

# Marital Adaptation Among Families Of Disabled Children At Ajloun Governorate In The Light Of Some Variables, The Type And The Degree Of The Child Disability

Dr. Rabie Hamed Al-Zgool<sup>1</sup> , Dr. Faisal Issa Abdel Qader Al-Nawasrah<sup>2</sup>

<sup>1</sup>Department of Counseling and Family Psychology /Assistant Professor/College of Educational Sciences / Ajloun National University , [dr.rabie\\_alzghoul@anu.edu.jo](mailto:dr.rabie_alzghoul@anu.edu.jo)

<sup>2</sup>Department of Special Education/Co-professor/College of Educational Sciences / Ajloun National University, [nawasrehf@yahoo.com](mailto:nawasrehf@yahoo.com)

## Abstract:

This study aimed to disclose the level of marital adaptation among Families of disabled children in light of some variables, the type and the degree of child disability in Ajloun Governorate, To achieve the purposes of the study, the researchers used the scale of the needs and fields of families of disabled children, which was built by Al-Sartawi and the Al-Shakhs (1998) to suit the families of disabled children in the Arab environment and was modified to suit the Jordanian environment, The validity and reliability of this scale were found, the sample consisted of (54) families of children with disabilities who were selected available intentional sample method. The results of the study showed that the level of availability of the needs and fields of families of disabled children at Ajloun governorate ranged from medium to low, the results showed that Families need financial support first, then psychological support, after that cognitive support, and finally community support. It was also found that there weren't any statistically significant differences at the level of significance ( $\alpha \geq 0.05$ ) at the level of needs of families of children with disabilities regarding to the variables: the gender, the age, the educational level of the family (father, mother), the type and the degree of disability, and the economic level of the family of the disabled child. The results were also discussed in the light of theoretical literature and previous studies, and some recommendations were suggested based on the results of the study.

**keywords:** marital adaptation, Families of disabled children, disabled children.

## Introduction

Marital adaptation is one of the most important terms that express stability within society in general and families, and Marital adaptation is expressed when family members carrying out their tasks and knowing each one of their rights and duties. Marital adaptation associated with emotional exchange, psychological health, feeling of safety between the couples, self-disclosure and frankness.

For another aspect of marital adaptation, it also expresses the ability of each of the couples to face marital difficulties and life pressures, with the ability to express feelings and emotions, which is the most important aspect, which must be available or actively studied among families of children with special needs.

One of the most important problems that families face in the event of a child with special needs is that the parents of these children do not have enough time for

their couples, which greatly affects their relationships. In this regard, some studies have shown, that marital satisfaction is low in parents who have children with the autism spectrum disorder. and they had different and lower marital satisfaction compared to those families with healthy children (Lawrence, 2008) & (lee, 2008).

Adaptation is evidence of a person's enjoyment of good mental health, and it is one of the most important terms in the modern era. Adaptation, including psychological adaptation, social adaptation and its various characteristics and factors affecting it, is a topic of great importance because it is reflected on marital adaptation, because the presence of a psychologically and socially compatible couple is one of the important conditions at achieving marital satisfaction and continuity of the family.

(Abu El-Ezz., 2007) says that adaptation is a process of interaction of two elements, the natural and social environment on the one hand, and the individual, his needs and motives on the other hand, and this interaction has controls and obstacles.

Abdul Latif (1995) points that the individual to reach adaptation, a group of trends must be combined, meaning personal adaptation, by satisfying the individual for his motives, then achieving social adaptation by pleasing the community, and being with the community standards, that combine his desires and society. So, adaptation combines three trends:

-Personal trend.

-Social trend.

-The integrative trend that includes the previous two.

The adaptation is associated with many terms such as adaptation and mental health, that are used synonymously, in other way psychological health itself carries the psychological and social adaptation meaning, that is, the individual's ability to achieve himself and exploit his potential and capabilities (Hayat, 2013)

### **Dimensions of Adaptation:**

There are many areas of adaptation in life, there are situations that refer to

behavior, which emerge at different levels, including the biological, social, or psychological level.

### **1- The biological dimension**

The organism tends to change aspects of their activities in response to change conditions in their environments, so the change of circumstances must be matched by a change in behavior, and the organism must find a way "Adaptation is a process characterized by flexibility with changing circumstances, that is, there is a realization" for the continuous dynamic relationship nature between the individual and the environment (Ahmed, 2001).

### **2-The psychological dimension:**

psychological Adaptation is known the individual satisfaction about himself, and his life is free from tensions and psychological conflicts that are associated with feelings of guilt, anxiety and deficiency, so he is able to follow his motives in a way that pleases him and does not anger everyone (Fahmy, 1979). The psychological dimension is represented in a set of factors, including:

- **Reliance on self:** The individual's ability to direct his own behavior and the responsibility.

-**Sense of self-worth:** the individual's feeling that he is valued by others, that he sees himself capable of achieving success, and his feeling that he is able to carry out tasks and interact with others successfully.

-**Feeling of self-freedom:** Feeling of being able to make future and seeking to achieve it.

-**Feeling by belonging:** the individual enjoys love of his family and community and feels wanted by the people. He never complains of symptoms and manifestations that indicate psychological adaptation, such as the inability to sleep due to disturbing dreams, or constant fear and crying. The psychological level considers adaptation as the individual's ability to direct and take responsibility, sense of self-worth,

status, and his ability to reconcile his motives and solving problems (Ahmed, 2001).

### 3-The social dimension

The Social adaptation is the individual's way of dealing with society, the flexibility of dealing with others, generating alternatives, solutions, and knowledge of the customs and traditions of society. Adaptation is a process that consists of the elements of the environment and social upbringing, and that there are differences at the speed of adaptation between people due to social, individual and cultural differences (Awad, 1989).

The social adaptation appears as a result of biological and psychological compatibility, and it appears through the manifestations of the external behavior of the individual or group. Adaptation deals with the individual's special way of solving problems and dealing with people, because every behavior emanates from him are the types of adaptation. The individual was born with many kinds of physical, psychological and nervous readiness that need politeness to give the family and society which carries the process of social normalization and prefers this interaction to modify the individual's motives and gain experiences, information, skills, interests..etc (Ahmed, 2001).

### Marital adaptation

Marital adaptation is considered a part of self-adaptation or a result of it, and it is one of the most important elements for the stability, continuity, and success of married life. Love, understanding, respect, and the couples overlook the mistakes is the way to adapt. Marital adaptation is defined the process of exchanging influence between couples, so that the behavior of husband or wife affect the other in marital life and their attitudes (Al-Dahri, 2008).

The relative agreement between the husband and wife on the vital issues related to their life, as well as participation in actions, activities and the exchange of emotions. If Marital is necessary in the life fields like studying,

work and other fields because it is a permanent and important relationship, and it helps in achieving mutual gratification, so marital adaptation is the aim of married couple (Al-Juhani, 2005).

Marital adaptation is defined as the positive behavior, functional efficiency of individuals and the family unit that appears under stressful or adverse conditions, which determine the family's ability to recover by maintaining its integrity as a single unit, and when necessary restoring the well-being of family members and the family unit as a whole (McCubbin & McCubbin, 1996).

Marital adaptation is the outcome of sharing experiences, interests, and values, respecting the goals, needs, and temperaments of the other party, spontaneous expression of feelings, clarification of roles, responsibilities, cooperation in decision-making, solving problems, raising children, and balanced mutual sexual satisfaction (Kafany, 1999).

The most important rules that must be met in the marital adaptation: the emotional approach, neutralizing the pressures of work and the obligations of daily life, and most important is also accepting the parental role and understanding the impact of the entry of children on marital life, in addition to a good sexual relationship, psychological and emotional support and facing the realities of life while adding to the importance of economic, cultural, emotional and sexual aspects at the compatibility of married life (Thaljan, 2005).

### Purpose of the study

This study aims to disclose the level of marital adaptation among families of disabled children in the light of some variables represented by the gender of disabled child (Male or Female) and the age (less than 10 Years, more than 10 years) and the type of disability (autism, the Mental retardation, learning disabilities), the degree of the child's disability (simple, medium, severe), the educational level of parents (The father & the mother) (High school or less, university and above) and the economic level of the family (less than

500Jordanian Dinar,more than500JordanianDinar).

### **The study Problem:**

The problem of the study is limited to disclose the marital adaptation in the light of some variables represented by the gender of disabled child (Male or Female) and the age (less than 10 Years, more than 10 years) and the type of disability (autism, the Mental retardation, learning disabilities), the degree of the child's disability (simple, medium, severe), the educational level of parents (The father & the mother) (High school or less, university and above) and the economic level of the family (less than 500 Jordanian Dinar, more than 500 Jordanian Dinar).

### **Study Questions**

The current study attempted to answer the following questions:

- 1- What is the level of marital adaptation and its fields?
- 2- Are there any statistically significant differences at the level of marital adaptation and its fields, the gender and age variables of a disabled child?
- 3- Are there any statistically significant differences at the level of marital adaptation and its fields, and the educational level of the parents of the disabled child?
- 4- Are there any statistically significant differences at the level of marital adaptation and its fields, the type and degree of child's disability?
- 5- Are there any statistically significant differences at the level of marital adaptation and its fields, and the economic level of the child's family?

### **The importance of the study**

The family of a disabled child faces a huge amount of psychological pressure, tension, anxiety and depression, which generates a high level of bad psychological adaptation that appear among families of children with special needs. The researchers found some

studies that revealed significant levels of anxiety, depression, self-blame, irrational thoughts, dependence, feelings of helplessness, stress, and tension. The Literature and previous studies, especially (Al-Khatib, and Hadidi, 1996) study pointed out the impact of disability at the family in Jordan and (Al-Sartawi, & Al-Shakhs, 1998) study examined the psychological stress, coping methods, and the needs of parents with disabilities.

This study came to find out the needs of families of disabled children and its fields to improve the role of the family and institutions of giving care and service. The theoretical literature Theoretical a great deal of knowledge about needs of Families of disabled children.

The practical importance of study:

- 1- Developing the needs of disabled children's families scale that suit their needs.
- 2- Clarifying the needs of disabled children's families that has a strong relationship with family and Child's life.

The importance of this study comes from that it is a local study (Jordanian), so it is the only one which came to reveal the level of marital adaptation for families of children with special needs at Ajloun Governorate / Jordan in the light of some variables represented by gender, age, type of disability, The degree of the child's disability, the educational level of the children and the economic level of the family.

### **Terminology of study**

**Disabled children:** The agreement of the Persons' Rights with Disabilities from Al-Khatib (2001) states that "persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments that may impede their interaction with the environment and their full and effective participation in society on an equal basis with others.

**Disabled children (procedurally):** They

are the children who have been diagnosed through official channels and they receive educational services in special education centers at Ajloun governorate, and they include the disabilities that have been studied autism, mental retardation and learning disabilities (Rosan, 2013).

**Marital adaptation:** It is the ability of each couple to adapt with the other and with the demands of marriage, and it is inferred through the methods that achieve the goals of marriage and face its difficulties (Abd al-Muti, 1991).

**marital adaptation(procedurally):** It is the degree obtained by the family at the scale of marital adaptation and its fields, which was developed for the purposes of this study.

#### **The limits of the study:**

- The results of this study are generalized and depends on the characteristics of the sample and the degree of its representation of the community from which it is taken.
- The study sample was limited to a group of families of Disabled children enrolled in schools and the Special Education Center within the available sample from Ajloun Governorate for the year 2020/2021.
- The results of this study are generalized with the psychometric indications provided by the research tools such as validity and reliability.

#### **Previous studies**

Previous studies contribute to know the general frame and the results and recommendations reached, as well as getting to know about needs of families of disabled children, including:

In a study conducted by (Ghahjavarestani, Badia & Sanahuja Gavalda, 2020) entitled marital satisfaction in autistic families, the study aimed to verify the quality of marital relationships and family performance among parents of autistic children, where the marital satisfaction scale consisting of (110) items was applied to (51) families with at

least one autistic child in Iran. To assess the quality of marital relations, marital adaptation, and family functioning. The study found that there is a significant relationship between the quality of marital relationships and mental health in families with children with autism.

A study conducted by Malkosh and Yahia (1995) aimed at identifying the psychological pressures and social support of parents of disabled children in Amman. The sample consisted of (166) parents of disabled children, the study found that the main problems facing families of disabled individuals are the problems of ordinary families themselves, and that the presence of a disabled child in the family creates additional problems and more complex family relationships, and that the child's disability affects the family environment significantly. The results also showed that fathers and mothers of children suffer from a high level of stress.

In a study carried out by Al-Khatib and Al-Hadidi (1996) aimed to know the impact of disability at the family in Jordan and its relationship to some variables. The researchers used the comprehensive assessment scale for family performance. The sample consisted of 72 parents of disabled children aged (3-8 years) enrolled in four special education centers in Amman. The results showed that 50% of the parents reported that the disability has a significant impact on the family. There weren't any statistically significant differences on the child's age and the family's economic level variables.

Al-Shakhs and Al-Sartawi (1998) also conducted a study aimed at studying psychological stress, coping methods, and the needs of parents of the mentally, audio, visually and physically handicapped to confront the psychological pressures caused by children's disabilities. The results indicated that the needs of parents of the disabled are arranged in order of importance, so that the material support comes first, then the cognitive needs, after that the community support, and finally the social support, and these needs increased with the increase at the

level of psychological stress in the family.

(Craig & Swan, 2002) conducted a study aimed at studying the effect of having a disabled child in the family on the level of parents' psychological tensions. The sample consisted of (22) fathers who did not have disabled children and (11) fathers who had disabled children. The results indicated that parents who have disabled children suffer from a high level of psychological pressure compared to parents who do not have disabled children, in terms of increased psychological pressure due to the lack of time for social relationships and resources, finances, job requirements, and low ability to meet their own needs.

In a study held by Al-Bdeirat (2006) aimed at identifying the sources of psychological stress among the siblings of autistic children and their relationship with gender, education degree and economic level. The sample consisted of (88) individual who form (82.8%) siblings of autistic children. The study tool consisted of (44) items. The results indicated the presence of a degree of psychological stress among the brothers and sisters of children with autism, and there are a statistically significant differences in the degree of psychological stress regarding to the gender in favor of females, the degree of education in favor of the basic stage, and the monthly income in favor of the low monthly income.

Hall (2008) conducted a study aimed to identify the adaptive behaviors of children with autism and the effect of parental support and coping networks among parents in America. The researcher used the descriptive approach, the sample consisted of (75) caregivers and parents. The results showed that parents can't adapt the same adaptation of the family and teamwork to face the situation and overcome it.

Sabah and Abdelhak (2013) also conducted a study aimed at revealing psychological stress on families of the disabled. The researchers used the descriptive approach. The

study sample consisted of (121) families of disabled children enrolled in centers for the disabled in the states of Oran and Chlef / Algeria, who were chosen randomly, based on the psychological stress scale for families of the disabled prepared by Al-Sartawi and Alshakhs (1998), the data was processed using (SPSS). The results indicated that the families of the disabled suffer from high levels of pressure, including psychological and organic symptoms, cognitive, family and social problems, anxiety over the future of the disabled child, problems of independent performance of the disabled son, and the inability to bear the burdens of the son.

In a study conducted by Damra and Mahmoud (2016) aimed to identify the level of support for families of children with disabilities in Jordan. The sample consisted of (170) families of disabled children of different disabilities. The researchers used the Family Support Scale, the results showed the level of support of families of Handicapped children is medium and it was low for families of physically and visually impaired children, the results showed that there weren't any statistically significant differences at the level of family support at the gender, and there were statistically significant differences at the level of support at the family income in favor of those whose income is more than (1000) dinars, and the parental educational level in favor of higher educational degrees.

### Commenting of previous studies

Previous studies are looking at some of the needs of families of children with disabilities and the psychological, social and financial pressures that they face, and they can be categorized according to their subject matter into three groups:

- 1<sup>st</sup> Group studied the needs of families of disabled children Ex: Al-Khatib & Al-Hadidi's study (1996), Alshakhs & Al-Sartawi (1998) and Damra & Mahmoud study (2016).
- 2<sup>nd</sup> Group studied the Psychological, social, financial and cognitive stresses/resources among families of children with disabilities Like: Malkush and Yahya



(1995), (Craig & Swan, 2002), Sabah and Abdelhak study (2013).

Therefore, this study came to search through the Descriptive quantitative approach about the needs of families of Children with disabilities in light of some variables represented by gender (males, females), the age (less than 8 years, more than 8 years), the type of disability (Mental retardation, sensory disabilities) the degree of the child's disability (simple, medium, severe), the educational level of the parents (father, mother) (high school

or less, university, postgraduate studies) and the family's economic level (less than 500 dinars, more than 500 dinars).

## Second: The study population and its sample

The study population includes all students with disabilities in the Directorate of Social Development in Ajloun Governorate for the year 2019/2020. Where the study sample consisted of (54) a boy and a girl who were intentionally selected (the available sample) were described as in Table (1).

**Table (1): The demographic characteristics of the study sample members**

	Categories	Repetition	The ratio
gender	Male	22	57.9
	female	16	42.1
Age	1-10	24	63.2
	More than 10	14	36.8
Type of Disability	Autism	17	44.7
	Mental retardation	13	34.2
	Learning disability	8	21.1
Educational level for the father	Secondary and below	32	84.2
	university	6	15.8
Mother's educational level	Secondary and below	29	76.3
	university	9	23.7
disability level	basic	9	23.7
	Average	20	52.6
	Intense	9	23.7
economic level	Less than 500 dinars	29	76.3
	500 dinars and more	9	23.7
	total	38	100.0

The table (1) showed that:

- **Gender variable:** The number of disabled males was (22) males, and they constituted (57.9%) of the total study sample, while the number of females was (16), which constituted (42.1%), and this percentage is close. It indicates a high number of males in the sample.
- **age variable:** The age group (less than 10 years) came at the first place, and the number of its recurrences reached (24) singles, at a rate of (63.2%), while the age group (more than 10 years) came at the second place and the number of its recurrences reached (14), with a percentage

of (36.8%), which is not a convergent percentage, as the age group (less than 10 years) constitutes about two thirds of the sample.

- **The father's educational level variable:** The level of (high school and below) achieved the highest percentage, as the number of its repetitions reached (32), with a rate of (84.2%), while the level (above secondary) came at second place with (6) repetitions and a percentage of (15.8%). They are somewhat uneven, but at the end, they are ratios that represent the scientific qualifications of the community, and therefore they aren't supposed to be equal or very close.
- **The educational level of the mother variable:** The level of (high school and below) ranked first with the number of recurrences (29) and a percentage of (76.3%), while the level (above secondary) came in the second place with the number of repetitions (9) and a percentage of (23.7%), which are uneven. Somewhat, but at the end, percentages that represent the scientific qualifications of the community, and therefore they are not supposed to be equal or very close.
- **Child's disability type:** The type of child's disability includes autism at the first place, as the number of recurrences are (17) recurring in proportion to (44.7%) and mental disability at the second place with the number of recurrences are (13) recurring, with a percentage of (34.2%), while the third level was learning disabilities, with a frequency of (8) cases, with a percentage of (21.1%).
- **Child's degree of disability:** It includes the degree of moderate disability with only (20) recurrences, with a percentage of

(52.6%), while the level of disability was (simple) with the number of recurrences are (9) recurrences, with a percentage of (23.7%) at the second place, while the level of disability came (severe) with the number of recurrences are (9) recurrences, with a percentage of (23.7%) at the third place.

- **The economic level of the family Variable:** has achieved a level of (500 and below) at the first with a number of iterations (29) and a percentage of (76.3%), while the level of (more from 500) at the second with the number of recurrences (9) and a percentage of (23.7%), which is a varying percentage, which indicates that a large percentage of families with disabilities live in a state of poverty.

### Third: The study tool: (Marital adaptation Scale for families with disabilities)

In this study, the researchers used a marital adaptation scale. Depending on the theoretical literature and Spanner's marital adaptation theory, which built by (Blun & Mehrahan, 1999) and developed by Abu Assad (2005) to match the Arabic environment and it was modified to suit the study sample. This scale measures Marital adaptation and its fields, this scale consisted of 40 paragraphs, some paragraphs were modified based on the referees' observations. The scale consists of five areas:

1. **Marital harmony:** It includes (11) paragraphs: (1, 7, 8, 10, 18, 21, 23, 24, 25, 27, 28).
2. **Marital satisfaction:** It includes five paragraphs: (13, 17, 19, 26, 29).
3. **Marital cohesion:** It includes seven paragraphs: (2, 4, 9, 11, 12, 16, 22).
4. **Expressing love and affection:** It includes six paragraphs: (3, 5, 6, 14, 15, 20).
5. **The effect of having a child with special needs in family:** It includes



(10) paragraphs:  
(30,31,32,33,34,35,36,37,38,39,40  
).

Each paragraph of the scale was answered according to Likert scale; the fifth, which is (always, often, sometimes, rarely, very rarely) graded from (5-1), where the total score was from (5) and the cut-off score was higher than (3.5) high, and between (2.5-3.5) average And less than (2.5) is low. The overall score was also found out of 5.

#### Fourth: Validity and reliability tests of the study tool

To verify the validity of the tool, the researchers presented it to several specialists from professors of special education, psychological counseling,

measurement, and evaluation, to judge it in form and content. After receiving feedback from them, the researchers modified (8) paragraphs, deleted five paragraphs, and added (10) Paragraphs to make the tool valid for the final application on the study sample.

The validity and readiness of the tool's application was also confirmed, and it was applied to an exploratory sample of (16) cases, and for the purpose of verifying the internal consistency of the paragraphs of the scale related to the fields of study, the researchers used for this purpose the Krumbach Alpha coefficient, and the following table shows the results of the study tool's stability test Represented by (the internal consistency of the scale items):

**Table (2) The results of the study instrument stability test (internal consistency at the Marital adaptationscale of familiesof disabled)**

Dimensions	marital harmony	marital satisfaction	marital cohesion	Expressing love and affection	The effect of having a child with special needs infamily	Marital Adaptation Scale
marital harmony	1					
marital satisfaction	.511(**)	1				
marital cohesion	.269(*)	.322(*)	1			
Expressing love and affection	.582(**)	.452(**)	.047(*)	1		
The effect of having a child with special needs infamily	.599(**)	.492(**)	.321(*)	.309(*)	1	
Marital Adaptation Scale	.289(*)	.256(*)	.353(*)	.509(**)	.453(**)	1

(\*\*) Statistically significant at the level of significance ( $\alpha=0.01$ )(\*)Statistically significant at the level of significance ( $\alpha=0.05$ )

In the light of the foregoing, the data obtained through the application of the study tool on the exploratory sample of (16) cases, are valid for the purposes of statistical analysis and calculating statistical indicators for the purpose of answering the study questions.

#### Fifth: Statistical processing of data

To treat and analyze the results of the data that obtained from the study tool and the resulting data through the use of Likert scale the fifth-steps, which is distributed from its highest weight, where the degree (5) was given to represent the answer field (always), to the lowest weight in the scale, which was given one point to represent the answer field (never), for the purpose of answering the study questions and testing its

hypotheses, And to Evaluate the responses of the study sample members (54) case, they were selected intentionally From the study population represented by families that include cases disability, Using the sample method available, about the study variables represented by (The level of the needs of Families of disabled children and their fields).

The data was processed and tabulated using SPSS through the following statistical methods:

1. Frequencies and arithmetic averages of descriptive tables
2. Test (T-test).
3. Test (One Way ANOVA).
4. Application of "Krubach's alpha"

coefficient of instrument stability.

### Study results and discussion

To facilitate the presentation of the study results, they have been classified according to the sequence of questions, as follows:

#### First: Results related to the first question:

The first question in the study was (What is the level of marital adaptation and the level of its fields among families of disabled children?).

To answer this question, it was found Arithmetic means and standard deviations of Marital Adaptation Scale and the level of its fields among families of disabled children, as shown in Table (3).

**Table (3) Arithmetic means and standard deviations of marital adaptation Scale and the level of its fields among families of disabled children**

The field	Arithmetic mean	standard deviation
marital harmony	3.55	.493
marital satisfaction	3.35	.775
marital cohesion	2.80	.449
Expressing love and affection	3.26	.463
The effect of having a child with special needs in the family	2.09	.835
Marital Adaptation Scale	2.95	.231

The Table (3) showed that the values of the arithmetic averages at the total Marital Adaptation Scale was (2.95), which are medium values, these values are more than (3.5) are high, values between (2.5-3.5) are medium, and values less than (2.5) are low. As for the fields, the values ranged at the total Marital Adaptation Scale and at all fields between (2).09–3.55). These values range from low to medium. The results showed that families feel harmony and marital satisfaction is more than the feeling of cohesion, and with regard to the lower-than-average level of marital adaptation and that disability has an impact on marital adaptation, which is consistent with Al-

Khatib's & Al-hadidi (1996), (Craig & Swan, 2002), Al-Badirat (2006), and Malkoush & Yahya (1997) study that indicated that the presence of a child with a disability within the family increases the rate of psychological stress and creates more complex family problems and family relationships. .

#### Second: The results related to the second question:

The second question in the study was: (Are there any statistically significant differences at the level of marital adaptation and the level of its fields at gender and age of a disabled child?).

In order to answer this question, the arithmetic mean and standard deviation were found for each field and test(T-test) that aim to reveal the differences between the estimates of the sample members about the tool as a whole according to the gender (males / females), as well as the age (less than10years/more than10years) and the

analysis must be divided into two parts, as follows:

**First, on the gender variable:**

The gender variable includes two main categories: males and females, and through a T-test as shown in Table (4):

**Table (4): T-test results for the difference between the arithmetic mean of males and females for the gender variable at the level of the fields of study**

The dimension	gender	the number	Arithmetic mean	standard deviation	Test (T)	Statistical significance
marital harmony	Male	22	3.41	.584	-2.214	.033
	female	16	3.75	.224		
marital satisfaction	Male	22	3.30	.830	-.486	.630
	feminine	16	3.43	.711		
marital cohesion	Male	22	2.88	.490	1.405	.169
	feminine	16	2.68	.367		
Expressing love and affection	Male	22	3.14	.425	-1.851	.072
	feminine	16	3.42	.479		
The effect of having a child with special needs in the family	Male	22	2.22	.933	1.150	.258
	feminine	16	1.91	.662		
Marital Adaptation Scale	Male	22	2.94	.248	-.366	.716
	feminine	16	3.65	.405		

The results of the (T) test in Table (4) showed that there weren't any statistically significant differences at the marital adaptation level and its fields are attributed to the gender (males, females), and the results of this study agree with Damra and Mahmoud (2016), which indicated that there weren't any statistically significant differences at the needs of families of the disabled and its fields at the gender variable, while the results of this study don't agree with (Al-

Badirat, 2006) Which indicated that there were statistically significant differences at the gender in favor of females, the result of the current study can be explained by the similarity of families' cognitive, financial, social and psychological needs, anxiety, tension and Psychological stress in the future of the child, which is reflected in the marital adaptation of families of children with disabilities, whether they are males or females.

**Second: At the age variable:**

This variable includes two main categories: a category (less than 10 years old) and a category (more than 10 years

old), using the t-test to find out the difference between the arithmetic mean of the age variable at the level of the fields of study as shown in Table (5):

**Table (5):(T) Test Results of the difference between the arithmetic mean of the age variable at the level of the study fields**

The dimension	Age	the number	Arithmetic mean	standard deviation	T	degrees of freedom	Statistical significance
marital harmony	1-10	24	3.55	.445	.055	36	.957
	more than 10	14	3.56	.584			
marital satisfaction	1-10	24	3.35	.735	-.027	36	.979
	more than 10	14	3.36	.867			
marital cohesion	1-10	24	2.86	.424	1.196	36	.240
	more than 10	14	2.68	.483			
Expressing love and affection	1-10	24	3.32	.414	1.060	36	.296
	more than 10	14	3.15	.537			
The effect of having a child with special needs in the family	1-10	24	2.03	.776	.581	36	.565
	more than 10	14	2.19	.948			
Marital Adaptation Scale	1-10	24	2.95	.210	.095	36	.925
	more than 10	14	2.94	.271			

The results of the (T) test in Table (5) showed that there weren't any statistically significant differences for the arithmetic mean at the marital adaptation scale and its fields for the age (less than 10 years) and (more than 10 years) for the disabled child, and the results of this study agree with Khatib and Al-Hadidi(1996) while the results of this study do not agree with (Adams,2006) which showed that as the age of the disabled child increases, the family's awareness of the level of psychological pressure increases, which increases the tension and the need for psychological support with the increase in age.

**Third:Results related to the third question:**

**(Are there any statistically significant differences at the level of marital adaptation and the level of its fields at gender and age parents of disabled child?).**

In order to answer thisQuestion: Arithmetic averages, standard deviations, and t-test were used in order to reveal the differences between the sample members' estimates of the tool as a whole according to the educational level variable of the father and mother. The analysis must be divided into two parts, as follows:

**First: The father's educational level variable:**

The father's educational level includes two levels that represent the qualifications of the father of the disabled child, and these two levels are: (secondary and below) and (above secondary), so it is necessary to identify the possibility of a relationship between

the total level of coping strategies management for psychological stress and its fields as shown in Table (6), which shows the arithmetic averages for each qualification separately, and its standard deviation.

**Table (6) Arithmetic averages of the estimates of the study sample members according to the father's educational level variable**

The dimension	The educational level of the father	the number	Arithmetic mean	standard deviation	Statistical significance
marital harmony	Secondary and below	32	3.49	.495	.052
	university	6	3.91	.310	
marital satisfaction	Secondary and below	32	3.28	.796	.156
	university	6	3.77	.513	
marital cohesion	Secondary and below	32	2.84	.470	.183
	university	6	2.57	.221	
Expressing love and affection	Secondary and below	32	3.21	.452	.122
	university	6	3.53	.464	
The effect of having a child with special needs in the family	Secondary and below	32	2.15	.870	.316
	university	6	1.77	.568	
Marital Adaptation Scale	Secondary and below	32	2.94	.226	.473
	university	6	3.01	.270	

The results in Table (6) showed that there weren't any statistically significant differences at the level of significance. ( $\alpha \geq 0.05$ ) at the scale of the needs and fields among the families of disabled children at the educational level of the parents variable.

#### **Second: The educational level of the mother variable:**

The educational level of the mother includes two levels that represent the

qualifications of the mother of the disabled child, and these levels are: (secondary and below) and (above secondary), so it is necessary to identify the possibility of a relationship between the total level of coping strategies management for psychological stress and the fields of study as shown in Table (7), which shows the arithmetic averages for each qualification separately, and its standard deviation.

**Table (7) Arithmetic averages of the estimates of the study sample members according to the mother's educational level variable**

The dimension	The educational level of the Mother	the number	Arithmetic mean	standard deviation	Statistical significance
marital harmony	Secondary and below	29	3.53	.514	.615
	university	9	3.63	.437	.587
marital satisfaction	Secondary and below	29	3.22	.813	.058
	university	9	3.78	.441	.014
marital cohesion	Secondary and below	29	2.82	.477	.616
	university	9	2.73	.360	.565
Expressing love and affection	Secondary and below	29	3.21	.473	.220
	university	9	3.43	.409	.197
The effect of having a child with special needs in the family	Secondary and below	29	2.14	.899	.487
	university	9	1.92	.592	.394
Marital Adaptation Scale	Secondary and below	29	2.94	.223	.564
	university	9	2.99	.265	.605

Table (7) showed that there weren't any statistically significant differences at the level of significance at ( $\alpha \geq 0.05$ ) at the marital adaptation scale and its fields among families of children with disabilities at the educational level of the mother variable.

The results of this study agree with Farah (2009) Which showed that there aren't any statistically significant differences due to the educational level of the parents, while the results of this study don't agree with Damra and Mahmoud (2016) Which showed that there are statistically significant differences due to the educational level of the parents and in favor of the father and mother who hold higher educational degrees. The results of the current study can be attributed to the existence of a level ranging between medium and low at the level of providing the needs of families of disabled children and its fields, whatever, The educational level of

the parents, due to the need for families of disabled people to try to adapt and bear the burdens of the child and to search for solutions to family problems, regardless of the educational level of the family (father, mother).

#### **Fourth: The results related to the fourth question:**

**(Are there any statistically significant differences at the level of marital adaptation and the level of its fields at type and degree of child disability?).**

To answer this question, one-way analysis of variance was used to disclose the differences between the sample members' estimates about the tool as a whole according to the type of variable of the child's disability (autism, mental disability). learning disabilities), as shown in Table (8):

Table (8) :Results of the one-way analysis of variance of the arithmetic averages of the type variable of child disability with the fields of study

The dimension	Type disability	the number	Arithmetic mean	standard deviation	Statistical significance
marital harmony	Autism	17			.556
			3.45	.478	
	Mental retardation	13	3.64	.527	
	Learning disability	8	3.63	.492	
	total	38	3.55	.493	
marital satisfaction	Autism	17	3.45	.646	.804
	Mental retardation	13	3.28	.724	
	Learning disability	8	3.28	1.131	
	total	38	3.35	.775	
marital cohesion	Autism	17	2.91	.471	.332
	Mental retardation	13	2.66	.398	
	Learning disability	8	2.79	.471	
	total	38	2.80	.449	
Expressing love and affection	Autism	17	3.20	.324	.472
	Mental retardation	13	3.23	.614	
	Learning disability	8	3.44	.445	
	total	38	3.26	.463	
The effect of having a child with special needs in the family	Autism	17	2.35	.900	.219
	Mental retardation	13	1.83	.786	
	Learning disability	8	1.98	.683	
	total	38	2.09	.835	
Marital Adaptation Scale	Autism	17	3.01	.284	.201
	Mental retardation	13	2.86	.167	
	Learning disability	8	2.95	.157	
	total	38	2.95	.231	

The results of the (T) test at Table (8) showed that there weren't any statistically significant differences at the level of significance ( $\alpha \geq 0.05$ ) at the marital

adaptation scale among families of disabled children at the type of disability.

The researchers did not find any studies to support or oppose this



study. The results of the current study can be attributed to the existence of a level ranging between medium and low at the level of providing the needs of families of disabled children, and its areas of cognitive, financial, psychological and social needs, whatever is the type of disability, whether it is a mental disability or a sensory disability.

The one-way analysis of variance test was also used in order to reveal the differences between the estimates of the sample members about the tool as a whole and its fields among families of disabled children according to the degree of child disability (simple, medium, severe), as in the table (9).

**Table (9): Results of the one-way analysis of variance test for the arithmetic averages of the v degree of disability of the child with the tool as a whole and the fields of study**

The dimension	degree of disability	the number	Arithmetic mean	standard deviation
marital harmony	simple	9	3.60	.595
	medium	20	3.54	.472
	severe	9	3.54	.486
	total	38	3.55	.493
marital satisfaction	simple	9	3.49	.807
	medium	20	3.26	.818
	severe	9	3.42	.696
	total	38	3.35	.775
marital cohesion	simple	9	3.00	.463
	medium	20	2.64	.413
	severe	9	2.95	.416
	total	38	2.80	.449
Expressing love and affection	simple	9	3.41	.508
	medium	20	3.14	.447
	severe	9	3.37	.431
	total	38	3.26	.463
The effect of having a child with special needs in the family	simple	9	2.02	.730
	medium	20	1.89	.630
	severe	9	2.62	1.152
	total	38	2.09	.835
Marital Adaptation Scale	simple	9	3.02	.253
	medium	20	2.83	.135
	severe	9	3.14	.242
	total	38	2.95	.231

The results of the (T) test at Table (8) showed that there weren't any statistically significant differences at ( $\alpha \geq 0.05$ ) at the marital adaptation scale for families of disabled children and their fields at the degree of disability.

The results of this study agree with Farah (2009) Which showed that there aren't any statistically significant differences due to the type of disability, and the results of this study don't agree with (Adams, 2006) that showed the

presence of statistically significant differences due to the degree of disability, parental pressure, and the need of social support, which increases with the increase of the severity of the disability. The results of the current study can be attributed to the presence of common and similar effects of disabilities (simple, medium or severe) disability.

#### **fifth: Results related to the fifth question:**

**(Are there any statistically significant differences at the level of marital adaptation and the level of its fields at the economic level of the child's family?)**

To answer this question, (T-test) was used to reveal the differences between the estimates of the sample members about the tool as a whole and its fields among families of disabled children according to the family's economic level (500 dinars or less, more from 500 Dinars), as in Table (10):

**Table (10): Results of (T) Test of the arithmetic averages of the economic level of the family and the fields of study**

The dimension	The economic level of the family	The number	Arithmetic mean	standard deviation	T Test	The degrees of freedom	Statistical significance
marital harmony	Less than 500 dinars	29	3.45	.509	2.505	36	.017
	500 dinars and more	9	3.89	.222			
marital satisfaction	Less than 500 dinars	29	3.23	.837	1.733	36	.092
	500 dinars and more	9	3.73	.332			
marital cohesion	Less than 500 dinars	29	2.87	.476	1.912	36	.064
	500 dinars and more	9	2.56	.231			
Expressing love and affection	Less than 500 dinars	29	3.16	.451	2.500	36	.017
	500 dinars and more	9	3.57	.364			
The effect of having a child with special needs in the family	Less than 500 dinars	29	2.16	.898	.955	36	.346
	500 dinars and more	9	1.86	.566			
Marital Adaptation Scale	Less than 500 dinars	29	2.92	.239	1.216	36	.232
	500 Dinar and more	9	3.03	.192			

The results of the (T) test as shown in Table (10) showed that there weren't

any statistically significant differences at ( $\alpha \geq 0.05$ ) at the marital adaptationscale

among families of disabled children and their fields at the economic level of the family.

The results of this study don't agree with Damra and Mahmoud (2016) and Sabah and Abdel Haq (2013) that showed there are statistically significant differences regarding to the economic level of the family and in favor of families whose income exceeds 1000 Jordanian dinars. The results of the current study showed the presence of an equal level of services provided to the study environment, regardless of the economic level of the family (500 dinars and less or more than 500 dinars).

### Recommendations

At the end of the study, the researchers recommend:

- The necessity of implementing indicative programs to improve the level of adaptation among families of disabled children.
- The need to intensify psychological, cognitive and social support programs for families of disabled children through the written, visual and social media.
- The need to conduct more studies at the needs of families of children with disabilities in different environments.

### References

- Abdel-Moaty, S.M.I. (1991). **The expectations of young people before and after marriage and their relationship to marital adaptation**, MA thesis / Ain Shams University: Cairo - Egypt.
- Abu El-Ezz, I., (2007). **The relationship of marital interaction methods and forms of communication between couples to mental health and marital adaptation**, unpublished PhD thesis, Amman Arab University, Amman.
- Adams, K. (2006). Parental stress behavior and observed parent-child interaction. (Doctoral dissertation). Dissertation Abstracts international: Section A. Pace University New York, Westchester.
- Ahmed, S.k. (2001). **The Social psychology between theory and practice**, 2<sup>nd</sup> edition, Alexandria center of the book: Egypt.
- Al-Dahri, S.H. (2008). **The basics of marital and family counseling**, 1st Edition, Dar Safaa for Publishing and Distribution: Amman.
- Al-Juhani, A.A. (2005). **Marital disputes in Saudi society in the point of view of connected wives with the Social Counseling Unit**. Published MA thesis, Prince Nayef University, College of Graduate Studies.
- Al-Khatibeh, Y. (2015). The components of adaptation of the marital life and its relationship to social factors: A study of a sample of working couples in public schools in northern Jordan, **Dirasat Journal, Humanities and Social Sciences**, Volume 42, 2<sup>nd</sup> issue.
- Al-Qaryuti, I. (2009). Supporting the family of a psychologically and socially disabled person, Conference on the Role of Parents of Disabled Associations in Supporting the Family of a Disabled Person, **University of Sharjah** (25-26).
- Al-Qaryuti, I. (2008). Jordanian mothers acceptance to their disabled children. **The Jordanian Journal of Educational Sciences**, Volume 4, Issue Three, pp. (177-167).
- Al-Sartawi, Z. A., Al-Sayyid Al-Khass, A.A. (1998). **Psychological stress measurement battery, coping methods and needs for parents of disabled people**, University Book Administration, Al Ain, United Arab Emirates.
- Amer, T. (2008). **The Autistic Child**, Al-Yazuri Dar, Amman, Jordan.
- Awad, A. M. (1989). **Al-Wajeez in a the health Mental**, 2<sup>nd</sup> edition, University Knowledge Dar: Alexandria.
- Badirat, N. (2006). **The psychological stress Sources among siblings of children with autism and their relationship to some personal and family variables**.

- Master's thesis, Amman Arab University for Graduate Studies.
- Bahchwan, F., &Elfeki, M. (2013). **The Problems of Families of disabled children, a study applied to a sample of parents of disabled children in Hadhramaut Governorate**, Al-Andalus Journal of Social and Applied Sciences, ninth issue, volume (5) / March.
  - Blun, JS&Mehrahiam, A. (1999). Personality and Temperament Correlates of Marital satisfaction. *Journal of personality*, 67,93-125.
  - Cavafy, A.A. (1999), **Counseling and Family Psychotherapy**, 1st Edition, Cairo, House of Arab Thought.
  - Craig, J- & Swan, S (2002), Effect of (disability) on parental stress. The Lancaster country for Autism Article Retrieved September 27,2013, form [intt/www.angelifire.com/pa5/lccarstcs/icc areresparstrs surv.ht](http://www.angelifire.com/pa5/lccarstcs/icc areresparstrs surv.ht).
  - Damra, J. (2008). **Theoretical trends of counseling**, SafaaDar for Publishing and Distribution, Amman, Jordan.
  - Damra, L, &Mahmoud,J. (2016). The level of support for families of disabled children in Jordan, **Journal of Educational Sciences Studies**, (43). Supplement (3) .pp.437-1150.
  - Fahmy, M. (1979). **psychological and social Compatibility**, 1<sup>st</sup> edition, KhanjiLibrary : Cairo.
  - Farah, M. H. A., (2009). **Psychological stress and its relationship to the needs of the parents of the physically disabled in the state of Khartoum**, Master's thesis in Psychology, University of Khartoum / Sudan.
  - Ghahjavarestani A.M.,Badia M.M.,&SanahujaGavaldaJ.M. Study of Marital Satisfaction in Autistic Families. *Autism inarusheniyarazvitiya = Autism and Developmental Disorders*, 2020. Vol. 18, no. 2 (67), p. 21—31. DOI: <https://doi.org/10.17759/autdd.2020180204> (In Russ.).
  - Hall, H. (2008). The relationship among adaptive behaviors of children with autism spectrum disorder, their family support networks. parental stress, and parental coping. (Doctoral dissertation). Health science center ,the university of Tennessee, Knoxville, USA
  - Hayat, (2013). **Directions Toward The school and its relationship with the psychological& social agreement**Unpublished MA thesis, University of Biskra: Algeria.
  - Hill, F., Newmark, R. & Le Grange, L. (2003). Subjective perceptions of stress and coping by mothers of children with an international disability. Needs assessment, *International Journal of Special Education*, 18(1). 36-43.
  - Kashif, I., F. (2008). The Right of Families of Children with Special Needs to Obtain a Counseling Service, **First Scientific Conference**. (89-114), Faculty of Education, Benha University.
  - Khatib,J. (2001). **Parents of Disabled Children**, 1st Edition, Academy of Special Education, Riyadh, Saudi Arabia.
  - Khatib,J. and Hadidi, M.,(1996).The impact of a child's disability at the family, **the College of Education Journal** , Mansoura University, Egypt.
  - Lawrence, E.& et al. Marital satisfaction across the transition to parenthood. *Journal of family psychology*, 2008, vol. 22, no. 1, pp. 41—50. DOI:10.1037/0893-3200.22.1.41 13. Convention on the Rights of Persons with Disabilities. New York, United Nations, 2006.
  - Lee,G. K. Parents of children with high functioning autism: How well do they cope and adjust? *Journal of developmental and physical disabilities*, 2009, vol. 21, no. 2, p. 93—114. DOI:10.1007/s10882-008-9128-2
  - Malkoush, R.,& Yahya, K.,(1995).**Psychological stress and social support for parents of disabled children from**

- Amman.**Dirasat, Volume 22 (A), No. 5, pp. 2329-2348.
- McCubbin M.A. & McCubbin, H.I. Resiliency in families: A conceptual model of family adjustment and adaptation in response to stress and crises. In McCubbin,H. I, Thompson,A. I, MccubbinM. A (eds.) .Family assessment: Resiliency, coping and adaptation: Inventories for Research and Practice. Madison: Publ. University of Wisconsin, 1996. Pp. 1—64. ISBN 978-0-96393345-4.
  - Paster,A,Brandwein.D,&Walsh.J,(2009).A comparison of coping strategies used by parents of children with disabilities and parents of children without disabilities. Research in Developmental Disabilities El sevier, 30, 1337-1342.
  - Rosan,F. (2013). **Issues and problems in special education**. Al-Fikr Dar , Amman, Jordan.
  - Sabah, A., Abdel Haq, M.. (2013). Psychological stress among families of the disabled, psychological and educational studies, **The development of psychological and educational practices laboratory**, issue (11) / December 2013.
  - Simmerman, S, Blachern, J.&Baker.B. (2001). Fathers and Mothers perceptions of father involvement in families with young children with disability, Journal of Intellectual and developmental disability, 24,325-338.
  - Thuljan, S, (2005), **The most important factors affecting the marital adaptation**,Qubaa Dar for printing and publishing: Cairo.
  - Ysseldyke.J.E, and Algozzing, B. (1990). Critical issues in special and re-medical education, Boston: Houghton Mifflin Company.
  - Zaarir, A. (2009).**Sources of psychological stress and methods of coping with parents of autistic children and their relationship to some variables**. Unpublished Master's Thesis, Amman Arab University - Jordan.