

Factors Influencing Sense of Coherence and Self-Efficacy among the Parents of Children with Autism Spectrum Disorder: The Underlying Role of Hope

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Parenting a child with autism spectrum disorder is a challenging job for parents. Most of the research studies were more concerned about the possible causes of autism spectrum disorder and intervention plans for its management. Factors that influence their stress, sense of coherence self-efficacy and the role of hope among such parents are underrepresented in the literature. The purpose of current study is to examine the factors that influence the sense of coherence and self-efficacy among parents of children with autism spectrum disorder. For this purpose data was collected from 200 parents (100 fathers, 100 mothers) of children with autism spectrum disorder from Rawalpindi and Islamabad. The current study was based on cross sectional survey design. Self-administered and standardized questionnaires were used. Findings of the study revealed that parental stress has negative effect on sense of coherence, and self-efficacy of parents. Coping strategies mediated the relationship between parental stress and sense of coherence and between parental stress and self-efficacy. The moderating effect of hope was also observed at low level in the relationship between parental stress with sense of coherence and at high level with self-efficacy. Moreover, parental stress is observed as similar for both parents and non-significant impact of gender were observed on parental stress. Findings of the study have implications in understanding of parental problems and are management b utilizing coping strategies and hope during parenting practices.

Keywords: Parental stress, coping strategies, sense of coherence, self-efficacy

Birth of a child is a significant event in both parent's life which introduce them to their parenting role and its obligations. Both parents need to change and adjust to the requirements for the normal development of their offspring. Bringing up a child till he/she becomes independent is a challenge for parents who demand an extensive hard work as well as analysis of their fortitude, persistence and aptitude. Bringing up a child with disability is more challenging for the parents. Normally experienced disabilities are mental retardation, explicit learning issue and autism spectrum disorder among others (Sinhaet al., 2016). Autism spectrum disorder (ASD) falls into the category of neurodevelopment disorders which starts at pre-schooling age and is described by intermittent issues in correspondence and social connection, presence of generalized examples of intrigue, activities, and practices, as per the American Psychiatric Association

(Furrukh & Anjum, 2020). ASD having a long lasting condition involves incessant impedance in individuals' jargon, perspectives and social abilities that add to stressors for essential parental figures (Zeng et al., 2020).

The numeric of minors with ASD is accelerating day by day but its causes are still unknown. The assessed predominance of ASD is one out of 88. ASD are almost multiple times more common among boys than girls (Hall & Graff, 2012). As per the report published by the Pakistan Autism Society (PAS), based on the research of developmental bodies of South Asia, in Pakistan, there are 350,000 children with ASD (Furrukh & Anjum, 2020). Parenthood is a demanding task but parenting of a child with ASD make this responsibility even more challenging and demanding(Mussadiq & Inagateka, 2020). The unveiling of diagnosis and understanding of the ASD was accounted for by the guardians as