

STUDY ON COPING BEHAVIOR AND STRESS MANAGEMENT OF MOTHER'S with CHILDREN HAVING AUTISTIC SPECTRUM DISORDER BY PRACTICING RAJYOGA

CHETNA CHATURVEDI
RESEARCH SCHOLAR
MANIPUR INTERNATIONAL UNIVERSITY
COUNSELOR
faristhachetna@gmail.com

DR. INDIRA PRAKASH
STORES OFFICER, DPS
& SUPERVISOR & GUIDE
faristhaindira@gmail.com

ABSTRACT

Autism is not an illness, being autistic does not mean that child have illness or disease. It means that child's brain works in a different way from other children. Autistic Spectrum Disorder commonly spelled as ASD is seen to be emerging at a very early age mostly before the age of 3 years as available in literature, and may last throughout life. Study shows its symptoms may improve over time, sometime its symptoms in children show up within one year and in other hand its symptoms cannot be seen throughout life. Some children with ASD may be performing well in some specific skills & can be noticed development during 18 to 24 months of their age is natural while after the age of 24 months, the development goes slow. It is been recorded that, after this, they stop gaining or even loss skills which they have gained earlier. Children with ASD may have problem with social interaction and communication. They stick towards restricted behavior and do their activities repetitively. They may lose Interest & have their different ways of learning, moving, or paying attention & instructions.

This study deals with improvement seen in behavior & coping situation of mother of child with ASD & how Raja yoga helped mothers having negative and positive attitude and behaviors towards their children. It is found that mother of child with ASD had stress, tension, depression, anxiety, negative & inferiority complex. Study shows that when Raja yoga was practiced, it helped mothers having stressful behavior towards their 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? Data was collected from the mothers dealing with ASD children were taken for study and examine using parent attitude scale and general health questionnaire. The qualitative phase involves in-dept interview with mothers who activity practiced Rajyoga as a part of their daily routine. Interviews explored the mother's attachment towards their child and postive experience with Rajyoga. Their perceptions of its impact of their well-being & how it influences their ability to cope with the challenges of raising a child with ASD. Additionally, the interviews aimed to identify the specific Rajyoga technics that are most effective in reducing mother's stress, tension, anxiety & tension with negativity.

Accepting ASD Child's limitation is very much important for their confidence building and over all development. When mother started practicing Rajyoga, learning the fact about all soul have their own different role to play in this vital world, stress & inferiority of mother was changed to challenge and positivity. When parents dealing with their child's condition, have changed their behavior pattern due to practice of Rajyoga, the child catches the feel & touch pattern of mother & gets self-motivated as they feel, they are accepted and loved for, as they are. This acceptance of their uniqueness and capabilities, even if they are not like majority children, it was an increase in child's confidence and self-stream when they do something good in their life.

Keywords: Autisim, Negative or Postive behavior, Rajyoga practice.