

Parents' mental health of Autism Spectrum Disorders Children

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Abstract

Autism is defined as a lifelong developmental disability characterized by conditional impairments in social interaction and communication, restricted interests, and repetitive behaviors (APA, 2013). Caring for children with ASD is a challenge for families. Quality of life in families with children with ASD is more dysfunctional compared to families of children with ADHD or other neurodevelopmental disorders. The main aim of the study is to discover and describe the mental health characteristics of parents with children diagnosed with ASD. At the same time, create and implement a training program for parents for this diagnosis of their children. By training parents, it will be easier to manage their children with ASD and this will positively affect the characteristics, psychological and social variables of parents. This study is cross-sectional. The instruments used were interviews, Symptom measurement for adults level 1 and 2, DSM-5, DASS, for Depression, Anxiety and Stress and TAT, projective test for relationships and social situations, interpretation of disorders. behavioral, psychosomatic diseases, neuroses and psychoses. Sampling includes study subjects include parents, mothers and fathers who have children diagnosed with ACS. Data are processed through SPSS version 21.0. With extensive academic and scientific knowledge gained during the training, they will be able to meet this challenge and manage their children's behaviors. Also, this study has important value for professionals in the field who must have active cooperation with parents and guardians of children.

Keywords: anxiety, depression, training, therapy, parental stress