

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

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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*