

The Importance of Parental Wellbeing in Managing Attention Deficit Hyperactivity Disorder

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Abstract

Developmental Disorders interrupt normal development in childhood and involve significant handicaps, with onset before 18 years, which affect adaptive, self-help, cognitive and/or social skills. One of the most commonly occurring developmental disorders in normal school going children in India is Attention Deficit Hyperactivity Disorder (10% to 20%, Malhi and Singhi, 2000). The essential feature of Attention Deficit Hyperactivity Disorder is a persistent pattern of inattention and/or hyperactivity-impulsivity that is more frequent and severe than is typically observed in individuals at a comparable level of development. Parents play a crucial role in facilitating and maintaining gains in children with developmental disorders. Managing developmental disorders in children affects various aspects of the wellbeing of parents-the primary caregivers. This study focuses on the Quality of Life and Parenting Stress among parents whose children have Attention Deficit Hyperactivity Disorder. 100 parents whose children were diagnosed with Attention Deficit Hyperactivity Disorder were involved in this study. The tools used were the World Health Organization Quality of Life Questionnaire (1996) and the Parenting Stress Scale by Judy. O. Berry (1995). Comparison with 100 parents whose children were normal was also studied and significant results were obtained. Gender differences in the experience of Quality of Life and Parenting Stress among parents whose children were diagnosed with Attention Deficit Hyperactivity Disorder was also seen. The study also explored the relationship between the Quality of Life and Parenting Stress experienced by parents whose children have Attention Deficit Hyperactivity Disorder. The relationship between the Quality of Life and Parenting Stress experienced by parents whose children are normal was also studied. The results of this study highlight the importance of integrating parental counselling and psycho-education for the effective management of developmental disorders especially Attention Deficit Hyperactivity Disorder.

Key words: ADHD, Parenting

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