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**Effectiveness of Cognitive Behavior Program
to Help Mothers Acquire Rearing Practices
on Enhancing Independent Behavior
to their Children with
Down Syndrome**

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(Special Education)

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Summary

Introduction:

The birth of normal children let the family take care of him without anxious but the birth of child with Down syndrome needs special treatment as he can't depend on himself as his normal peers, children with Down syndrome always still on the guardianship of their parents.

The family plays an important role on developing Down syndrome children abilities as daily life skills in order to adapt with life with him without depending on the others.

A lot of parents especially mothers shocked when they had Down syndrome child this feeling increase if mothers don't know suitable care methods to deal with their children and develop independent behaviours this child depend on his mother on his daily life needs, training mothers on care methods help to overcome this problem and reflect on developing independent behaviour to their sons.

Down syndrome is the third type of Intellectual disability the IQ of these children ranging from simple to moderate .Langdon down discovered those children and they have special needs, Almost of them learnable children (Obied,20000,85), down syndrome children have cognitive, emotional, social and Physical characteristics that made them dependent persons and lack of daily life skills.

Independent behavior skills are main skills for social, academic and professional skills.

Family plays an important role In the life of down syndrome child as it the place he spend his childhood so it's a must for parents to know the

important of their behaviors and concentrate on the culture of their down syndrome children and develop self- efficacy by depending on himself in doing independent skills, and surrounding him with love and security in order to achieve intellectual development and acquire new skills through imitation and modeling or attractive activity suitable with his attitudes.

The main relationship in achieving normal development to child is mother care that is continuous relationship full of sense, social wisdom and emotional experiences and led to social integration for children, physical intellectual skills and effects on Formation of personality by responding to individual needs and satisfaction (sobhi, 2010, 56).

There are multiple care methods for mothers of Down syndrome children so it has effect on daily life skills, independent behaviours and social skills to their children (Abdulla, 2004, 280).

The researcher adopted different care methods for children with Down syndrome; it was mental, social and health care.

Studies indicated the correlation between care methods of mothers and developing independent behaviours to their children as in smith (2000), Sherman (2001), Telly & Ongan (2001) and Winless et al(2002).

According to previous the researcher selected the topic of the current research and it is the effectiveness of cognitive behaviour program to acquire care methods to mothers in developing Independent behaviour to their children with Down syndrome.

Problem of the study:

The researcher felt the problem of the study during meeting mothers of down syndrome children and look at previous studies that referred to the

relationship between the lack of care methods of mothers and the retardation of independent behavior to their children with down syndrome ,the researcher found lack of three important care methods and they are : mental ,health, and social care

According to the previous show there is an important need to training mothers of down syndrome children on care methods ,the main idea of the research is to prepare cognitive behaviour program based social learning theory of Bandura and using modelling technique to execute the program .

The researcher found that there are no studies –within the researcher knowledge -deal with care methods of mothers of children with Down syndrome. Thus the current study asked: How effective is the cognitive behavioral program to maximize maternal care in the development of independent behavior of their Down syndrome children?

Purpose of the study

- 1- Learning mothers of Down syndrome children care methods and examine the effectiveness of the program during the follow up period.
- 2- Training mothers of Down syndrome children on developing independent behaviour through care method.

Importance of the study:

- 1- Participate on dealing with real problem of mothers of Down syndrome children; it is the lack of care methods.
- 2- Indicate the important role of mothers in developing independent behavior to their children with down syndrome.

- 3- Provide information about techniques used in the program that benefit in learning mothers care methods to develop independent behavior to their children with down syndrome.
- 4- Using care method measure on other similar cases
- 5- Using the result of this study in making suggestions and recommendations about learning care methods to mothers of down syndrome children .
- 6- Using the result of this study in making suggestions and recommendations about developing independent behavior of down syndrome children.

Determinants of study

A- Method of the study :

The study depend on semi experimental design .

B- Participants

Participants were (8) mothers of children with down syndrome and their children from Zagazig intellectual Education school, They were ranging in chronological age from (32-41) years with mean age of (35,88) , and SD (3,.4), ages of their children were (3-6) years with mean age of (4.13), and SD (1,26), Their IQ was (50-75) grade on Stanford Benneh from moderate socio-economic level.

C- Instruments

- 1- Filand measure of adaptive behavior to measure Independent behavior (daily life skills) of children with down syndrome (translated by Al-Otaby, B (2004)

- 2- Initial data form to mothers of children with down syndrome (by the researcher).
- 3- Cognitive behavior program (by the researcher).
- 4- Stanford IQ fifth edition (translated by farrag, 2011).

A- Statistical Method:

Data were analyzed using Spss statically software package. The study used Man Whitney test, Wilcoxon test, and (z) value.

Results

The results indicated:

- 1- There were significant differences among the means of the experimental group concerning care methods in the pre and posttests favored the post test for mothers of children with Downsyndrome.
- 2- There were insignificant differences among the means of the experimental group concerning care methods in post and follow- up tests after two months of program application.
- 3- There were significant differences among the means of the experimental group in the pre and posttest in independent behavior of children with Down syndrome as their mother perceived favored the post test.
- 4- There were insignificant differences among the means of the experimental group concerning independent behavior of children with Down syndrome as their mother perceived in post and follow- up tests.

Application difficulties:

- 1- Lack of cooperation of mothers during pilot study
- 2- Behavior problem from children as aggression and hyperactivity.
- 3- Lack of material needed in school as toys. Recommendation of the study
- 4- Preparing more cognitive behavior program on early intervention to train parents on care methods to develop independent behavior to their children with Down syndrome.
- 5- The Importance of communication between teachers and parents to follow children independent behavior.
- 6- Preparing training courses to parents and teachers to provide them with experience to deal with Down syndrome children.
- 7- Encourage parents to involve in cognitive behavior program to provide more opportunities to their children to increase social interaction.

Suggested Researches:

- 1- Effectiveness of program based on pictured activity tables on developing life skills to children with Down syndrome.
- 2- Effectiveness of counseling program based on cooperative learning on developing life skills to Down syndrome children.
- 3- Effectiveness of early intervention in developing independent skills to parents of down syndrome children.

4- Effectiveness of program based on computer in developing nutrition, social, and health cultural of children with down syndrome.