

Systematic Literature Review: Parenting Stress in Mothers of Children with ADHD, ASD, ID

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Abstract. Based on the results of previous studies, informing that parents who have children with developmental disorders experience greater parenting stress than parents who care for normal children. Mothers experience more parenting stress than fathers. This study aims to determine the factors that cause the emergence of parenting stress in mothers. To obtain these data, the researchers used a systematic literature review of international journals (data base: Sage, Science Direct, Emerald Insight, Taylor and Francis) in 2011-2021. This method is what distinguishes this research from previous research. Previous research, in looking for factors using interviews. The result of SLR is that there are internal factors (example: understanding of diagnosis, coping strategies) and external factors (example: family resilience, social support of friends) that form parenting stress on mothers. Therefore, the suggestion for future researchers is to provide interventions that are able to suppress the emergence of factors. For example with cognitive behavior therapy intervention.

Key words: Stress parenting, mother, Attention Deficit Hyperactivity Disorder Autism Spectrum Disorder, Intellectual Disability

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INTRODUCTION

The results of research conducted by Basri and Hashim (2019), Marquis et al (2020) and Larkin et al (2021), show that parents of children with developmental disorders have a high level of stress when compared to parents who do not have children with developmental disorders. Children classified as having developmental disorders according to the Diagnostic and Statistical Manual of Mental Disorders 5 are Intellectual Disability (ID), communication disorders, Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), special learning disorders, motor disorders and other neurodevelopmental disorders (Matson, 2018) . Further, it was studied by Soltanifar et al (2015) and Lisak et al (2018) that mothers feel more stressed than fathers.

The impact that arises due to stress experienced by mothers is (Schönfeld et al, 2016; Borrell et al, 2017; Catalano et al, 2018) the mother's mental health decreases (the mother becomes anxious and depressed), the mother is less able to carry out social interactions with the child, the mother becomes less able to accompany the child's development in less aspects, the mother has communication problems with family members , the mother

have problems adjusting to health, social environment, emotions and work.

This situation is contrary to the role that should be carried out by parents (in this is the mother) in the family. In the family, the role of parents should be (Bigner and Gerhardt, 2014) accompanying children in facing development, providing support to children , teaching children how to behave in a social environment, establishing social relations with children.

So it can be said that mothers of children who experience developmental disorders are less able to play a role in the family because mothers experience parenting stress.

This study aims to determine the factors that cause the emergence of parenting stress in mothers. The benefits of research, can be an intervention guide in reducing parenting stress in mothers.

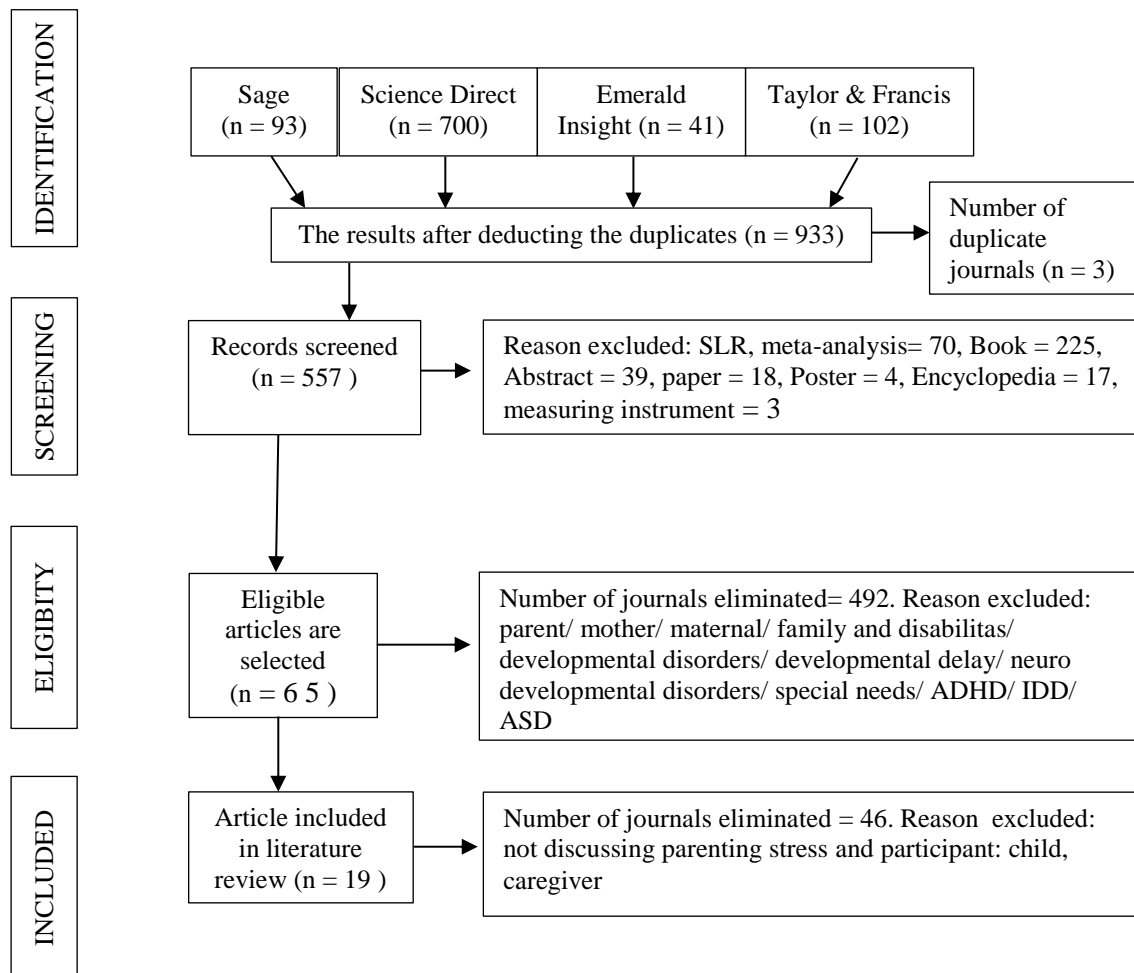
METHODS

The method used is a systematic literature review. Dependent variable: parenting stress. Keywords: literature search: stress, mother, parenting, attention deficit hyperactivity disorder, autism spectrum disorder, intellectual disability, children. The inclusion & exclusion criteria can be seen in Table 1.

Table 1. Inclusion and exclusion criteria

PICOS Framework	Inclusion Criteria	Exclusion Criteria
Population	Mother and father, mother and daughter, mother	Father, nanny, child
Intervention	No criteria	No criteria
Comparators	No criteria	No criteria
Outcomes	Research addressing parenting stress, interventions for parenting stress, articles	Research that examines the validity and reliability of parenting stress measurement tools.
Study design and publication type	Experiment, correlation, difference test, longitudinal, cross sectional, case	Systematic literature review, meta-analysis.
Publication years	2011-2021	Before 2011
Language	English	Other than English

Flowchart of systematic literature review:



RESULTS AND DISCUSSION

After going through the process of identification, screening, eligibility, journals that can be analyzed, only 19 journals. These journals are presented in Table 2.

Table 2. Research Results from 19 Journals

No	Research	Research result
1.	Lihang He, 2017	Parents who have children with developmental disorders have many experiences of unique challenges (stigma from the environment, communication barriers with children, discrimination from the environment, not understanding diagnoses and services). These challenges lead to stress and depressive symptoms, which can hinder the functioning of family members. These include marital problems, stress on siblings, and strained relationships between parents and other children. The results showed that CBT (cognitive restructuring, coping skills training, and communication skills training) is an effective intervention to improve the mental health of parents who have children with developmental disorders.
2.	Michelle alicarta, et al., 2020	Symptoms of PTSD are more pronounced in parents of children with ASD and children with rare diseases than in parents of normal children. Challenges in dealing with children's behavior can be predicted to appear more often in parents who have ASD children and children with rare diseases
3.	Ajda Demšar and Karin Bakracevic, 2021	Mothers have higher levels of stress and anxiety than fathers. Because mothers have lower life satisfaction than fathers. Life satisfaction is negatively correlated with depression, stress and anxiety Perceived social support can reduce negative emotions (stress, anxiety, depression). Perceived social support can lead to more constructive coping mechanisms
4.	Heather Agazzi, et al., 2017	PCIT is able to improve parenting behavior, can reduce the intensity and disruptive behavior of children so that the stress of mother's care can be reduced.
5.	Ivaro Mira, et al., 2019	There is a relationship between the difficulties experienced by ASD children and maternal well-being in terms of maternal stress, emotional health, and coping strategies. Therefore, it is necessary to provide intervention to families who have children with ASD. Mothers who have children with ASD are more at risk of having high stress and being less able to carry out coping strategies.
6.	Cynthia Leung, et al., 2016	PCIT is able to reduce child behavior problems, parental stress, negative parenting practices. PCIT can improve positive parenting practices
7.	Ji Hyun Lee, 2021	Art therapy (group) can reduce parenting stress, perceived stress, depression and increase social support felt by mothers who have children with disabilities.
8.	Suzanne Robinson and Jonathan A. Weiss, 2020	Social support from family and friends can reduce the stress felt by mothers
9.	Alma Dizdarevic, et al., 2020	Parents of children with ASD and parents of children with moderate intellectual disability have a lower quality of life than parents with children with mild intellectual disability. Parents of children with ASD and parents of children with moderate intellectual disability have a lower quality of life than parents with normal children. Depression, anxiety and stress of parents are influenced by the quality of life of parents.
10.	Alice R. d, 2012	Sources of stress experienced by parents of children with ASD or ADHD: Communication barriers between children (ADHD or ASD) and parents Child's negative behavior (aggressive behavior and unpredictable behavior) Social isolation from the environment Children who are less able to take care of themselves There is no suitable substitute caregiver in replacing the mother, so the

- mother does not get enough rest.
 Low school achievement
 Opportunity to be able to work in the future, small
 Limitations in establishing interpersonal relationships.
11. Kota Suzuki, et al., 2018 The stress experienced by the mother can be predicted from the severity of the disorder experienced by the child and the resilience of the family. Family resilience can reduce the stress experienced by mothers. There is no relationship between social support and stress experienced by mothers.
 12. Nienke Peters-craigffer, et al., 2012 Stress in mothers who have children with ASD or ID is caused by behavioral and emotional problems shown by their children, rather than diagnosis, developmental delays (IQ, expressive and receptive language skills) and gender of the child.
 13. Rebecca L. McStay, et al., 2014 Mothers who have ASD children continue to feel stress and a low quality of life, at every stage of an ASD child's life (Preschool, Early school age, Middle school, Early high school).
 14. Ji Kyung Lee and Hsu-Min Chiang, 2017 Mothers have high parenting stress. Parenting stress experienced by mothers is caused by: maladaptive behavior of children, children's education, age and severity of autism, and mother's acceptance of services from mental health professionals.
 15. Francesco Craig, et al., 2016 Parents of children with Neurodevelopmental Disorders experience more parenting stress than children of normal children. IQ levels or emotional and behavioral problems are associated with levels of parenting stress.
 16. Marina Romeroa, et al., 2021 The high stress experienced by parents is related to the emotional and behavioral problems of children with ASD. The relationship between these variables will be very strong when ASD children are in the early adolescent stage.
 17. Sigan L. Hartley, et al., 2016 Fathers show more positive interactions in marriage while mothers show more negative interactions (eg criticizing partner's opinions, avoiding partners). Positive interaction (good communication with partner, doing fun activities with partner) in the mother's marriage is low.
 18. Talal Alhuzimi, 2021 Parental stress and the emotional well-being of parents of children with ASD in Saudi Arabia have been unfavorably affected by the COVID-19 pandemic.
 19. Subhadra Evans, et al., 2019 There is a relationship between maternal stress and maternal quality of life. Mother's stress plays a role in reducing the quality of life in her son with ADHD over time. The quality of life of boys with ADHD has the potential to improve by coping with maternal stress.
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Mothers experience more parenting stress than fathers. This situation is caused by two factors, namely internal and external. The internal factors are mothers are less able to communicate with children who have developmental disorders, mothers do not understand the diagnosis given by professionals, the coping strategies carried out by mothers are not appropriate so that stress will increase. External factors are stigma obtained from the environment about the status of children with developmental disorders, discrimination and isolation from the environment, therapeutic services for children are not satisfactory, mothers do not receive social support from friends and family, low family resilience, behavior and emotions of children with

developmental disorders. which is sometimes less predictable, causing maladaptive, the severity of developmental disorders experienced by children, children with developmental disorders have not been able to take care of themselves, there are no substitute caregivers so that mothers do not have time to rest, children with developmental disorders have low achievement, children do not have the opportunity to get a job, children are less able to establish interpersonal relationships. In connection with the factors mentioned above, the impact that will be experienced by the mother as a result of parenting stress is the emergence of barriers to the functioning of the mother in the family, problems (communication and interaction) with her partner (husband), tension

arises in the interaction of mothers with their children. the other, the decreased quality of life of the mother, the mother has less life satisfaction.

Therefore, the appropriate intervention for mothers is Cognitive behavior therapy (CBT). The techniques in CBT can support internal, external factors and the impact of the causes of parenting stress experienced by the mother. Techniques in CBT: cognitive restructuring, coping skills and communication skills. Cognitive restructuring is used to help parents reduce negative feelings and depressive thoughts. Using acceptance and commitment therapy, parents are allowed to grieve in their own way, help them adapt to the loss of their own dreams and hopes, and seek understanding to accept the changes in their lives and the lives of their children. A problem-solving approach was also introduced to divert parents from problems to solutions, reducing stress and increasing self-efficacy. Coping skills help reduce stress and depressive symptoms so that it can further improve the well-being of parents. Communication skills teach parents how to communicate their problems more effectively to professionals.

Another appropriate intervention for mothers is Parent-Child Interaction Therapy (PCIT). PCIT has 2 treatment phases, namely

Child Directed Interaction (CDI) and Parent Directed Interaction (PDI). The goal of CDI is to improve parent-child relationships through the use of positive parenting skills during play situations. Parents are advised to praise children when showing positive behavior. Furthermore, parents are taught to reduce the use of commands, questions, and criticisms. After achieving mastery of CDI, parents can start the PDI phase. The purpose of the PDI phase is to increase parental consistency and discipline to improve child compliance. In the PDI phase, parents are taught how to give effective orders to their children. So PCIT focuses more on the way mothers interact with children with developmental disorders. PCIT does not touch the mother's cognitive and coping abilities.

Art Therapy is also suitable for mothers. Broadly speaking, Art therapy aims to improve one's self-esteem and self-image. Art therapy in groups is designed to help mothers increase mother's self-awareness about the sources of parenting stress experienced by mothers, encourage mothers to play an active role in developing coping strategies, improve maternal psychological well-being, reduce parenting stress experienced by mothers and increase mother's self-awareness of strengths and weaknesses. maternal potential.

Table 3. Relationship of CBT, PCIT and Arty therapy with factors and effects of maternal care stress

Factors and Impact	Intervention		
	CBT	PCIT	art therapy
Factor:			
Lack of ability to communicate with children with developmental disabilities	X	X	
Lack of understanding of the diagnosis given by professionals	X		
Coping strategies carried out by mothers are not suitable so that stress will increase	X		X
Impact:			
Inhibiting the functioning of the mother in the family	X		X
Raise problems (communication and interaction) with partner (husband)			
Mother's interactions with other children, become tense	X		
Mother's quality of life is declining	X		
Mother has less life satisfaction	X		X
	X		X

The novelty of this SLR result is that it is able to provide complete data on parenting stress from factors, impacts to interventions. Therefore, the relationship between CBT, PCIT and Arty therapy with the factors and effects of maternal parenting stress can be identified.

Through these data (Table 3), it appears that CBT is most associated with maternal parenting stress compared to PCIT and Art Therapy. For future researchers, they will provide more techniques in CBT when intervening in parenting stress experienced by mothers.

CONCLUSION

Parenting stress experienced by mothers is influenced by internal and external factors. This has a negative impact on the mother. To overcome this, Cognitive Behavior Therapy (CBT) is an appropriate therapy for mothers.

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