



## PARENTAL STRESS AND FAMILY ADJUSTMENT AMONG PARENTS OF CHILDREN WITH AND WITHOUT ATTENTION DEFICIT HYPERACTIVITY DISORDER

### Social Science

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### ABSTRACT

The main objective of the present research is to assess the level of parental stress, parental practices and family adjustment among children with and without attention deficit hyperactivity disorder. Forty parents of Children with ADHD and forty one parents of children without ADHD, were selected from Cognito Academy for Slow Learners as subjects for the present research by Purposive random sampling method. The tools used were personal Data Sheet, Parental Stress Scale by Berry and Jones, 1995, Parenting and Family Adjustment Scale by Sanders & Morawska, 2010. The entire data was collected and analysed using mean, standard deviation ANOVA and correlation. The results shows that there is a significant difference between the level of parental stress, parenting practices, parental adjustments among children with and without ADHD.

### KEYWORDS

Parental stress, Family adjustment, Parents of ADHD children

### INTRODUCTION

ADHD is a neurodevelopment disorder characterized by high levels of inattention, hyperactivity and impulsivity that are present before the age of 7 years, seen in a range of situations, inconsistent in the child developmental level and causing social and academic impairment. The child, or adult, with ADHD has problems starting, staying with, or finishing tasks. The result is a life that may often be confused.

Parenting stress is generally understood to arise from characteristics of the parent, and the environment, and interactions among these factors. For families with a child with ADHD the characteristics of the child are thought to be primary contributor to parenting and family stress. A number of studies have assessed the contribution of a parent, child, and Family/environmental characteristics to parenting stress in mothers and fathers of children with ADHD. In each of these studies the Parenting Stress Index was used to assess the level of parental stress in the parent-child dyad. Naveed Anjum and Farah Malik (2010) suggested significant positive relationship between child behavioral problems, maternal stress and parenting practices.

### Objectives:

1. To identify the significance difference between Parental Stress, parenting practices, parental adjustments, family relationship and parental team work among parents of children with and without ADHD.
2. To examine the relationship between Parental Stress, parenting practices, parental adjustments, family relationship and parental team work among both Parents of Children with and without ADHD.

### Inclusion Criteria:

- Parents with age between 25-40 years.
- Parents with ADHD children aged between 6 to 12 years.
- Willingness to participate the study.

### Exclusion Criteria:

- Parents without any chronic medical conditions (such as diabetes, hypertension).
- Parents with family and past history of psychiatric and neurological illness.

### METHOD

#### Sample

Forty parent with ADHD were selected from Cognito Academy for learning Achievement Coimbatore, Tamil Nadu. 41 parents without ADHD children were selected from the same community. They were matched with age, education, gender and marital status. Purposive sampling was used to select the sample.

#### Tools:

1. Personal Data Sheet was evolved to collect the personal details from

the subjects

2. Parental Stress Scale (Berry and Jones, 1995) was used to measure the stress level of the subjects. The scale consists of 18 statements with 5-point rating scale. The questionnaire was given to each member and they were asked to rank the statements appropriate to one's experience of being a parent. It is a self reported scale. The parental stress scale demonstrated satisfactory level of internal reliability (.83) and test and retest reliability (.81). The scale demonstrated satisfactory convergent validity.
3. Parenting and Family Adjustment Scale (Sanders & Morawska, 2010) was used to measure the Family Adjustment and Parental Teamwork in the subjects This scale consists of 40 statements with 4 point rating scale. The questionnaire was given each member and they were asked to rank the statements appropriate to one's Parenting Practices and the Family Relationships. The scale has a internal consistency  $>.60$  for all subscales, test-retest reliability is  $ICC >.60$  for all subscales.

### Procedure:

Rapport was established with the 81 parents. Consent was taken before proceeding with the assessment. Personal Data Sheet was used to collect the socio-demographic details. The subjects were asked to rate themselves based on the experience of being a parent using the Parental Stress Scale and Family Adjustment Scale questionnaires.

### Analysis of Data

Analysis of the data was carried out using descriptive statistics such as means, standard deviation, One-way Analysis of Variance (ANOVA) and Pearson's product moment correlation was used to compute the data by using IBM-SPSS 20.0 version.

### RESULTS AND DISCUSSION

Table 1 Demographic variables of the Sample

Variables	Parents of Children Without ADHD		Parents of Children With ADHD	
	N	%	N	%
<b>Age</b>				
25-29	9	22	3	7
30-34	13	32	14	35
35-39	12	29	12	30
40-44	7	17	11	28
<b>Gender</b>				
Male	5	12	7	18
Female	36	88	33	82
<b>Educational status</b>				
Upto 12th Diploma	4	10	4	10
UG	1	2	12	30
	13	32	8	20

PG	23	56	16	40
<b>Occupation</b>	10	24	25	62
Non-working				
Working	31	76	15	38
<b>Family Type</b>	27	66	27	67
Nuclear				
Joint	14	34	13	33
<b>No.Of Children</b>	20	49	13	32
1				
2	19	46	27	68
3	2	5	0	0
<b>Delivery</b>	17	41	18	45
Normal				
C-section	24	59	22	55
<b>Mental stress</b>	34	83	21	52
No				
Yes	7	17	19	48
<b>Health issues</b>	34	83	26	65
No				
Yes	7	17	14	35
<b>Food Additives</b>	33	80	36	90
No				
Yes	8	20	4	10
<b>Habits of Self/Spouse</b>	37	90	29	72
No				
Yes	4	10	11	28

Percentages are rounded off.

Table 1 shows the demographic data of the subjects. It can be noted that the subjects consisted of older members among the Parents of Children with ADHD and most of them were Diploma holders. The data reveals that the mothers of children with ADHD, who went through psychological stress during pregnancy constituted non-working ladies. Parents of Children with ADHD had more health issues.

**Table 2: Mean, Standard Deviation and F-value of the Parental Stress among Children with and Without ADHD**

Parental stress	N	Mean	SD	Sum of Squares	Df	Mean Square	F
Parents of Children without ADHD	41	36.76	7.77	914.02	1	914.02	12.88*
Parents of Children with ADHD	40	43.48	9.05	5605.53	79	70.95	
Total				6519.55	80		

\* Significant at 0.01 level

Table 2 shows, one way Analysis of Variance was carried out on the subjects to find the difference in the Stress between Parents of Children with and without ADHD. F value shows that there is significant difference between the two groups at 0.01 level.

**Table 3: Mean, standard Deviation and F-value of Parenting Practices among children with and without ADHD**

Parental Practices	N	Mean	SD	Sum of Squares	Df	Mean Square	F
Parents of Children without ADHD	41	36.49	6.46	498.54	1	498.54	9.12*
Parents of Children with ADHD	40	31.45	8.24	4318.14	79	54.66	
Total				6519.55	80		

\* Significant at 0.01 level

Table 3 shows the Analysis of Variance for Parenting Practices among children with and without ADHD. The significance seems to be higher in the Parents of Children without ADHD when compared to the Parents of Children with ADHD.

**Table 4: Mean, standard Deviation and F-value of Parental Adjustment among children with and without ADHD**

Parental Adjustment	N	Mean	SD	Sum of Squares	Df	Mean Square	F
Parents of Children without ADHD	41	3.02	2.43	124.09	1	124.09	20.21*
Parents of Children with ADHD	40	5.50	2.52	484.98	79	6.14	
Total				609.07	80		

\* Significant at 0.01 level

Table 4 shows the Analysis of Variance for Parental Adjustment children with and without ADHD. The adjustment between the parents is comparatively higher among Parents of Children with ADHD indicating more difficulties on Parental Adjustment.

**Table 5: Mean, standard Deviation and F-value of Family Relationships among children with and without ADHD**

Family relationships	N	Mean	SD	Sum of Squares	Df	Mean Square	F
Parents of Children without ADHD	41	2.66	2.42	5.94	1	5.94	1.10 (N.S)
Parents of Children with ADHD	40	3.20	2.22	425.62	79	5.34	
Total				431.56	80		

(N.S) Not Significant

Table 5 shows that on the whole, there is no difference in Family Relationships between parents of Children with and without ADHD. This shows that the parents with or without ADHD feels equally good in Family Relationships.

**Table 6: Mean, standard Deviation and F-value of Parental Teamwork among children with and without ADHD**

Parental Team Work	N	Mean	SD	Sum of Squares	Df	Mean Square	F
Parents of Children without ADHD	41	1.90	2.33	8.49	1	8.49	1.75 (NS)
Parents of Children with ADHD	40	2.55	2.06	383.51	79	4.85	
Total	392.00	80					

(NS) Not Significant

Table 6 shows that the F value has no significant difference between the parents of ADHD and the parents of Normal children. So, we can conclude that the level of Parental Teamwork among Children with and without ADHD is same.

**Table 7: Pearson Inter-correlation between Parental Stress and Family adjustment of the entire sample**

Family Adjustment	Parental Stress	Parental adjustment	Parenting Practices	Family Relationships	Parenting Teamwork
Parental Stress	1				
Parental adjustment	0.56**	1			
Parenting Practices	0.53**	0.54**	1		
Family Relationships	0.37**	0.41**	0.43**	1	
Parenting Teamwork	0.11	0.27**	0.27*	0.38**	1

Note: \*\*=Significant at 0.01 level \* = Significant at 0.05 level

Table 7 indicated significant relationship between Parental Stress, and Family Adjustment as statistically observed using the Pearson's Product Moment Co-efficient of Correlation. It is observed that there is a correlation between Stress and Parenting Practices; Stress and Parental Adjustment; Stress and Family relationships; Parental Adjustment and Parenting Practices; Parental Adjustment and Family relationships; Parental Teamwork and Family relationships among the subjects. Therefore, the increase in one variable shows a linear increase in the other. The value shows that the Parental Teamwork and Parental Adjustment; Parental Teamwork and Parenting Practices have minimal correlation as well.

The overall pattern of correlation between Parental Stress and Family adjustment of the entire sample are a positive one. All the parental stress and family adjustment variables have indicated a relation with all the variables except parental stress and parenting teamwork.

### Discussion

The present study is one of the few studies that have been conducted on the parental stress with ADHD children occurrence in India. The present research finding states that, Difference in Parental Stress was found between parent of children with ADHD and parent of children without ADHD. Parental Adjustment also significantly differ between parent of children with ADHD and with ADHD. The present study also explained the difference between parent of children with ADHD and without ADHD on parenting Practices. Parental stress in families of children with ADHD was positively inter-correlated with Parental family adjustment parameters like Parenting Practices, Family Relationships and Parenting Teamwork, but not with parenting team work. There is no significant difference in family relationship, parental team work among parents of children with and without ADHD. This findings was corroborated with the findings of Theule J et.al. (2010) Parents of children with ADHD experience more parenting stress than parents of non clinical controls and that severity of ADHD symptoms was associated with parenting stress. In addition, Parenting stress can affect not only the parent, but also the child's functioning and the family environment. (Spratt, Saylor, & Marcias, 2007). Parental ADHD symptomatology and parenting stress reduction should be considered in development of interventions for families of children with ADHD (Neelaveni Narkunam, et.al., 2012).

### Conclusion

There is a significant difference between the level of parental stress, parenting practices, parental adjustments among children with and without ADHD.

### Limitations

The limitations of this study were that observation was made only at a particular place and duration in time. A bigger sample size would give rise to more precise results. The study could be further strengthened with the comparison with ADHD severity and efficacy of psychological intervention.

### REFERENCES

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