

STUDY OF COPING BEHAVIOUR AND STRESS MANAGEMENT AMONG MOTHERS OF CHILDREN WITH AUTISTIC SPECTRUM DISORDER BY PRACTICING RAJYOGA

Abstract

Autism can have many meanings, many combinations. No professional can even have this diagnosis for the first time and know what the child's response will be in the future. But there is a period when counselling or assessment takes place, only after that it can be known what the present situation of the child is.

According to the new classification, this disorder is also called Autism Spectrum Disorder. The spectrum is taken in Rainbow term, and it is said that autism is sometimes very severe on one side and sometimes very mild on the other side. Many times, many types of combinations are also found with autism. In which ASD reduces the ability of intelligence, some may suffer epileptic seizures. In some cases, other types of medical problems may also occur. And if there is no problem in any of these and there is mild ASD and IQ level is normal or above normal then life can be almost normal. Autism is not a disease. Being diagnosed with autism does not mean that these children will not be able to do any type of work or job in future or those children cannot get involved in any further work. They can do all the work; the only difference is that they can do it in a slightly different way from other children. Their ability to understand all the things and do it in their own ways. Sometimes they react seriously to very small incidents and sometimes even big incidents do not affect them. Earlier, autism was also called autistic disorder, red Syndrome and also called Asperger's Childhood distinguishing Syndrome. Combination of

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all these, now it has been named “Autism Spectrum Disorder” If we understand Autism Spectrum Disorder in simple language, then they lack social understanding. Most of these children are Remain fixed on only one thing. If we talk about social understanding, it can be understood in two ways:

Going to school, studying, writing and giving exams and being up to the marks in exams. If you look at it from the other side, you go out, meet people, look them in the eyes and talk, you can make them understand what you say, how to read their facial expressions and how to make friendship with them, all these things come under social intelligence, which is lacking in autistic children.

Children who are found to have problems with autism speak some things, but as they move on, they forget that language. Seeing this situation, parents get worried and go to the doctors, child specialist, psychiatrist, psychologist, neurologist, and sometimes they take the name of God.

Overall, parents do whatever they can for their children, their efforts are to ensure that their children become normal by whatever means, sometimes parents also misunderstand that they gave less time to their children in childhood, which is why If their child is lacking in literacy because of this, then it is very important to clarify that it is not the parents’ fault. It is genetic and the study shows that 8 out of 10,000 children have this problem, which starts before the age of 3 years and can persist throughout life. The study shows that in such children, this problem can be treated with assessments and therapies but sometimes it persists for life.

Symptoms of autism are found in these children, they may be good at some

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specific skills, but it has also been observed that those children forget those skills as they grow older and new skills appear in them. They also keep repeating their activities. They may have their own unique ways of understanding, learning, moving around or paying attention to instructions. They especially have communication problems. They seem to be very narrow interest. For example, Sometimes the sound of a clock ticking. They listen to it very attentively and sometimes hear a huge bang. And sometimes even the loud sound of the bang is ignored. When the parents notice all these symptoms, they wonder whether it is the case that they are unable to hear. Thinking so, they even take them to an ENT doctor, to check their hearing. Tests are also done which are often found to be normal. Apart from this, if we see, sometimes children have abnormal things like hand flapping, Toe walking, odd playing with their own way etc. Apart from this, pronoun reversal like not understanding the difference between you and me, yours and mine, poor eye contact, lack of emotions. It is not that they want to go only to their parents or family members, they go to anyone and talks to anyone. Most such children live in imagination.

ASD begin before age of 3 years as received literature and may be last throughout life. Study shows its symptoms may improve overtime sometime its symptoms in children show ASD within one year and in other hand its symptoms cannot be seen throughout life. Some children with ASD may be good in some specific skills and we can see that development during 18 to 24 months of their age. But after that they stop gaining or even loss skills which they gained earlier. Children with ASD may have problem with social interaction and communication. They stick towards restricted behaviour and do their activities repetitively. They may have loss Interest, in other word children with ASD have their

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different ways of learning, moving, or paying attention in instructions.

The role of a mother is very important for their children's life, and it is also very much important in their growth and development. No mother wants to see their children in trouble and when their children are diagnosed with autism disorder, they feel stressed. It becomes natural to have stress, tension, depression, anxiety and different types of negative thoughts in them. As it was further told that autism is genetic, and it happens to those who are destined to have it. So, in such a situation, it has been told to such mothers how to get out of through rajyoga meditation.

In the study, 10 such mothers were taken for experiment whose children had some kind of autism symptoms and who had become completely hopeless. And they started believing that their children would never improve and that the mothers themselves were responsible for their condition. They believed that their children suffering due to not taking proper care of them in their childhood and not giving them sufficient time, that is why these conditions have been happened and they also started believing that it is the result of her actions that her children are suffering which is now never going to be cured. General health questionnaire was used to know all 10 mother's mental health conditions. Personal meetings were conducted, telephonic talks were also done. To bring the mothers out of their mental condition, their perception of autism and indifference towards life, they were given the practice of rajyoga meditation for 30 days.

This study deals with stress tension depression anxiety and negative and positive behaviour and coping situation with practicing rajyoga. Study shows that how rajyoga helped mothers having negative attitude and behaviours towards their

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children who are facing autistic spectrum disorder and it was found that how lower level of confidence and higher level of negativity affects children's development who facing autistic spectrum disorder. 10 mothers dealing with ASD children were taken for study and examine using parent attitude scale and general health questionnaire. Accepting ADS Child's limitations is very much important for their confidence and development. When parents dealing with their children's conditions. To know that they are accepted and loved for as they are. This accepts their uniqueness and capabilities even if they are not like other children. Every child increases their confidence and self-stream when they do something good in their life.

Keywords: Autism, mother's negative behaviour, rajyoga practice, behavioural Changes, mother's mental health after practicing rajyoga meditation.

I. INTRODUCTION

This study is related to those stressed mothers whose children were found to have mild or severe level of autism symptoms. The main basis of the study was their negative or positive behaviour towards their children. Autism is not a disease or illness; these children are found different from other children in some ways. Their treatment is only assessment and day to day therapeutic practice. Which starts from the family, the most important thing here is that those family members with autism children also have to recognize their uniqueness, only then they are able to help those children to lead their life normally. For that, it becomes necessary for all the family members to have a clear concept about autism.

It is not that only internal factors are responsible during the treatment of ASD children, external factors are also responsible in them such as lack of medical facilities, improper local services, lack of special education, insufficient knowledge related health and social Services, limited knowledge related to autism, less knowledge about food and nutrition, neuro psychiatrist disturbance that primarily affects child's development , functional communication and social and psychological behaviour. Such disturbance may affect mother's mental health and behaviour along with their children. Managing and coping situation through yogic activities (rajyoga meditation practice) fruitful to explore autism child's behaviour and as well as mother's behaviour also.

In Investigating relation and positive behaviour between mothers and children, 10 mothers were counselled and maximum among 10 mothers were found depressed and stressed. After giving sufficient knowledge and teaching acceptance skills, mothers were told about the practice of rajyoga meditation for 30 days. We all know that sharing emotions, sharing interests, expressing needs, all these are very natural ways to communicate with each other.

Children surviving with autism problems lack all these communication skills. People are unable to understand them and start considering them antisocial. Such children are not able to cooperate even with their family members, in such a situation we should not judge them, we should understand their problems and cooperate with them. Autism is a type of neuro-developmental disorder and a broad term for this disorder is ASD i.e. Autism Spectrum Disorder. First, it is important to understand what a neuro-developmental disorder is. When complex genetic and environmental factors come together to change brain's development. So it is called Neuro Developmental Disorder. Here the normal functions of the brain are affected. Although this disorder is detected in childhood itself, but it can persist even till adulthood and in many cases it continues till long life. Neuro developmental disorders include many types of diseases and disorders like attention deficit hyper activities disorder, developmental co-ordination disorder, tic disorder, intellectual disabilities, autism spectrum disorder, specific learning disorder, child onset fluency disorder and speech sound disorder. The present study has been done on the mothers of children diagnosed with ASD and they have been advised to do rajyoga meditation to improve their mental health.

II. METHODOLOGY

1. Data Collection

- Face to face interview conducted for data collection.
- Questionnaire containing 20 questions structured by the author with personal details.
- Semi structured interviews were conducted to collect mother's experiences when their children diagnosed with autism symptoms.
- All interviews and telephonic talk lasted between 30 to 45 minutes.
- After establishing the rapport building Interview started with the first question, "Tell me about your experiences when first time you got to know that your child having autism symptoms".
- "What worries do you have about your child's future ? "
- All mothers were asked questions in same manner.

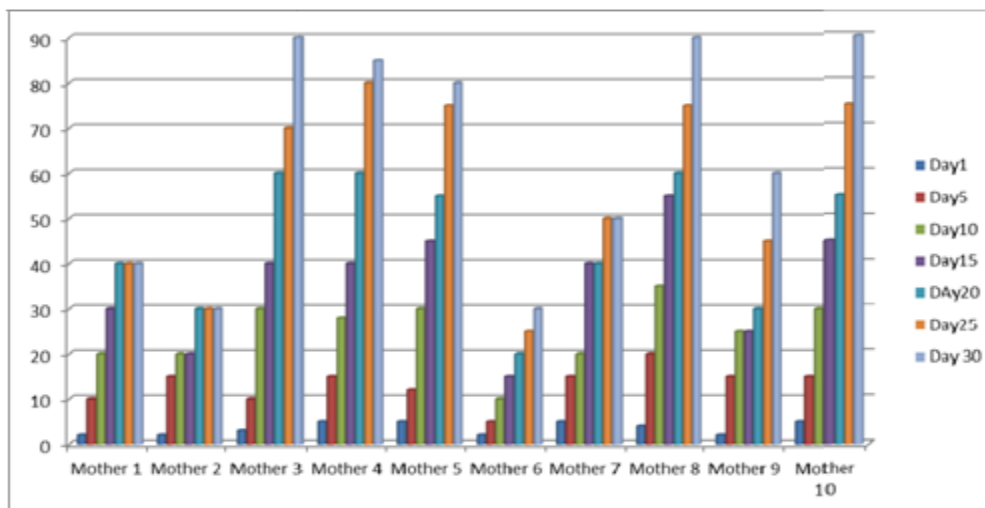
Methodology is a systematic means of studying a research problem. In the presented study, 10 mothers of children with ASD were studied through telephonic conversation, interviews, and personal meetings. The main objective of the study was to pay attention to the mental stress and negative and apathetic behaviour of mothers due to having an autistic child. And by giving complete information about autism to those mothers, their mental health was to be cured through rajyoga meditation. The children of all the mothers were between 4 to 10 years of age, who were diagnosed with mild or severe ASD symptoms.

Before starting study on the subjects, a communicable rapport was formed. The subjects were made comfortable in internal - external surroundings and were comfortably sit for meditation. When subject feels comfortable than only they can proceed for further steps. To assess the coping behaviour and stress management of mothers with children having autistic spectrum disorder by practicing rajyoga. The study conducted on 10 mothers were passing through situation with their children diagnosed ASD. A well communicable rapport was formed with all the mothers. The instructions regarding the study were briefly explained to mothers and were suggested to do regular practice of rajyoga for a month. All necessary precautions regarding the meditation were given in detailed way. After completion of study changes were noted down through counselling sessions. The interpretation and conclusions were given on the basis of changes shown by mothers after practicing rajyoga meditation.

Those mothers considered themselves responsible for the condition of their children. They could not take proper care of them or did not give them the necessary time. This study was done to look at the mental condition of those mothers and improve their beliefs through rajyoga meditation and tried to develop unique understanding and accepting their children as they are.

Table 1: Demographic Data

Mental Health Improvement by Practising Rajyoga Meditation (%)										
Day	Mother 1	Mother 2	Mother 3	Mother 4	Mother 5	Mother 6	Mother 7	Mother 8	Mother 9	Mother 10
Day1	2	2	3	5	5	2	5	4	2	5
Day5	10	15	10	15	12	5	15	20	15	15
Day10	20	20	30	28	30	10	20	35	25	30
Day15	30	20	40	40	45	15	40	55	25	45
Day20	40	30	60	60	55	20	40	60	30	55
Day25	40	30	70	80	75	25	50	75	45	75
Day30	40	30	90	85	80	30	50	90	60	90



- 2. Tools:** Questionnaire, response sheet, peaceful place for meditation, telephonic talk, personal meetings and interviews

III. AIMS AND OBJECTIVES

Aims and Objectives of the study is to assess the coping behaviour and stress management of mothers with children having autism spectrum disorder by practicing rajyoga meditation. Mental health is a state of balance between the individual and the surrounding situations. Mental illness refers to the kind of general mental health problems in specific conditions. The study deals with how mothers negative behaviour towards their ASD children, and converts into positive thoughts by doing regular rajyoga meditation practice in their daily life. Mental health and mindfulness of a person plays a very much significance roll in their day-to-day life, and to overcome from negative situations.

1. Firstly the study focused to find prevalence and mental health children of mothers whose are diagnosed with ASD.
2. The second purpose of the study was to aim and assess mothers who were totally hopeless and had negative thoughts towards their children's health.

3. The third aim of the study was how the positive or negative beliefs of mothers affect the children's mental health condition.
4. One of the objectives of the study is to find out how to get rid of the stress, anxiety and depression that mothers of children with autism symptoms have suffered due to their children being found to have autism symptoms through rajyoga meditation.

IV. OBSERVATION

This study was conducted on 10 mothers of ASD diagnosed children. Positive changes were found in most of the mothers after 30 days of rajyoga meditation practice. Before the study, all the mothers were found to be depressed and stressed due to the situation of their children and had become hopeless about the improvement of their children. Their attitude was very negative, but after 30 days of meditation practice, visual changes were found in them and the maximum improvement seen in stress level from 2% to 90%. Progress was found to be slow in some mothers but we were able to develop positivity to a great extent through rajyoga meditation in their thinking towards autism and their children suffering from it. The study cannot be generalized but by studying on a large group, the effect and importance of rajyoga meditation can be increased.

Some emotional reactions among mothers during conversation with the author

- “I believe powerlessness is the very bad condition, where you want to help your child but you are not able to do”.
- “Sometimes I feel guilty that I do not love and care my child enough”.
- “I am only the person who is responsible for my child’s conditions”.
- “I blamed myself because my child was not normal, I was stressed after my child’s diagnosis”.
- “After the initial diagnosis, I could not get out of the trauma; I was very much depressed and stressed even unable to face my child”.
- “I left my job to give full attention to my ward”.
- “In school, other children do not want to talk or play with my child”.

Table 2: Post Improvement

Post Improvement	
Highly Motivated	50%
Moderate Motivated	30%
Less Motivated	20%

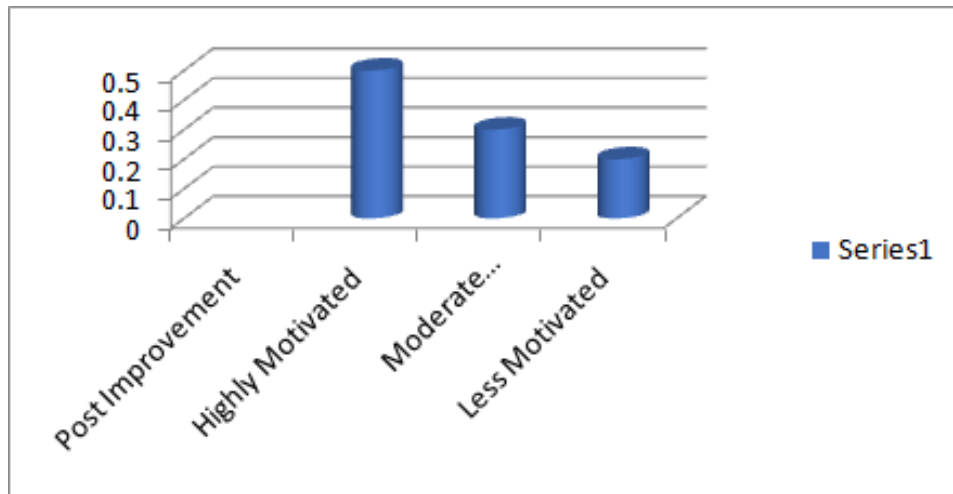


Table 3: Changes Observed after Practising Rajyoga

External Factors	Internal Factors
Cooperation	Self-introduction
Information	Self-observation
Problem solving	Insight
Adjustment	Self-decision
Contribution	Self-development

V. DESCRIPTION OF THE STUDY

Stress and negative behaviour of the mothers was assessed on the basis of some symptoms observed when they were dealing with their ASD diagnosed children. Some common instructions given to all subjects like They should be totally away from all the distractions, the instructions should be clearly followed as per defined, the meditation place should be separate from rest of the activities area. The subjects should be ensured for all the confidentialities of the study results. The study was administered within the time limits 30 to 45 minutes and of 30 days.

1. Discussion: This study is based only on 10 mothers living in Panipat (Haryana), All the mothers were recruited directly through meetings. When they were talked to at the initial stage, it was revealed that they were worried about the condition of their autistic child. Stress level and depression level were found to be high in them, It was found because of lack of information and correct way of dealing with ASD children.

We cannot consider this study as generalizable but all the mothers who were taken for the study contributed their knowledge and experiences through practicing rajyoga to cope up with their child's condition. The important thing is that after practicing rajyoga meditation, a variety of coping behaviour strategies were developed in those mothers who were facing with negative mental health issues.

- 2. Intervention:** Children with ASD need very warned and love support from their parents because children spend most of the time with their mother. Mother's attitude affects more in development and improvement of their child. Sometimes due to most attached relation mother, unknowingly indulge with stress, anxiety and depression. In this study we saw that doing regular practice of rajyoga mother got relief from these problems and show positive approach towards their children .So we found rajyoga practice very effective for mothers who is dealing with children having autism. Study shows that practicing regularly rajyoga helps to improve ability to overcome from stress anxiety and depression.

VI. COMMON SYMPTOMS OF AUTISTIC SPECTRUM DISORDER

Being autistic is not a disease; it just means that the child's brain works a little differently from other children. It has been observed that autism never goes away, yes, it's working methods can be changed and its life style can be changed. Autistic people may have difficulty in presenting themselves. They may need help to carry on with their daily lives

Table 4

Emotionally weak	Fixation on certain things	Difficulties with Language and understanding
Particular about fix routine and don't like changes	Unable to express our feel what others are feeling	Gets Stressed during physical sensation
Socially distracted and like to be alone	Lives in their own world	Sometime look Hyper and sometime looks dumb

VII. LIMITATIONS

There were some limitations of this study. During the study, the sample was used in very small form. For further study, it is advised to take a sample from a larger group. In the study, mothers was taken as sample, but father and brother - sisters and other family members can also be taken as sample, because in any family when autism is diagnosed, along with the affected person, the mental health of other members also gets affected .And it is also suggested to improve mental health of people some meditation sessions, motivational seminars and workshops related to Autism Spectrum Disorder should be conducted so that people can be made more and more aware about autism in the society . So that whenever neuro-developmental related problems are found in children, people can find relief from the situation and be able to cope up and overcome from the situation.

VIII. CONCLUSION

The results of study of 10 mothers of children with ASD, indicates that the participants perceived and found variety of ways to cope effectively from stress by practicing rajyoga meditation. Mothers took out their "me time" and started planning to deal with the

situation and started working on coping strategies. We did not see anything like this in the first meeting but after practicing rajyoga meditation practice for 30 days, it was possible. However, this result can be interpreted cautiously and can be used on large populations.

IX. RESULTS

The exact region of autism has not been known yet, but research shows that there is not just one region of autism, but many regions together can convert into autism disorder. If we talk about the causes of autism, then it is having a member in the family, being genetic, having a genetic disorder, having low birth weight, the age of the parents of the children being old, being metabolically imbalanced and coming in contact with environmental toxins or heavy metals.

The study aimed to determine the impact of rajyoga meditation on ASD diagnosed children's mothers by using stress Assessment questionnaire containing 20 questions. After practicing rajyoga meditation, it found that rajyoga meditation effectively helped an improved stress and negative behaviour management skills amongst mothers. Study suggested that mothers who were doing rajyoga meditation under observation affected less in stress level over a time. This study suggests rajyoga meditation practices in to interventions for parents can be an effective strategy for promoting emotional regulation and healthy way towards coping behaviour and stress management.

The research scholar summed up their findings by concluding that rajyoga is greatest way of meditation. is the path of enlightenment between God and the creature. Parents of ASD diagnosed children's situation in today's life often stressed and depressive. Connecting and establishing a rapport with God through rajyoga indeed trouble - free existence. Perspective of life and sense of stability can be stabilized by practicing regular rajyoga meditation. Anxiety, depression, dyslexia, epilepsy or emotions like tension, anger, worry are bad for mental health that may harm our minds but with rajyoga meditation practices they can be banished. Aim of rajyoga meditation are to connect every soul with love, joy, happiness, hope, health, harmony, purity and finally power through coping any type of negative situations. If we adopt these principles in our daily lives, we may overcome from any tough or negative situations.

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