prepared by researcher for teaching parents.

### **Recommendations-**

Following research areas are recommended for future studies:

1. A similar study can be done on effectiveness of positive Parenting Skill intervention on other psychological aspects of parents of children with IDD.
2. The study can be done on larger sample size to validate the findings and make generalizations.
3. A comparative study may be carried out by comparing Parenting Skill Program with any other therapy for strengthening the parental self-efficacy and mental well-being.
4. Parenting Skill Program can be applied on different samples and different age groups.
5. A descriptive study can be done among caregivers to investigate various issues associated with inappropriate behavior exhibited by their children with ID.

**Summary:**

This chapter included conclusions, implications of the study, recommendations from the present research findings, and recommendations for future research.