

Analysis of Factors that Influence the Stress Assessment of the Parents of Children with Autism

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Abstract

Introduction: Parental stress arises related to the behavioural problems and abilities of children, cost required, education and therapy, relationship problems and supports of family members of parenting to the children with autism. Parental stress can result in parenting behaviour of children with autism becoming inappropriate. The purpose of study analyses the factors that influence parental stress of children with autism.

Method: The method used the observational quantitative study through a *cross sectional* approach. The data collection used *Multi Stage Random Sampling* in 5 therapy centers/SLB Autism represented Surabaya. The number of samples were 105 that chosen by *random sampling*.

Result: Hypothesis calculation analysis of factor influences to the parental stress assessment used T-test that derived from the result of significant influences with the significance level <0.05 . The insignificant influences are factors of family function, mother and educational services to the stress assessment. The significant influence is the factor of children to the stress assessment.

Discussion: Factors of family, mother and educational services functions insignificantly influence to the stress assessment. The factors of children as personal stressor significantly influences to the assessment of parental stress. The parents are hopefully able to manage the support of family, educational services and mother is more able to adapt to the children in parenting children with autism.

Keyword: *Family function, mother, children, educational services and stress assessment.*

Introduction

Parental stress arises in associated with the behavioural problems and children ability, cost required, education and therapy, relationship problems and members of family supports on parenting children with autism.⁽¹³⁾ Parental stress can result in the behaviour of parenting children with autism become inappropriate.⁽¹³⁾ Parenting inappropriately children with autism results in the failure of physical growth and development, psychology and mental health in children with autism.⁽⁸⁾

Data of WHO on 2013 stated that 7, 6 million of children ail the autism. 2016 data of YAI on 2016 predicted that 140.000 children had ailed Spectrum Autism⁽¹¹⁾ and data of Dispendik of East Java stated that 15% of 1.476 students of SLB are children with autism⁽⁴⁾. The limitation of social skill, cognitive ability, peculiar pattern of behaviour and activity with others and the decline of language ability firstly aroused on the years of 1.5 to 3 years old⁽¹⁶⁾.

The problems of conducting the family function factors by an individual in family⁽¹⁶⁾, behaviour and the bigness of mother's hope to the children with autism, the decline of children with autism ability and the problem of providing educational services for the children with autism are factors that can influence the stress assessment of parents. Children with autism as personal stressor for the parents are a long period of little stress, can and can't be predicted, has strong influences and need

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a big effort which often more difficult to overcome⁽¹²⁾. Lack of support from others who have a same fate can disturb and cause negative stress for the parents⁽¹²⁾. The negative stress assessment of the parents results in a low affection, attention and decreases the parenting behaviour of parents to children with autism⁽¹²⁾.

The accuracy of the relationship and family supports management, the management of educational services that involved parents in learning activity, and the enhancement of mother’s ability to adapt the parenting to children with autism are able to decrease the negative emotional reaction and increase the stress assessment of parents to be positive.⁽⁵⁾ The positive assessment results in increasing comfort, knowledge and attention. It also increases the affection and attention in parenting children with autism.⁽¹⁴⁾

Material and Method

Design was an observational using the approach of cross sectional. A research sample was some parents of children with autism who studied in Autism Therapy Centre of Surabaya.

Formula used for sample size calculation were *rule of the thumb*:

$$5 - 10 \times \text{observed variables}$$

Sample size were 105 parents of autistic children who attend therapy centers.

Data Collection taken by using multi stage random sampling. Variables were a family functional factor, mother’s behavioural factor, factor of children with autism, factor of educational services and stress assessment. Variables data collection included an affective function, socialization and reproduction, mother’s behaviour, parents’ hope, communication ability, socialization and cognitive, early and further educational services and stress assessment. The research had been conducted from May to July 2019 in Autism Therapy Centre of Surabaya. The hypothesis calculation analysis of the factors influences to the parental stress assessment used t-test. The result obtained the significant influences with the meaningful level <0.05.

Result

In this research, Data was collected from 105 participants of autistic children who attend therapy centers.

The result of study stated that the most had a good affective function of 65.7%, a good socialization function of 87.6%, a good reproduction function of 63.8%, a good economical function of 75.2% and a fair health care function of 54.3%. (Table 1).

Table 1. The frequency distribution of the family function factors variables. N = 105

No.	Family function	Category	Frequency	Percentage
1.	Affective	Good	69	65.7
		Fair	28	26.7
		Poor	8	7.6
2.	Socialization	Good	92	87.6
		Fair	10	9.5
		Poor	3	2.9
3.	Reproduction	Good	67	63.8
		Fair	29	27.6
		Poor	9	8.6
4.	Economic	Good	79	75.2
		Fair	25	23.8
		Poor	1	1.0
5.	Health Care	Good	43	41.0
		Fair	57	54.3
		Poor	5	4.8

The result of study showed that mother had a fair attitude of 73.3% and fair parent’s hope to children with autism of 51.4%. (Table 2)

Table 2 The frequency distribution of the mother factor variables. N = 105

No.	Mother	Category	Frequency	Percentage
1.	Attitude to children	Good	16	15.2
		Fair	77	73.3
		Poor	12	11.4
2.	Parent’s hope	Good	42	40
		Fair	54	51.4
		Poor	27	8.6

The result of study showed that most children had a fair ability of 44.8% and got a good educational service of 94.3%. (Table 3).

Table 3. The frequency distribution of children and education services. N = 105

No.	Children	Category	Frequency	Percentage
1.	The ability of children with autism	Good	31	29.5
		Fair	47	44.8
		Poor	27	25.7
2.	Education services	Good	99	94.3
		Fair	6	5.7

The result of study showed that parental stress assessment to children with autism was mostly severe of 73.3%. (Table 4).

Table 4. The frequency distribution of parental stress assessment. N = 105

No.	Indicator	Category	Frequency	Percentage
1.	Stress assessment	Severe	77	73.3
2.		Moderate	20	19
3.		Mild	8	7.6

Table 5. Paired ‘ t ’ test p value with the factor of children with autism influenced a parental stress assessment. N = 105

No	Between factors	Original Sample (O)	t-statistic	P-value
1.	Family Function Factor -> Stress Assessment	0,010	0,072	0,943
2.	Mother Factor -> Stress Assessment	0,171	1,270	0,205
3.	Children with autism factor -> Stress Assessment	0,207	2,540	0,011
4.	Education services factor of children with autism-> Stress Assessment	0,034	0,391	0,696

Discussion

Family ability to face the stress pressure does not only influence bad or good of family function but also it is based on the family potential. Togetherness of parents and children make the relationship more closely with feelings and thoughts sharing, involves in activities and experiences of managing stress. Therefore it results in family cohesion and higher attributes⁽⁶⁾. Mother is a part of family and close to children with autism. A mother can closely adapt to the condition of children with autism and maintain the balances of stability changes dynamics of children with autism⁽¹⁷⁾. Mother’s attitude and hope to children with autism is not significant influencing parental stress assessment. Close relationship of children and mother can maintain feeling and thoughts. It is also the involvement of family⁽²⁾ activity or an experience of managing stress. So that it results in family cohesion and higher attribute⁽⁶⁾.

An educational service does not significantly

influence a parental stress assessment. The parent sends children with autism to the education services with fully belief based on their economical ability. The parent beliefs that supporting infrastructure is complete, the competence teacher who conducting a fix learning method to children with autism according to their ability, solves the learning problems of children based on the learning style off children with autism⁽¹⁾. Implementing a learning program on high level of patience makes the parents happy and believes that children with autism are able to comply their parents’ hopes⁽⁶⁾.

The condition of children with autism are significant to the parental stress assessment. A child with autism is a daily problem that isn’t harder comparing to the life change and a small stressor for the parents⁽⁵⁾. It becomes important for the parents who need capability in order to be able to adapt the daily problems. Furthermore it is also related to their health problems⁽¹⁴⁾. Although children with autism as personal assessors can or can’t

be predicted, they have a strong influences and need a big effort of coping for the parents. This stressor causes a small effect that going continuously. Therefore it can be disturbing and causes a negative stress to an individual⁽¹⁴⁾. The parents who have a positive stress assessment will be able to manage the support of family function⁽¹²⁾ and the professional people of education services obtain comfortability, attention or a help that is received an individual of parenting children with autism from their circles⁽¹⁰⁾.

Conclusion

The factors of family, mother and education services influence insignificantly to the stress assessment and the children factor as a stressor personal significantly influence the parental stress assessment.

Conflict of Interest: Nil

Source of Founding: List of Budget Implementers Ministry of Health

Ethical Clearance: Health Research Ethics Committee *Health Polytechnic of the Ministry of Health, Surabaya* No.EA/016/KEPK-Poltekkes_sby/V/2019

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