

## CHAPTER 1

### INTRODUCTION

"Adopting the right attitude can convert a negative stress into a positive one."

- Hans Selye

The study, “**Exploring Entrepreneurship as a Coping Strategy for Mothers of Visually Challenged Children**” aims to investigate the impact of entrepreneurship as a stress-reduction strategy for mothers of children with visual impairments. The US Centers for Disease Control and Prevention (CDC) (2024) indicates that “visual impairments can arise due to a variety of factors, including genetic conditions, prenatal nutritional deficiencies, developmental complications, exposure to infections, and diseases like diabetic retinopathy and glaucoma. These impairments not only affect vision but can also significantly hinder a child's biological, social, and psychological development, potentially leading to disabilities that limit daily functioning and emotional well-being” (UNICEF, 2022, and Caring for Kids New to Canada, 2023).

Raising a child with visual impairment presents significant challenges for parents, particularly mothers, who often shoulder the majority of caregiving responsibilities. Recent studies have highlighted the multifaceted difficulties these mothers face, encompassing emotional, social, and practical domains. Kara et al. (2023) found that mothers of visually impaired children often experience heightened levels of anxiety and depression, which can strain the mother-child relationship. These emotional challenges are compounded by the need to adapt parenting strategies to meet their children's unique needs. Additionally, the emotional and physical strain mothers endure can negatively impact their overall well-being, as they frequently lack adequate support systems (Sharma, 2020). A study conducted by Nowal and Kowalska at Grzegorzewska University (2024) assessed the parental competencies of mothers with visually impaired children (VIC) receiving early development support. The findings indicated that while these mothers exhibit strong commitment and adaptability, they often struggle with promoting autonomy and managing overprotectiveness.

Visual impairment (VI) is a leading sensory disability that impedes a child’s ability to perform daily tasks, and the emotional, psychological, and financial stress it

places on mothers can be distressing (Papadopoulos and Metsiou, 2015). According to the 2011 Census of India, 19 per cent of children suffer from visual impairments, with 18 per cent of those aged 0-19 years and over 30 per cent of children under six years are affected in India. Individuals with visual impairment may either lack sight completely or have no perception of light, even when using corrective devices like spectacles or contact lenses. Some may still perceive light or have blurred vision but are unable to see objects, such as counting fingers from a distance of 10 feet in daylight. While some may move independently using residual vision, others may still struggle with mobility. It is important to note that individuals with vision in only one eye are not considered visually disabled. Tamil Nadu had approximately 1,179,963 people living with disabilities, translating to a disability rate of 1,635 per 100,000 population. Among them, impairments in movement, hearing, and vision accounted for 24 per cent, 19 per cent, and 11 per cent, respectively. Sixteen districts reported disability rates higher than the state average.

The prevalence of disability increased with age, peaking at 2533 per 100,000 among those aged 60 and above. Additionally, males showed higher disability rates compared to females (1,819 vs. 1,451 per 100,000). Multiple disabilities were more commonly reported in the 0–19 years and 60 years and above age groups. (Census of India, 2011; <https://censusindia.gov.in/>). Conditions like myopia (near-sightedness) and hyperopia (farsightedness) influence how individuals perceive objects at different distances. Other conditions include vertigo (a sensation of motion or spinning), which can cause dizziness, and blepharitis (inflammation of the eyelids), according to the American Optometric Association (2024). The terminology for visual impairment has evolved, moving away from terms like "visual retardation" to less stigmatizing language such as "intellectual disability" and "learning disability," reflecting changing societal attitudes. While the prevalence and clinical dimensions of visual impairment highlight the magnitude of disability as a public health concern, its implications extend far beyond medical classification. Visual impairment profoundly affects family systems, particularly within the home, where caregiving responsibilities are predominantly assumed by mothers. Understanding disability, therefore, necessitates an exploration of the maternal role, as mothers often serve as the primary emotional, physical, and social support for visually challenged children (Al-abbasi and Ghazi, 2019).

Motherhood is often regarded as one of the most demanding roles in society. However, for mothers raising children with disabilities, especially those with visual

impairments, the caregiving role often becomes a significant source of emotional and psychological strain. These mothers face an overwhelming amount of challenges, not only due to the inherent needs of their children but also because of societal attitudes, familial dynamics, and environmental limitations. The prevalence of visual impairment poses substantial challenges to families, often resulting in significant stress and burden. Parents may perceive their child's condition as punitive and struggle with the ongoing medical and caregiving responsibilities, which permeate daily life (Ijoma et al., 2017).

Women have traditionally been entrusted with the primary responsibility of nurturing children, which places a significant emotional, psychological, and financial burden on them, particularly when raising children with disabilities. Alsamiri et al. (2024) observed that mothers raising children with disabilities often undergo intense emotional challenges, including feelings of fear and shock, and many turn to their religious faith as a coping mechanism. These psychological pressures are usually worsened by negative societal perceptions of disability, which can lead to both social isolation and emotional distress for the family. Similarly, Gatta et al. (2021) identify that parents of VIC tend to use more elaborate and directive forms of communication than those of sighted children, underlining the distinct ways in which caregivers adapt their interactions to meet their child's needs.

In contemporary society, the role of women extends beyond traditional boundaries, as they make significant contributions to the economic, social, and familial spheres. While caregiving is often considered as integral aspect of motherhood, mothers of children with disabilities face additional complexities that impact their emotional and physical well-being. Societal expectations and limited institutional support intensify these caregiving demands. Recent studies have identified persistent challenges, including social stigma, financial strain, and inadequate access to resources and information (Rahadian et al., 2024). However, despite these obstacles, many mothers exhibit resilience and adaptability in their caregiving roles. Alsamiri et al. (2024) further revealed that the burden of caregiving may result in health concerns, including fatigue, sleep disturbances, and symptoms of depression.

Furthermore, women are recognized as dynamic and efficient individuals who play crucial roles both inside and outside the home. Their increasing participation in the

workforce has made them a central part of economic and social life. In modern times, technological advancements have made life more convenient but also more challenging for women, particularly mothers, who must balance work and family responsibilities. This balancing act is essential for their pursuit of economic independence, avoiding monotony, and expanding social networks (United Nations, 2020; Pew Research Center, 2020; American Psychological Association, 2021).

Mothers of visually challenged children experience heightened levels of stress due to the complex nature of their child's developmental delays, medical needs, and social stigma associated with disability, as well as the lack of resources in many communities (Brown and Brown, 2017). In addition to the caregiving burden, the societal stigma attached to disabilities exacerbates the stress experienced by mothers of visually impaired children (Green, 2020). Within the family unit, the responsibility of caregiving often falls predominantly on the mother, resulting in gendered disparities in caregiving roles (Goetz, 2017). In many cases, fathers are either absent or less involved in caregiving due to work commitments or an inadequate understanding of the specific needs of children with disabilities (Alvarez and Barrera, 2015).

This unequal distribution of caregiving duties strains marital relationships and exacerbates maternal stress (Goetz, 2017). The stress experienced by mothers of visually impaired children extends beyond individual well-being, significantly impacting family dynamics and overall household stability. These mothers often serve as primary caregivers, necessitating adaptations in communication and daily routines to accommodate their children's unique needs. Recent studies have highlighted the multifaceted challenges these mothers face. For instance, Kara et al. (2023) found that mothers of children with visual impairment frequently experience heightened levels of anxiety and depression, which can strain the mother-child relationship. The emotional challenges faced by these mothers are further complicated by the necessity to modify their parenting strategies to meet their children's specific developmental needs. Additionally, the emotional and physical burdens they carry often affect their overall well-being, notably when sufficient support systems are lacking.

Families raising visually impaired children face significant challenges in managing their resources, which profoundly impact their parenting experiences. Effective resource management is central in mitigating the stress experienced by

mothers of visually impaired children. They often face the complex task of balancing caregiving responsibilities with personal, financial, and social obligations. Managing time, energy, and money is crucial in preventing burnout and maintaining the well-being of mothers of visually challenged children. These mothers often find themselves in highly structured routines, where time is divided between caregiving, household duties, and work. The significant caregiving demands can limit personal time, necessitating time management strategies such as prioritizing tasks, delegating responsibilities, and seeking external support (Smith and Smith, 2020). However, managing these aspects can be particularly taxing, leading to increased stress and complicating the parenting process. Understanding how these factors act as challenges is crucial for developing effective strategies to support these families (Deopura, 2023).

Time management is a significant challenge for families with visually impaired children, as they must allocate substantial time to medical appointments, therapy sessions, and educational activities. Parents also need to spend additional time teaching daily living skills that sighted children typically acquire through observation and practice. This intensive involvement can lead to considerable strain on their schedules and impact their ability to balance other responsibilities. Gupta (2024) and The Vision of Children Foundation, USA (2024), highlight the importance of peer support and resources to assist parents in managing these demands, such as online communities and educational materials designed for families in similar situations. Similarly, Willings (2024), in her work on teaching students with visual impairment, emphasizes the need for structured time management and scheduling tools to help families navigate their daily routines effectively.

Time management is fundamental in reducing stress in both personal and professional settings. It involves planning and organizing tasks to make the most efficient use of time. Effective time management strategies include setting goals, prioritizing tasks, and delegating responsibilities. Effective time management can mitigate feelings of overwhelm and allow individuals to maintain a balance between their professional and personal lives (Filomeno et al., 2023). Effective time management is crucial for parents striving to balance work and family responsibilities, as it significantly influences stress levels and overall family well-being. Recent studies have highlighted the multifaceted challenges parents face in managing their time effectively. A calm and organized home environment, facilitated by effective time

management, has a positive impact on children's emotional regulation and behavior. Moreover, research by Gatta et al. (2021) suggests that parents of children with visual impairments often require more descriptive communicative acts and greater directiveness, highlighting the importance of structured routines and effective time management in caregiving roles. Organized parenting leads to improved emotional regulation in both parents and children, contributing to a more harmonious family environment.

Energy management remains a critical challenge for mothers of visually impaired children, whose continuous caregiving duties, such as ensuring safety, facilitating mobility, and providing emotional support, often lead to chronic fatigue and physical strain. Shahali et al. (2024) identified fatigue, musculoskeletal pain, and sleep disturbances as prominent health challenges for parents of children with disabilities. Öztürk and Alemdar (2023) demonstrated that as the care burden on mother's increases, their fatigue severity rises, and the overall quality of life for their families' declines. Supporting this, Denham et al. (2018), in a mixed-methods study, found that mothers of children with disabilities often experience compromised health outcomes and significant limitations in engaging in self-care, social, and leisure pursuits. These findings collectively highlight how the continuous demands of caregiving can severely impact mothers' physical and emotional well-being.

Energy management involves being aware of one's energy levels and using them wisely throughout the day. This approach encourages scheduling important tasks during periods when energy is highest and includes practices like taking breaks, relaxation techniques, and physical exercise to help restore both mental and physical energy. Research indicates that effective energy management can significantly reduce stress levels and enhance overall productivity. Moreover, studies suggest that better energy management not only alleviates parental stress but also promotes healthier parenting, which in turn supports children's emotional and social growth (Rusu et al., 2025).

Financial strain is a pervasive challenge for families with visually impaired children, as the costs associated with necessary therapies, specialized educational support, and medical supplies can be substantial. Many families face additional financial burdens, such as the need for adaptive technology or home modifications to

accommodate their child's needs. These expenses often lead to significant stress, as parents struggle to balance budgeting for essential services while maintaining family stability (Shahat and Greco, 2021).

Financial stress significantly contributes to overall stress levels among parents, making effective financial management essential. When financial resources are limited, families may feel compelled to forego vital support services, leading to feelings of isolation and inadequacy. This pressure can diminish the overall well-being of both children and parents. Recent studies have highlighted the profound impact of financial strain on parental stress and the well-being of children. For instance, a survey by El-Khodary and Samara (2025) found that financial distress among parents was associated with increased parental stress and adverse mental health outcomes in children. Similarly, the U.S. Surgeon General's advisory emphasizes that financial concerns are among the primary stressors affecting parental well-being, which in turn impacts child health and development (U.S. Department of Health and Human Services, 2023).

Strategies in this area include budgeting, saving, and prioritizing financial commitments, which help individuals gain control over their finances. By minimizing financial uncertainty, individuals can experience a less stressful environment and focus their energy more positively on other areas of their lives. Research indicates that those who utilize adaptive financial coping strategies report lower perceived stress levels and improved overall well-being. Therefore, integrating time, energy, and financial management strategies can play a vital role in effective stress management, significantly reducing stress levels and enhancing overall life satisfaction. Ultimately, it helps parents navigate stress, fostering a healthier family dynamic and improving child development (Holton et al., 2015).

Resource management challenges, including time, energy, and financial constraints, significantly contribute to the stress experienced by families of visually impaired children. These challenges can lead to economic strain, health issues, and a diminished quality of life for both parents and children. Recent studies have highlighted that the demands of caring for a visually impaired child often require parents to adjust their work schedules, seek specialized services, and navigate complex support systems, all of which can exacerbate stress levels. Moreover, the emotional toll

of adapting to their child's needs, coupled with potential feelings of isolation, underscores the importance of comprehensive support mechanisms for these families (Sharma and Kumar, 2024).

Personal well-being is a multifaceted term encompassing emotional well-being, life satisfaction, vitality, resilience, self-esteem, and positive functioning. Social well-being refers to the quality of an individual's relationships and their integration into the community. It involves aspects such as social support, social integration, and the ability to contribute to society, reflecting the extent to which individuals feel connected and valued within their social networks (Waite, 2018). Recent research by Lupón et al. (2023) highlights that caregiving for children with visual impairments affects all Personal and social well-being domains, leading to persistent psychological distress. Factors such as emotional exhaustion, lack of personal time, and financial strain are significant contributors to this issue. The study emphasizes the need for comprehensive support strategies to assist caregivers in their demanding roles.

The Personal and social well-being of children with visual impairment is similarly affected, as they face barriers to education, social interaction, and recreational activities. Educational systems in many places fail to accommodate the needs of visually impaired children, leading to a lack of inclusive education. Without access to specialized learning tools and supportive environments, these children are at risk of falling behind their peers (Albrecht, 2016). Many mothers experience deep feelings of guilt, often believing they are somehow at fault for their child's condition or feeling inadequate for not being able to offer the same experiences other children enjoy. This emotional burden is intensified by the ongoing demands of caregiving, financial pressures, and limited social support, all of which contribute to a cycle of stress that affects both the mother and the child (Onen and Aras, 2022).

Studies show that mothers caring for children with disabilities often struggle with persistent emotions of guilt and helplessness, especially when they feel unable to meet all of their child's needs (Reddy, 2022; Smith and Smith, 2020). This emotional strain is further worsened by the lack of external support systems or community programs that could help alleviate their burdens. The Family Caregiver Alliance, USA (2024), highlights that "caregivers, particularly those in long-term roles, face a greater risk of developing mental health issues such as anxiety and depression, as well

as physical health concerns. This stress, often referred to as ‘caregiver syndrome,’ leads mothers to experience emotional exhaustion, guilt, and anger (Kaur, 2015). Similarly, the United Healthcare Report (2024) highlights the high stress levels among caregivers, often linked to unrealistic expectations and blurred roles, both of which contribute to burnout.

Understanding the multifaceted challenges faced by parents of children with disabilities is crucial for creating effective interventions and support systems. Recent studies emphasize that, in the absence of strong family and community support, caregivers, particularly mothers, are more susceptible to emotional fatigue and burnout. The pressure of balancing caregiving with professional responsibilities often leads to emotional instability and a decline in the quality of care provided. Research by Cheng and Lai (2023) and Chong and Manisah (2024) shows that working mothers are particularly vulnerable to emotional distress, which can spark family tensions and disrupt consistent caregiving. Moreover, the journey of accepting and coping with a child’s disability can heighten these stressors, making it critical to implement structured support measures such as peer networks, counseling, and organized routines, which are essential in promoting caregiving well-being and healthier family dynamics. These strategies not only help in managing time and emotional well-being but also contribute to better outcomes for both parents and children (U.S. Department of Health and Human Services, 2023). Many mothers adopt strategies such as setting fixed schedules for medical appointments, therapy sessions, and school-related activities, which help them manage time effectively. Resource management interventions such as social support groups, peer networks, and access to financial resources are critical in enhancing the well-being of mothers and children with visual impairments (Miller and Miller, 2016).

In today's fast-paced life, it has become imperative for mothers to manage stress and maintain their well-being effectively (Singh, 2021, and Kumar, 2019). Stress management is crucial in today's fast-paced environment and plays a vital role in improving an individual’s overall health. Various evidence-based stress management techniques are widely used to overcome stress, enhance mental health, and reduce the risk of stress-related illnesses. One such approach for mothers of visually challenged children is Life Skills Training (LST), which has proven to be both successful and cost-effective, making it a preferred method for stress management. According to the

World Health Organization (WHO, 2020), Life Skills Training (LST) refers to the development of adaptive and constructive behaviors that help individuals cope successfully with the everyday challenges and demands of life. Skills such as self-awareness, empathy, and effective communication are especially valuable for parents. Training in these life skills has been shown to enhance parenting abilities and contribute positively to children's growth (Kummabutr et al., 2017). Recent studies highlight the effectiveness of LST in reducing parenting stress by equipping mothers with skills in communication, problem-solving, and coping strategies. For instance, Khooshab et al. (2016) found that supportive interventions based on life skills significantly decreased stress levels in mothers of visually impaired children. Similarly, Alhammadi and Alkaabi (2023) reported that “virtual stress management training in the United Arab Emirates led to a measurable reduction in emotional, physical, and cognitive stress among mothers of children with disabilities. These findings support the implementation of structured life skills programs as essential tools for caregiver well-being.”

Practical stress management skills are essential for parents. These skills not only enhance mental and emotional stability but also enable parents to provide a fulfilling life for their children with special needs. Stress management techniques promote positive thinking and overall well-being, potentially reducing health issues and enhancing longevity (Logsdon, 2018)—highlighting the significance of adequate time, energy, and financial management in mitigating stress and promoting overall well-being. Financial Planning Standards Board (FPSB) (2023) revealed that individuals who engage in proactive financial planning experience greater life satisfaction and improved mental health, with nearly half reporting enhanced family life and mental health.

Life skills training plays a vital role in supporting entrepreneurial activities by equipping individuals with essential skills such as effective communication, critical thinking, and leadership. These competencies are not only necessary for success in business ventures but also contribute to personal growth and active participation in society. Recent research has highlighted the increasing importance of these skills in fostering entrepreneurial thinking and capacity. For example, the World Economic Forum (2023) identifies critical thinking and creativity as among the most valuable skills required for the future workforce. Similarly, UNESCO's Strategy for Technical

and Vocational Education and Training (TVET) 2022-2029 emphasizes the importance of life skills in promoting empowerment and employability, enabling individuals to adapt to digital and green economies and contribute to building sustainable communities. These perspectives affirm that the development of life skills allows people to manage real-life challenges, make sound decisions, and build meaningful relationships, ultimately improving their personal and social well-being.

Hand skill development training is essential in narrowing the gap between academic knowledge and its real-world application, ensuring that individuals are better prepared to thrive in both personal and professional spheres. In an era of rapid technological advancements and evolving job markets, acquiring specialized skills is essential for staying competitive (European Commission, 2020). Tailored hand skill development initiatives empower individuals with technical expertise and proficiency in emerging fields, enabling them to adapt and thrive in dynamic work environments (World Bank, 2021).

According to Casteleijn et al. (2025), “Entrepreneurship emerges as a potential strategy to empower and support mothers of visually challenged children. While research has primarily focused on the stressors faced by these mothers, there is growing interest in exploring innovative strategies to alleviate their burden and enhance their well-being.” Entrepreneurship offers these mothers an opportunity to leverage their skills, creativity, and resourcefulness to create sustainable solutions that address their children’s needs while also providing avenues for personal and financial growth. By establishing entrepreneurial ventures tailored to their families, these mothers can cultivate a sense of autonomy, purpose, and self-efficacy (Stephan et al. 2023).

Characterized by innovation, creativity, and problem-solving, entrepreneurship presents a promising avenue to mitigate stress and empower caregivers through tailored solutions and community engagement (Roberts and Roberts, 2019; Miller and Miller, 2016). It also provides a platform for mothers to forge meaningful connections within their communities, tapping into support networks and resources that can facilitate their caregiving journey. Through collaborative ventures, mothers can alleviate the burden of caregiving and contribute to fostering inclusive and supportive environments for children with disabilities (BioMed Central

Pediatrics, 2024). In addition to economic benefits, entrepreneurship nurtures creativity, problem-solving abilities, and resilience—traits essential for navigating uncertainties in personal and professional domains (Fayolle and Gailly, 2015).

As a potential strategy for stress relief, entrepreneurship grants mothers of visually challenged children, an opportunity for empowerment and financial independence. Entrepreneurship has been shown to reduce stress by providing mothers with flexibility in their work hours, enabling them to balance caregiving with income generation (Fayolle and Gailly, 2015). It also creates an avenue for personal development and social engagement, which can help combat the isolation that many mothers of children with disabilities experience (Miller and Miller, 2016).

Entrepreneurship provides women with the opportunity to achieve financial independence, gain greater control over their time, and break free from traditional gender roles. It allows them to leverage their skills and creativity, make decisions on their terms, and contribute to the economy. Additionally, entrepreneurial activities foster self-confidence and leadership skills, offering women a platform for personal and professional growth. By owning businesses, women can also create jobs and inspire future generations of female entrepreneurs. Moreover, achieving financial independence enables mothers to access improved educational and caregiving resources for their children, ultimately enhancing the overall well-being for both the mother and child. Studies have indicated that when mothers of children with disabilities are given opportunities to engage in entrepreneurial activities, they often experience reduced stress levels and enhanced mental health. Engaging in entrepreneurship not only equips individuals to handle caregiving responsibilities better but also instills a sense of achievement and inner strength (Bansal, 2020; Miller & Miller, 2016; Fayolle & Gailly, 2015).

### **Rationale of the Study**

Mothers of visually challenged children experience sustained psychological, emotional, and financial stress due to continuous caregiving responsibilities, restricted mobility, and limited opportunities for regular employment. Existing support services and interventions predominantly focus on the rehabilitation and education of the child, often overlooking the economic empowerment and stress-coping needs of mothers, who serve as primary caregivers (Johnson & Johnson, 2021). This gap highlights the

necessity for alternative and sustainable strategies that simultaneously address financial insecurity, emotional well-being, and caregiving demands.

Entrepreneurship is increasingly viewed as a practical and empowering option for mothers of children with disabilities, offering them the flexibility to earn an income while managing caregiving duties. According to Singh (2025), small-scale, home-based ventures such as tailoring, kitchen gardening, or selling products online enable these mothers to work from home with limited initial investment. Such initiatives not only lessen financial reliance on others but also contribute to a stronger sense of self-worth and independence. Additionally, skill development programs equip mothers with the tools to make financially sound decisions, reduce waste, and invest in ventures that support long-term sustainability. It helps mothers to manage energy by enabling them to work from home or choose low-energy-intensive activities that align with their caregiving schedules (Miller and Miller, 2016). Despite the availability of support services and interventions aimed at alleviating caregiver burden, gaps persist in addressing the specific needs and stressors faced by mothers of visually challenged children (Johnson and Johnson, 2021). Furthermore, engaging in entrepreneurship allows mothers to set their working hours, providing flexibility while still fulfilling their caregiving role (Roberts and Roberts, 2019). The management of emotional, social, and financial resources plays a pivotal role in improving both maternal and child well-being.

Entrepreneurship programs tailored to meet the needs of mothers of children with disabilities offer a combination of financial support, skill-building opportunities, and emotional guidance. These initiatives create platforms for community building, fostering greater understanding, support, and inclusion for both the mothers and their children. Fayolle and Gailly (2015) emphasize that such programs are potent tools for empowerment, thereby enhancing the overall well-being of marginalized communities. Furthermore, the study advocates for the establishment of entrepreneurial ventures within these communities, providing an evidence-based model for promoting entrepreneurship. The ultimate aim is to empower mothers, improve their quality of life, and create an environment in which both mothers and children can thrive, ultimately alleviating some of the stress they face.

This study examines the role of entrepreneurship as a strategy to reduce stress among mothers raising children with visual impairments by empowering them with

financial independence through life skills and vocational training. By equipping mothers with essential skills in income generation and business management, the research aims to alleviate stress caused by financial mismanagement and foster sustainable caregiving practices. The proposed holistic approach integrates psychological support, stress management techniques, and practical entrepreneurial solutions to enhance the mothers' overall well-being and quality of life. This integrated strategy not only supports the mothers' ability to manage caregiving responsibilities effectively but also creates a sustainable caregiving environment that benefits both mothers and their children.

The current study, **“Exploring Entrepreneurship as a Coping Strategy for Mothers of Visually Challenged Children,”** examines the challenges faced by mothers of visually challenged children in Chennai. In this city, the researcher resides and closely engages with these families. By meticulously studying the socioeconomic backgrounds of these mothers and identifying key stress factors, the research highlights the significant role that resource management, specifically in terms of time, money, and energy, plays as an essential stressor in their daily lives. This study strongly emphasizes the urgent need for effective strategies to alleviate such stress, advocating for the implementation of skill development programs tailored specifically to these mothers.

These programs are designed to empower them by equipping them with the tools necessary to manage stress and improve their quality of life. Through these interventions, the study aims to create a sustainable impact by providing mothers with the resources they need to thrive both personally and professionally, to enhance mental well-being, promote financial independence, develop practical skills for entrepreneurship, and foster a supportive community that helps mothers navigate their caregiving responsibilities with the following objectives:

- Understand the stress levels of selected mothers in relation to socio-economic status.
- Analyze the impact of life skills training (LST) and hand skills training programme developed on the well-being of mothers.
- Develop and establish a minor vending store in the school campus for enhanced well-being and income generation and evaluating its impact.

By focusing on skill development, income generation, and resource management, it aims to empower mothers to achieve financial independence and better management of their time and energy. The implementation of a life skill training program and the establishment of a supportive entrepreneurial ecosystem are envisioned to create sustainable solutions, fostering personal growth for mothers and enhancing the well-being of their families.

### **Hypotheses**

Based on selected socio-demographic variables, the present study attempted to assess the “stressors,” “levels of parental stress,” “personal and social well-being,” and “stress coping strategies” among selected mothers of visually challenged children as follows:

- **Ho1.** There would be no significant difference in factors leading to stress (related to society, spouse, children, and housing conditions) among the mothers based on the selected socio-demographic variables.
- **Ha2.** A significant difference would exist in parental stress levels and personal and social well-being based on the selected socio-demographic variables.
  - **Ha2.1** Significant difference would exist on parental stress levels based on selected socio-demographic variables.
  - **Ha2.2** Significant difference would exist on personal and social well-being based on selected socio-demographic variables.
- **Ha3.** There would be a significant relationship between ‘factors leading to stresses,’ ‘parenting stress levels,’ and ‘personal and social well-being’ among the selected mothers.
- **Ha4.** There would be a significant difference in life skills and hand skills training among the selected mothers before and after the training programme.
- **Ha5** There would be a significant difference in ‘parental stress levels’ and ‘personal and social well-being’ between the selected subjects before and after the training programme.

The above hypotheses were statistically tested and are discussed in Chapter IV, Results and Discussion.