STUDY ON PARENTING RELATED STRESS AND DEPRESSION IN WORKING AND NON-WORKING MOTHERS OF CHILDREN WITH AUTISM SPECTRUM DISORDERS

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Received: 26 Mar 2019  Accepted: 29 Mar 2019  Published: 27 Apr 2019

ABSTRACT

Introduction

Autism Spectrum Disorders (ASD) is a devastating condition. It has a very significant role in parenting. Once in the family child gets diagnosed with developmental manifestation or Autism Spectrum Disorders, the parental stress can be onerous. There is may research which signifies pervasiveness, parental stressor, and parents who have impaired children.

Method and Materials

To conduct the semi-structure experiment (control group and experiment group) twenty working mothers of children with ASD selected. All the children who were diagnosed ASD at 6 yrs of age and screening were made less than six months or before six months. Similarly, children with ASD twenty non-working mothers were selected. Using purposing sampling two groups formed and data analyzed using spss 24 version with descriptive statistics and t-test. The result- Experimental group (WM ASD) reported a higher level of stress and anxiety than the control group (NWM ASD). (P<0.001).

KEYWORDS: Autism, Depression, Parenting Related Stress

INTRODUCTION

Parenting is a responsible and stressful job. The most important caretaker of the child is biological parents. It takes multiple cognitive skills and efforts to cope as well as perform this responsibility. However, there are parents who have impaired children undergo more than the average amount of psychological stress. Various study has been concluded that the working mother of autism spectrum disorder showed an impaired quality of life. Autism, now termed as Autism Spectrum Disorder (ASD) as per DSM-5 classification. ASD is a Neuro-Developmental Disorder (NDD) seen among children, which is characterized by the presence of marked social reciprocation, communication, and abnormally self-help activities, interests and with the presence of repetitive behaviors. Recent studies showed that mothers of children with autism are more prone to develop anxiety, depression and other psychological problems in comparison to children without autism. Mothers of autistic children have a lack of self-efficacy, less parental competence, less marital satisfaction, and less family adaptability. They have a family burden and the tendency of self-blame. Stress in mothers may be affected by the psychological health of mothers and themselves and other family members.
METHODS AND MATERIALS

The present study sample was composed of some of the working and non-working mothers with children’s ASD. The children were referred to GR Medical College, Gwalior. Outpatient and diagnosed/screened with ASD taken for study. The selection of sample method was based on the available sample. The fifty children’s of the working mother were identified among 20 working and non-working mothers children’s with ASD selected with respect to research implication. The entry criterion for the research was

- The core symptoms and susceptibility to ASD
- Working mothers and non-working mothers

TOOLS

A semi-structured Performa have been used for recording details about the mothers’ age, education, marital status, etc.

Parenting Stress Index-Short Form-Abidin 1995

This test is a short version of PSI –SF which is directive to parent stress index. It consists of thirty-six items and related to the original. It comprises three subscale scores from twelve to sixty and indicates higher the score greater the parenting.

Beck Depression Inventory –BDI- II- Beck (1987)

It is self-reported questionnaire assessing the current severity of depression age 13 and up. It is not a diagnosis tool. Question assess all related to depression. It can be used 18 and above years.

Result

Table 1: Demographic Characteristics of Working and Non-Working Parents (N=40)

<table>
<thead>
<tr>
<th>Age of Mothers</th>
<th>Working Mother ASD (WMASD)</th>
<th>Non-Working Mothers ASD (NWMASD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-25 Years</td>
<td>04</td>
<td>03</td>
</tr>
<tr>
<td>25-30 Years</td>
<td>07</td>
<td>06</td>
</tr>
<tr>
<td>30-35 Years</td>
<td>03</td>
<td>04</td>
</tr>
<tr>
<td>35-40 Years</td>
<td>06</td>
<td>07</td>
</tr>
<tr>
<td>Mothers Marital Status</td>
<td>18-40 Years</td>
<td>Married</td>
</tr>
<tr>
<td>Mothers Education</td>
<td>5 Years (Primary Education)</td>
<td>09</td>
</tr>
<tr>
<td></td>
<td>10 Years (Senior/Higher Education)</td>
<td>05</td>
</tr>
<tr>
<td></td>
<td>10 Years (Graduation)</td>
<td>06</td>
</tr>
</tbody>
</table>
Table 2: The Table Shows Experimental and Control Groups Comparison of the Means of Parenting Related to Stress

<table>
<thead>
<tr>
<th>Variable</th>
<th>M</th>
<th>SD</th>
<th>t</th>
<th>df</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>WMASD</td>
<td>134.43</td>
<td>16.32</td>
<td>41.07</td>
<td>39</td>
<td>0.0001</td>
</tr>
<tr>
<td>NWMASD</td>
<td>73.63</td>
<td>14.16</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 2 reveals that between two groups there was a significant difference correlated to stress. (P<.001).

Table 3: The Table shows comparison of the Means of Depression Symptoms in WMASD and NWMASD

<table>
<thead>
<tr>
<th>Variable</th>
<th>M</th>
<th>SD</th>
<th>t</th>
<th>df</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>WMASD</td>
<td>58.87</td>
<td>8.65</td>
<td>23.84</td>
<td>36</td>
<td>0.0001</td>
</tr>
<tr>
<td>NWMASD</td>
<td>32.27</td>
<td>8.23</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

DISCUSSIONS

Table 1 gives descriptive information about the socio-demographic characteristics of the entire sample, which was divided into two groups –Experimental and Control group. It has been observed that fifty percent of the mothers from both groups were educated up to primary level and fifty percent of experimental and controls subjects were educated above metric or graduation level. intimacy. As can be seen, table 2 and 3 indicate there was a significant difference between the means of parental stress and depression symptoms in working and non-working mothers of children with autism spectrum disorders (P<.001).

LIMITATION OF THE STUDY

- The sample size was small.
- A larger sample can be used in future studies to generalize the result.
- Male subjects may be included for further studies.
- Other neuropsychological tests may be incorporated in the study for a more elaborate assessment of cognitive functions.
ACKNOWLEDGMENTS

The author would like to acknowledge the generosity of parents who agreed to participate in this research Parimaladevi et al., A Study to Assess the Stress and Coping Strategies of Mothers of Children Undergoing Hemodialysis in a Selected Hospital, Chennai, TJPRC: International Journal of Pediatric Nursing, Volume 2, Issue 1, May-June 2017, pp. 25-28

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