

عنوان مقاله:

The Impact of Time-use Training on the Quality of Time Management in the Mothers of Children With Intellectual Disabilities

محل انتشار:

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خلاصه مقاله:

Objectives: The present research aimed to determine the effect of time-use training on the quality of time management in the mothers of girls with Intellectual Disability (ID) attending special schools. **Methods:** This was a quasi-experimental study with a control group design. In total, 80 mothers (40 mothers in the intervention group & 40 mothers in the control group) of children with ID (age range: 6-13 years) were studied. The study participants were selected by cluster sampling method. The required data were collected using a demographic data questionnaire and the Mothers' Time Use Questionnaire (MTUQ). A time management training program was provided in a one-day workshop for the intervention group. The obtained data were analyzed in SPSS using Independent Samples t-test, Paired Samples t-test, and Chi-squared test. **Results:** After the intervention period, the quality of time management of the mothers in the intervention group significantly increased, compared to the controls ($P < 0.05$). **Discussion:** The current research findings suggested that time-use training improved the quality of time management in the studied subjects. Therefore, educational interventions related to time management are recommended for the parents of children with ID. Besides, paying attention to this vulnerable group should be among nurses' responsibilities

کلمات کلیدی:

Intellectual Disability (ID), Education, Time management, Children with disability

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