

An exploratory study of self- injurious and aggressive behaviour (SIB) among the mentally challenged

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Aims

Aggression/SIB among Persons with mental retardation is considered as a medical emergency requiring specialized attention and a multimodal approach. There is a need to understand the causes, circumstances, age of onset, trigger factors, strategies adopted by special teachers, parents and caregivers to cope with this behavioural problem.

Method

Special teachers and parents of 20 subjects exhibiting traits of SIB/Aggression were approached from Kamayani Prashikshan & Sanshodhan Society, Pune. Data was collected from them using a structured interview schedule.

Results

We found that SIB/Aggression is more prominent among males with ID than females with ID. Its occurrence was prominent during teen age and adolescence, and it increased with social isolation and scarcity of resources in family. The trigger factors vary in family and school.

Conclusion

The special training empowers the special teachers to use positive techniques to control SIB/aggression among the subjects than the parents.

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