



## A STUDY ON QUALITY OF LIFE OF MOTHER HAVING CHILDREN WITH AUTISM SPECTRUM DISORDER

### Psychology

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### ABSTRACT

**Background:** The quality of life concept is understood as an individual's vision of their status in life in terms of culture and value systems in terms of their goals, expectations, norms, and concerns (WHO, 2012). Parents usually take the role of caregiver and do the responsibilities all the time with regard to the intensity of the needs of the child. Parents of children with autism and intellectual disability show a greater burden and deterioration in the quality of life compared to parents with normal healthy children. Therefore in order to reduce their stress and enhance their quality of life, this study attempted to develop a training module on coping skills especially for mothers of children with ASD and to assess its effectiveness. **Method:** Interventional method with the sample consists of 30 mothers having children with ASD and located in and around Chennai was incorporate for this study. They were trained under the coping skills training module and assessed with Quality of Life - BREF (WHOQOL-BREF). **Result:** The improvement in the quality of life of mothers having children with autism spectrum disorder as a result of coping skill training was found in this study.

### KEYWORDS

Autism, Coping skills, Intervention, Quality of life

Quality of Life (QOL) is a degree in which how much an individual is sound, agreeable, and ready to partake in or appreciate life occasions. The term quality of life is naturally uncertain, as it can allude both to the experience their very own individual has daily routine and to the experiencing conditions in which people get themselves. Subsequently, quality of life is profoundly emotional. While one individual may characterize personal satisfaction as indicated by riches or fulfilment with life, someone else may characterize it regarding capacities (e.g., being able to carry on with a decent life as far as passionate and actual prosperity). An incapacitated individual may report a high calibre of life, though a solid individual who as of late lost an employment may report an inferior quality of life. Inside the field of medical care, personal satisfaction is seen as multidimensional, enveloping passionate, physical, material, and social prosperity. There are a few general classifications of personal satisfaction measures. These incorporate conventional measures, which are intended to assess wellbeing related personal satisfaction in any gathering of patients (surely, in any populace test); infection explicit measures, for example, those intended to assess wellbeing related personal satisfaction in explicit sickness gatherings; and individualized measures, which permit the consideration of parts of life that are viewed as significant by singular patients (Jenkinson, 2020).

Research with adults on the autism spectrum is as yet limited in scope and quality. Using the World Health Organization quality of life measure, studies shows that autistic people in the UK reported their quality of life to be lower than that of the general population (Mason D et al., 2018). The psychological QoL scale includes items related to being satisfied with oneself, the presence/absence of mental health conditions, and having a meaningful life. Mental health conditions are more prevalent for individuals on the autism spectrum (Gillberg, I C et al., 2016). Employment is broadly said to be underpin a range of QOL components in the typically developing population (i.e., better mental health, life satisfaction, marital/family satisfaction) and helps facilitate economic self-sufficiency and social inclusion (Walsh, L et al., 2014). In India the QOL is broadly studied in the different population but the mothers of children with autism is least focused and the coping skills are not been taught to them to build their QOL (Singh & Kaur 2014) hence this study will focus on the outcome of the coping skills training of mothers having children with autism spectrum disorder

### OBJECTIVE OF THE STUDY

1. To find out the effect of coping skills training module on mothers having children with autism spectrum disorder
2. To study the improvement of quality of life of mothers having children with autism spectrum disorder

### Hypotheses

1. There will be a significant improvement in the quality of life of mothers having children with autism spectrum disorder as a result of coping skill training.

### Sampling

The sample consists of 30 mothers having children with ASD and located in and around Chennai.

### Inclusion Criteria

- Mothers having children diagnosed with autism spectrum disorder with or without developmental delay / intellectual disability based on the case record.
- Mothers having children with autism spectrum disorder with or without developmental delay / intellectual disability between the ages of 3 to 10 years were included.
- Mothers' ages range from 25 to 40 years were included.
- Working and non-working mothers were included.

### Exclusion Criteria

- Primary caretakers and fathers of children with autism spectrum disorder were excluded from the study.
- Mothers having any other psychiatric condition or mental illness were excluded from the study.
- Mothers having more than one child with autism or any other disability were excluded from this study.

### Procedures

Pre-test was done before conducting training programme. There were 14 group sessions were planned and carried out. Each session was structured for 1 hour 30 minutes taken by professionals. 15 - 30 minutes were given to the participants to clarify their doubts in the end of the every session. This coping skill training module was covered three domains such as cognitive, conative and affective. The training module included (i) Psycho-education, (ii) Relaxation skill training, (iii) Emotional Regulation skill training, (iv) Behaviour modification training to mothers to manage behaviour problems of their children with ASD, (v) Orientation on Sensory Integration to understand sensory issues among their children, (vi) Orientation on speech, language stimulation in their home environment, (vii) Orientation on Promoting Social Skills among children with ASD, (viii) Orientation on Acts and Policies for children with ASD, (ix) Life journey. After the training program the post assessment was performed.

### Statistical Analysis

To analyse the collected data descriptive statistics mean (M), standard

deviation (SD) and inferential statistics paired sample t-test were performed by using SPSS software version 20.

## RESULTS AND DISCUSSION

**Table 1: Shows the data of the participants (N=30)**

|            | Mean | SD   | t-Value | Sig. (2-tailed) |
|------------|------|------|---------|-----------------|
| Pre - Test | 2.77 | 0.61 | 9.02*   | .000            |
| Post Test  | 5.42 | 1.44 |         |                 |

$P < 0.05$  \* t value is significant at 0.05 level

From the table 1 data it can be inferred that coping skill training produce significant improvement in the quality of life of mothers having children with autism spectrum disorder, hence hypothesis 1 is accepted. This study was supported by (Tway et al., 2007). The quality of life was found to be improve in the post assessment which indicate the effect of coping skill training.

## DISCUSSION

The study outcome suggest that empowering mothers knowledge and skills towards their child rearing practice positively reflect their quality of life. The training program was planned such a way that participants were listen the professionals' speech, explanations and also allowed them to ask questions to clarify their doubts from them. Mason et al. (2009) concluded that parent preparing programs principally focused on guardians of kids introducing testing practices. Their helpful impacts were shown on results with respect to guardians' degree of information and their ability to deal with their youngsters' contact. These additionally could degrease the guardians' pressure and increment their feeling of fitness.

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