

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

Rajendra Kumar Sharma¹ & Supriya Sharma²

¹Associate Professor, Department of Clinical Psychology, Amity University, Gwalior, Madhya Pradesh, India.

²Research Scholar, Department of Special Education, Barkatullah University, Bhopal, Madhya Pradesh, India

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 much 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 were 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 purposive sampling two groups were formed and data analyzed using spss 24 version with descriptive statistics and t -test. The result- **Experimental group** (WMASD) reported a higher level of stress and anxiety than the control group (NWMASD). ($P < 0.001$).

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 studies have 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 reciprocity, 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)

	Groups	Working Mother ASD (WMASD)	Non-Working Mothers ASD (NWMASD)
Age of Mothers	18- 25 Years	04	03
	25- 30 Years	07	06
	30-35 Years	03	04
	35-40 Years	06	07
Mothers Marital Status	18 - 40 Years	Married	Married
Mothers Education	5 Years (Primary Education)	09	10
	10 Years (Senior/Higher Education)	05	04
	10 Years (Graduation)	06	06

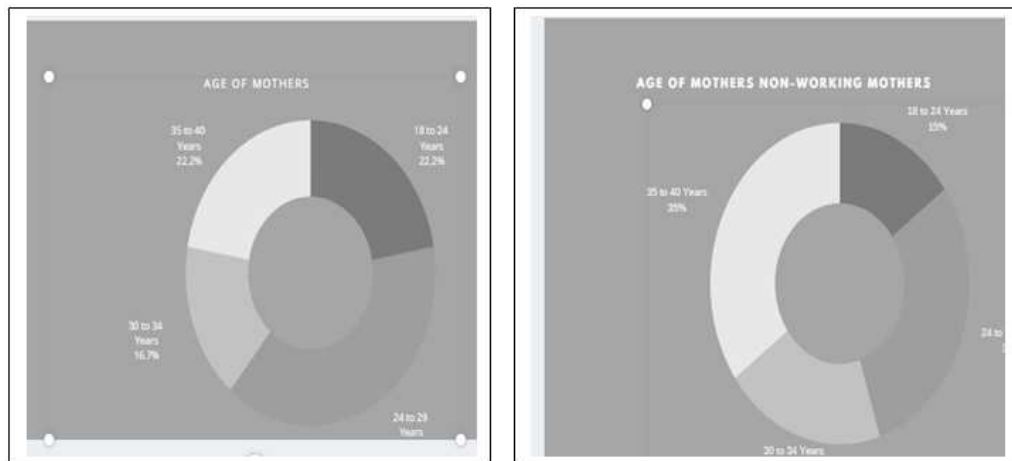


Figure 1

Table 2: The Table Shows Experimental and Control Groups Comparison of the Means of Parenting Related to Stress

Variable	M	SD	t	df	Sig
WMASD	134.43	16.32	41.07	39	0.0001
NWMASD	73.63	14.16			

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

Variable	M	SD	t	df	Sig
WMASD	58.87	8.65	23.84	36	0.0001
NWMASD	32.27	8.23			

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 indicates 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<0.001).

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

REFERENCES

1. American Psychiatric Association. *Diagnostic and statistical manual of mental disorders (5th ed.)*. Washington DC: APA; 2013.
2. Abidin RA. In: *Parenting Stress Index: Short Form (PSI-SF)*. 3rd ed. Odessa, FL: Psychological Assessment Resources, Inc; 1995.
3. Abidin RA. Introduction to the special issue: the stresses of parenting. *Journal of Clinical Child Psychology* 1990; 19(4): 289-301.
4. Beer M, Ward L, Moar K. The relationship between mindful parenting and distress in parents of children with an autism spectrum disorder. *Mindfulness* 2013; 1: 1–11.
5. Bailey D, Simeonsson R, Winton P, Le Couteur A, Gottesman I, Bolton P, Simonoff E, Yuzda E, Rutter M. Family focused intervention: a functional model for planning, implementing, and evaluating individualized family services in early intervention. *J Div Early Child* 1986; 10(1):156–171.
6. Bromley J, Hare DJ, Davison K, Emerson E. Mothers supporting children with autistic spectrum disorders. *Autism* 2004; 8 (4): 409-423
7. Beck AT, Steer RA and Brown GK. *Manual for the Beck Depression Inventory-II*. San Antonio, TX: Psychological Corporation; 1996.
8. Carter AS, Marti´nez-Pedraza FDL, Gray SAO. Stability and individual change in depressive symptoms among mothers raising young children with ASD: Maternal and child correlates. *Journal of Clinical Psychology* 2009; 65: 1270–1280.
9. Davis NO, Carter AS. Parenting stress in mothers and fathers of toddlers with autism spectrum disorders: Associations with child characteristics. *Journal of Autism and Developmental Research* 2008; 38: 1278–1291.
10. Dyson LL. Response to the presence of a child with disabilities: Parental stress and family functioning over time. *American Journal of Mental Retardation* 1993; 98: 207–218.
11. Duarte CS, Bordin IA, Yazigi L, Mooney J. Factors associated with stress in mothers of children with autism. *Autism* 2005; 9(4): 416-427
12. Eisenhower AS, Baker BL, Blacher J. Preschool children with intellectual disability: syndrome specificity, behaviour problems, and maternal wellbeing. *Journal of Intellectual and Disability Research* 2005; 49: 657–671.

13. Estes A, Munson J, Dawson G, Koehler E, Zhou X, Abbott R. Parenting stress and psychological functioning among mothers of preschool children with autism and developmental delay. *Autism* 2009; 13: 375–387.
14. Estes A, Olson E, Sullivan K, Greenson J, Winter J, Dawson G, et al. Parenting-related stress and psychological distress in mothers of toddlers with autism spectrum disorders. *Brain & Development* 2013; 35: 133–138.
15. Hassall R, Rose J, McDonald J. Parenting stress in mothers of children with an intellectual disability: The effects of parental cognitions in relation to child characteristics and family support. *Journal of Intellectual Disability Research* 2005; 49: 405–418.
16. Herring S, Gray K, Taffe J, Tonge B, Sweeney D, Einfeld S. Behavior and emotional problems in toddlers with pervasive developmental disorders and developmental delay: Associations with parental mental health and family functioning. *Journal of Intellectual Disability Research* 2006; 50: 874–882.
17. Konstantareas MM, Papageorgiou V. Effects of temperament, symptom severity and level of functioning on maternal stress in Greek children and youth with ASD. *Autism* 2006; 10(6): 593-607.
18. Kasari C, Sigman M. Linking parental perceptions to interactions in young children with autism. *J Autism Dev Disord* 1997; 27:39–57
19. Kruijshaar ME, Barendregt J, Vos T, De Graaf R, Spijker J, Andrews G. Lifetime prevalence estimates of major depression: An indirect estimation method and a quantification of recall bias. *European Journal of Epidemiology* 2005; 20: 103-111.
20. Lecavalier L, Leone S, Wiltz J. The impact of behavior problems on caregiver stress in young people with autism spectrum disorders. *J Intell Disabil Res* 2006; 50:172–183
21. Lounds J, Seltzer MM, Greenberg JS, et al. Transition and change in adolescents and young adults with autism: longitudinal effects on maternal well-being. *American Journal on Mental Retardation* 2007; 112: 401–417.
22. McStay RL, Dissanayake C, Scheeren A, Koot HM, Begeer S. Parenting stress and autism: The role of age, autism severity, quality of life and problem behavior of children and adolescents with autism. *Autism*. 2013:1362361313485163.
23. Montes G, Halterman JS. Psychological functioning and coping among mothers of children with autism: A population-based study. *Pediatrics* 2007; 119: 1040–1046.
24. Olsson MB, Hwang CP. Depression in mothers and fathers of children with intellectual disability. *Journal of Intellectual and Disability Research* 2001; 45: 535–543.
25. Phetrasuwan S, Miles MS. Parenting stress in mothers of children with autism spectrum disorders. *Journal for Specialists in Pediatric Nursing* 2009; 14(3): 157-165.
26. Pisula E, Kossakowska Z. Sense of coherence and coping with stress among mothers and fathers of children with autism. *Journal of Autism and Developmental Disorders* 2010; 40: 1485–1494.
27. Rao PA, Beidel DC. The impact of children with high-functioning autism on parental stress, sibling adjustment and family functioning. *Behavior Modification* 2009; 33: 437–451.

28. Smith LE, Seltzer MM, Tager-Flusberg H, et al. A comparative analysis of well-being and coping among mothers of toddlers and mothers of adolescents with ASD. *Journal of Autism and Developmental Disorders* 2008; 38: 876–889.
29. Tomanik S, Harris GE, Hawkins J. The relationship between behaviours exhibited by children with autism and maternal stress. *Journal of Intellectual and Developmental Disability* 2004; 29: 16–26.
30. Tahmassian K, Anari MA and Fathabadi M. The influencing factors of parenting stress in Iranian mothers. *International Conference on Social Science and Humanity* 2011; 5: 190–192.
31. Taylor JL, Warren ZE. Maternal depressive symptoms following autism spectrum diagnosis. *Journal of Autism and Developmental Disorders* 2011; 42(7):1411–1418.
32. Vanheule S, Desmet M, Groenvynck H, Rosseel Y and Fontaine J. The factor structure of the Beck Depression Inventory-II: an evaluation. *Assessment* 2008; 15(2): 177–187.
33. World Health Organization. *Mental health: Depression*. Retrieved from <http://www.who.int/topics/depression/en/>; 2012.
34. Ward LC. Comparison of factor structure models for the Beck Depression Inventory-II. *Psychological Assessment* 2006; 18: 81–88.
35. Weiss JM. Hardiness and social support as predictors of stress in mother of typical children, children with autism, and children with mental retardation. *Autism* 2002; 6(1): 115-130.
36. Zaroff CM, Uhm SY. Prevalence of autism spectrum disorders and influence of country of measurement and ethnicity. *Soc Psychiatr Psychiatr Epidemiol* 2012; 47(3):395–398.