

## **DETERMINATION OF THE LEVEL OF STATE-TRAIT ANXIETY AND HAPPINESS OF FAMILIES OF CHILDREN WITH MILD MENTAL RETARDATION: THE CASE OF PROVINCE OF MALATYA**

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This study was conducted to determine the level of state-trait anxiety and happiness of families of children with mild mental retardation. The study population of this descriptive study consisted of the families of children with mild mental retardation, admitting to special education centers in the Province of Malatya, Turkey. Volunteer parents were included in the research and completed the survey with 100 parents. Personal Information Form and a questionnaire consisting of State-Trait Anxiety Inventory and Oxford Happiness Scale were used for data collection. In data analysis, independent group t-test and ANOVA were used. Parents' anxiety were found to increase with increasing level of education of the parents. Parents in the lowest income group also have the lowest trait anxiety scores. And, anxiety levels of parents with children participating in sport activities were found to be significantly higher. Income level and participation of children in sport activities were also identified as the factors affecting parental happiness levels.

**Keywords:** Mental retardation, parent, state-trait anxiety, happiness.