

EFFICACY OF MULTIMEDIA PACKAGE ON MENTAL HEALTH OF CAREGIVERS WITH AUTISM SPECTRUM DISORDER CHILDREN

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(Abstract)

This paper illuminates the efficacy of Multimedia package on Mental Health care of Caregivers of Autism Spectrum Disorder Children in Special schools at Primary level. Researcher tried to improve the Mental Health Care of Caregivers of ASD children at Primary level. . **Objectives of the study:** 1. To find out the Mental Health Care of Caregivers of ASD children at Primary level.. 2. To find out whether there is any significant difference between Pre-test of control group and Post-test of control group caregivers of ASD children related to improve Mental Health Care by using Multimedia package. 3. To find out whether there is any significant difference between Pre-test of Experimental group and Post-test of Experimental group caregivers of ASD children related to improve Mental Health Care of Caregivers by using Multimedia package. **Methodology:** Experimental method was adopted in the study. **Sample:** Thirty caregivers those who were looking after the ASD children, Coimbatore were taken as sample for the study. **Tool:** Researcher's self-made tool was used as a tool for the study. **Validity** of the tool was established by the opinion of the juries. **Reliability** of the tool was established by the split-half method. Statistical technique: 't' test was used to analyze the study. **Findings** Multimedia Package was more effective to improve the Mental Health Care of Caregivers of ASD children. **Educational implications:** It can be implemented all the Special schools.

Keywords: Multimedia Package, Conventional method and Caregivers of Autism Spectrum Disorder Children

Introduction

Caregivers have unique place in fostering Children of Autism Spectrum Disorder. Caregivers are spine of developing of Caregivers of Autism Spectrum Disorder Children. . Even if many teachings were using among Caregivers of Autism Spectrum Disorder Children. They were not prolific to Caregivers of Autism Spectrum Disorder Children. The researcher endeavored to apply Multimedia package to improve Mental Health Care of Autism Spectrum Disorder Children in Special schools

Need and Significance of the study

The Multimedia package includes problems of psychological distress, Mental agony, Social problems and Financial supports. It supports Caregivers to learn about social platforms and contacts details through online. Multimedia package develops the autonomy and confidence of Caregivers of ASD children. By this package,

Caregivers of ASD children can face the unknown situations and tasks in a real context. Caregivers of ASD children can be improved their Mental Health by using the package and enhancing knowledge how to live with mentally stable. Williams, Natalie A.; Villachan-Lyra, Pompéia insisted to intervention is needed to improve Mental Health of Caregivers. Hence the researcher developed the Multimedia package.

Review of Related Studies

Williams, Natalie A.; Villachan-Lyra, Pompéia; Hatton-Bowers, Holly; Marvin, Christine; Chaves, Emmanuelle; Hollist, Cody; Gomes, Renata Trefiglio Mendes; Barbosa, Leopoldo Nelson F.(2023) describe the provision of intervention services to children with congenital Zika syndrome (CZS) in a large health care institution located in Recife, Brazil, and family factors related to intervention involvement, through the lens of family-centered developmental--behavioral pediatric care principles. Caregivers (N = 50) of children with CZS who were receiving services at a public rehabilitation hospital participated a cross-sectional survey study. Among caregivers, 22% reported a low number of both child and caregiver intervention contacts, 26% reported a high number of child contacts but low caregiver contacts, and 52% reported both high child and caregiver contacts with intervention staff in the past 3 months. Caregiver stress scores were higher and coping strategies were lower in the low child and caregiver intervention contact group. Most caregivers reported high levels of family-centered practices. In regression models, low family resources was associated with higher depression and stress and low coping strategy use, whereas higher support was associated with higher coping. This study adds to the small literature exploring intervention services provided to children with CZS with a particular emphasis on family-centered care principles. It is recommended that intervention programs in Brazil evaluate the availability and accessibility of family resources and develop strategies to help connect families to resources that promote caregiver mental health and child outcomes.

Kailey E. Penner Rachel Roy ; Ana C. Hanlon-Dearman Kristene Cheung ; Cara Katz Jessica L. Schleider ; Leslie E. Roos; Emily E. Cameron(2025) investigated barriers and facilitators to mental health service use (e.g., interventions, educational programs) in caregivers of children with neurodevelopmental disorders and/or neurodevelopmental problems, as they experience high levels of distress and low help-seeking behaviour. Caregivers of children aged 0 to 12 with neurodevelopmental disorders and/or neurodevelopmental problems (N = 78) completed a mixed-method online survey about their mental health and service use. Caregiver-reported psychological distress and mental health service use were positively correlated. Most participants (66.2%) were above the clinical cut-off score for anxiety, depression, or caregiving stress; of these participants, 45.7% had not accessed mental health services for themselves within the past year. Lack of time and difficulties arranging childcare were noted barriers; patient-oriented suggestions for service improvement were provided. The findings add novel information on factors to increase mental health service use in this population. Recommendations for clinical practice for those practitioners who provide services for children with neurodevelopmental disorders and/or neurodevelopmental problems are included.

Objectives of the study: 1.To find out the Mental Health Care of Caregivers of ASD children at Primary level.. 2. To find out whether there is any significant difference between Pre-test of control group and Post-test

of control group caregivers of ASD children related to improve Mental Health Care by using Multimedia package.3. To find out whether there is any significant difference between Pre-test of Experimental group and Post-test of Experimental group caregivers of ASD children related to improve Mental Health Care of Caregivers by using Multimedia package.

Hypotheses of the study: 1. Caregivers of ASD children had problems in Mental Health Care .2. There is no significant difference in mean score between the pre test of control group and the post test of control group. 3. There is no significant difference in mean score between the pre test of Experimental group and the post test of Experimental group. 4. Multimedia package is more effective than conventional training in to improve Mental Health Care of Caregivers of ASD by using Multimedia package.

Methodology: Parallel group Experimental method was adopted in the study. **Sample:** Thirty Caregivers of ASD children from Gowmaran special school and W.V.S special school were selected as sample for the study. Fifteen Caregivers of ASD children were considered as Controlled group and another Fifteen were considered as Experimental group. **Tool:** Researcher's self-made Effectiveness of Multimedia Package was used as a tool for the study. The tool consisted of twenty five questionnaires.

Construction of tools:

The investigator's self made Effectiveness of Multimedia Package was used for the pretests and post tests of both control groups and experimental groups. The same question was used for both pre and post tests to evaluate the Caregivers of ASD children through three-point rating scale which carried Developed-2, Medium Development-1, No Development-0.

Reliability of the tool

A test is reliable if it can be repeated with a similar data set and yields a similar outcome. The expectation of a good research is that it would be reliable. It refers to the trustworthiness or consistency of measurement of a tool whatever it measures. Under this study the reliability had been computed using Split-half method and the calculated value comes to 0.73. The value is quite significant and implies that the tools adopted were reliable. Hence the reliability was established for the study.

Validity of the tool

The concept of validity is fundamental to a research result. A result is internally valid if an appropriate methodology has been followed in order to yield that result. A test is said to be valid if it measures what it intends to measure. The expert opinion of the co staff was obtained before freezing the design of the tools. Subject experts and experienced teachers were requested to analyse the tool. Their opinions indicated that the tool had content validity.

Procedure of the study: 1. Identification of the problem by administering pre-test to the both groups. 2. Planning. 3. Developed Multimedia package. 4. Execution of Multimedia package .5. Administering post-test.

Collection of Data:

The researcher administered pretest to the Caregivers of ASD children with the help of Special Teachers. The tool and response sheets were given to the individual Caregivers of ASD children and collected and evaluated

facing obstacles of the Caregivers were identified by the pretest. The causes and problems of Caregivers were found out. Multimedia package was used in the special schools. The posttest was administered to find out the effectiveness of Multimedia package to improve Mental Health Care of Caregivers were found.

Analysis of Data

Statistical technique **t** test was applied for the study.

HYPOTHESIS TESTING

Hypothesis 1:

Caregivers of ASD children had problems in their Mental Health.

In the pre-test, Caregivers of ASD children scored 25% points in reducing problems in existing conditions and the Experimental group Caregivers of ASD children 75% points. It shows that Caregivers of ASD children had problems in Mental Health due ASD children.

Hypothesis 2:

There is no significant difference in mean score between the Pre test of control group and the Post test of control group in improving Mental Health Care of Caregivers of ASD children.

Table -1

Stages	N	Mean	S.D.	df	t- value	Level of significance
Pretest control group	15	46.50	4.45	28	0.4907	P<0.05
Post test control group	15	47.30	4.48			

The table showing mean scores between Pre test of Control group and Posttest of Control group.

The calculated 't' value is (0.4907) greater than table value (2.00). Hence null hypothesis is accepted at 0.05 levels. Hence there is no significant difference between the pre test of control group and post test of control group in mean scores of the caregivers in improving Mental Health Care of Caregivers of ASD children.

Hypothesis 3:

There is no significant difference in mean score between the Pre test of Experimental group and the Post test of Experimental group in improving Mental Health Care of Caregivers of ASD children.

Table-2

Stages	N	Mean	S.D.	df	t- value	Level of significance
Pretest Experimental group	15	48.20	5.07	28	3.515	P>0.05
Post test Experimental group	15	55.40	6.10			

The table showing mean scores between pretest of

Experimental group and posttest of Experimental group.

The calculated ‘t’ value is (3.515) greater than table value (2.00). Hence null hypothesis is rejected at 0.05 levels. Hence there is no significant difference between the pre test of Experimental group and Post test Experimental group in improving Mental Health Care of Caregivers of ASD children.

Hypothesis 4.

Multimedia package is more effective than conventional training in improving Mental Health Care Caregivers of Autism Spectrum Disorder Children

Mean scores of the Caregivers of ASD children in post-test of control group is 47.30 and the mean scores of the Caregivers of ASD children in post test of Experimental group is 55.40. Scoring of the post test of Experimental group (55.40) is greater than Pre test of Experimental group (48.20). It shows that Multimedia package is more effective than conventional training in improving Mental Health Care of Caregivers of Autism Spectrum Disorder Children

Findings:

1. In the pre-test, Caregivers of ASD children scored 25% points in improving Mental Health Care Caregivers of Autism Spectrum Disorder Children in existing conditions and the Experimental group Caregivers of ASD children 75% points. It shows that Caregivers of ASD children had problems in conventional training.
2. The calculated ‘t’ value is (0.4907) greater than table value (2.00). Hence null hypothesis is accepted at 0.05 levels. Hence there is no significant difference between the pre test of control group and post test of control group in mean scores of the caregivers in improving Mental Health Care of Caregivers of ASD children.
3. The calculated ‘t’ value is (3.515) greater than table value (2.00). Hence null hypothesis is rejected at 0.05 levels. Hence there is significant difference between the pre test of Experimental group and Post test Experimental group in improving Mental Health Care of Caregivers of ASD children.
4. Mean Score of the post test of Experimental group (55.40) is greater than Pre test of

Experimental group(48.20) It shows that Multimedia package is more effective than Conventional training in improving Mental Health Care of Caregivers of Autism Spectrum Disorder Children.

EDUCATIONAL IMPLICATIONS

1. Using the Multimedia package among caregivers of all special schools.
2. It can be encouraged to implement to use among school teachers of special schools.
3. It may be implemented in all the districts of Tamilnadu.
4. It may be implemented in special schools of all over India
5. It may be more supportive to promote NEP 2020.

Conclusion

The study reveals that Caregivers of Autism Spectrum Disorder Children in Special Education had problems by adopting conventional training. Multimedia package is more effective than conventional trainings. Hence it may be more supportive to improve Health Care of Caregivers in nurturing the Autism Spectrum Disorder Children in Special schools.

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