**STUDY OF COPING BEHAVIOUR AND STRESS MANAGEMENT OF MOTHER’S OF CHILDREN WITH AUTISTIC SPECTRUM DISORDER BY DOING PRACTICING RAJYOGA**

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# **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. ASD begin before age of 3 years as received literature, and may be last through out life. Study shows its symptoms may improve overtime sometime its symptoms in children show ASD within one year and in other hand its symptoms can not be seen through out life. Some children with ASD may 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 behavior and do their activities repetitively. They may have loss Interest, in other word children with ASD have their different ways of learning, moving, or paying Attention in instructions. This study deals with stress tension depression anxiety and negative and positive behavior and coping situation with practicing Raj yoga. Study Shows that how Raja yoga helped mothers having negative and positive attitude and behaviors 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. Two mothers dealing with ASD children were taken for study and examine using parent attitude scale and general health questionnaire. Accepting ADS Childs 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.

**Key words :**

Autism, mother’s negative and positive behaviour , Raja yoga meditation practice, behavioral changes after Rajyoga practices, mother’s mental health after Raj yoga.

 **I-AIMS AND OBJECTIVES**

 To assess the coping behaviour and stress management of mothers with children having autistic spectrum disorder by practicing Rajyoga meditation. Mental health is a state of balance between the individual and the surrounding situation.Mentalillnessrefers to the kind of general mental health problems in specific conditions. For example ASD. The study deals with mothers’ positive behaviors and mindfulness play very much significance role in the coping, developing and improving behaviors and mental health of children, who are facing autistic Spectrum Disorder. Firstly, this study focused to found prevalence of mental stress and coping behaviors among mothers of children with autistic spectrum disorder. Second purpose of this study was to aim and assess mother who was having negative attitude towards her child who is facing ASD, and when she was practiced Raj yoga in her daily life, what positive behavioral changes we found. Third aim of the study was, do negative or positive attitudes or behaviors of mothers with ASD children affected their children’s behaviors or mental health, who is passing through autism disorder.Autistic Spectrum disorder is a developmental disability caused by differences in the brain. It offers a broad conditions characterized by challenges with social skills, repetitive behaviors, speech, and nonverbal communication. According to CENTRE FOR DIESEASE CONTROL, Autism affects an estimated 1 in 36 children in the United States today. People with ASD may behave, communicate, interact, and learn in ways that are different from most other people. The abilities of the people with ASD can vary significantly. For example: Some people with ASD may have advanced conversation skills whereas others may be nonverbal, while, some people with ASD need a lot of help in their daily lives, others can work and live with little to no support and in some cases, live entirely independently.

**II-INTRODUCTION**

The study concerns mother behaviors, including their positive or negative attitudes towards their children who were diagnosed autistic spectrum disorder. In contrast to mother child relationship the major aim of the present study which deals with mothers of children with autism involved and coping positive behaviors by practicing Raj yoga in their daily routine life children diagnosed as having autistic spectrum disorder (ASD) affected not only within or through from family but also affected external factors like lack of medical facilities, improper local services, lack of special education, insufficient knowledge provided by health and social services. Lack of limited knowledge related autism and also lack of knowledge provided by food and nutrition through health services neuro psychiatrist disturbance that affect primarily development, functional communication and social and psychosocial behaviors. Such disturbance may affect mother’s mental health and behaviors along with their children. Managing and coping situation through yogic activities (Raj yoga practices) fruitful to explorer autistic child’s behaviors as well as mothers’ behaviors. In investigating relation and positive behaviors between mother and child. Two mother’s were counselled, one mother having negative thinking towards autistic child and one mother who was having full of sympathy, understanding and expectancy towards her autistic child. Following concerning the effect of Raja yoga practices in routine life negative behaviors or thinking, reduced on autistic child mother behaviors and on other hand her mental health also.

 Autistic disorder is one of the passive developmental disorder characterized by delay communicative and other skills, various motor mannerisms resistance to change and idiosyncraticncrestc interest. Existing studies suggested that characteristics of the disorder caused stress in parents and the more severe the child symptoms the greater will be the degree of parental stress. And some studies found that they often experience frustration and anxiety , they have particular characteristics such as schizoid traits higher traits of aloof, hypethasensitive anxious, tense and rigid which in turn contribute to their increased psychological stress .It is also has been reported that parents of children with autism experience more material distress and conflicts with abled children. Sharply et al State that mothers experience greater impact than fathers they blame themselves for their children’s disorder more likely than mothers of normative children. They are also the mother’s who was most likely to be held responsible for their child’s behaviour. So it is necessary to study mothers problems and their psychological needs because mothers are the family members. With the most connection with these children.

**III-METHODOLOGY**

 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 subjects feel comfortable than only counsellor 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 two mothers were passing through situation with their children diagnosed ASD. A well communicable report was formed with both 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.

 Methodology is a way to systematically investigate the research problem. Responses were collected from two mothers of ASD children. The survey was conducted through questionnaire containing 20 questions, telephonic interview and personal meetings in the district Panipat (Haryana). Negative behaviour and stress management are the only parameters of the Study. ASD diagnosed children ‘s mothers that were part of study provided their consent, whose children younger than 10 and 12 years who had diagnosed of an ASD. The ASD diagnosis was made by a qualified licensed health care counsellor. We met both the mothers alone personally and telephoned. Both mothers children having ASD. Self made questionnaire containing 20 questionnaire, telephonic interviews, personal meetings, software were used to assess stress level and behaviour of mothers of ASD children

TABLE-I

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| **A -Preliminaries** | **B -External Factors** | **C**- **Internal** **Factors** | **D-Tools** |
| Mother : 1Name : AAge. : 35Mother : 2Name. : BAge. : 451. Environmental factors2. biological factors3. genetic factors | * Cooperation
* Information
* Problem solving
* Adjustment
* Contribution
 | \* Self introduction\* Self observation \* Insight\* Self decision\* Self development | Questionnaire**, R**esponsesheet**, Place** formeditationTelephonic talk, Personal meetings Interviews. |

**IV-OBSERVATION**

 **X** mother found very much understanding towards ASD and accepting her child conditions and always ready to cooperate and make the child loved. Child have above average intelligence. As per his mother’s talk being autism does not mean having to stop a good life., does not mean you can never make friends, do not have relationship, or do not get job in future.

 **Y** child’s mother found very much depressed and said God will take care of my child now. The situation is not in my hands. As she thoughts her child is ill and never be behave like a normal child. The mother had totally opposite opinion regarding ASD child’s conditions.

 I suggested **Y** child’s mother for Rajyoga meditation for one month. I found drastic change in her behaviour. After one month her body gesture was positive and she was very much concerned to know about how she can cooperate with her child and how she can help child to overcome from that situation and very much interested to know about ASD.

**V-DESCRIPTION OF THE STUDY**

Stress and negative behaviour of the mothers were assessed on the basis of some symptoms of stress and negativity towards situation when their children diagnosed with autism spectrum disorder.

**PRECAUTIONS DURING STUDY:**

Thesubjectsshouldbetotallyawayfromallthedetractions. The instructions to be clearly defined to the subjects. The meditation room should separate from rest of activity areas. The subject should be ensured for the confidentiality of the study results. The study should be administrated within time limits. No question should be left unanswered. Autistic Spectrum disorder is a developmental disability caused by differences in the brain. It offers a broad condition characterized by challenges with social skills, repetitive behaviours, speech, and nonverbal communication.

 According to CENTRE FOR DIESEASE CONTROL, Autism affects an estimated 1 in 36 children in the United States today. People with ASD may behave, communicate, interact, and learn in ways that are different from most other people. The abilities of the people with ASD can vary significantly. For example: Some people with ASD may have advanced conversation skills whereas others may be nonverbal, while, some people with ASD need a lot of help in their daily lives, others can work and live with little to no support and in some cases, live entirely independently. Delayed or absent language development, Intense or unusual interest, Repetitive behaviour like flapping arms or repetitive speech., Take longer to understand information, Do or think the same things over and over. Get irritated or upset unfamiliar. Find it hard to communicate and interact with other people. Find it hard to understand how other people think on feel. Find things like bright lights or loud noises, stressful or uncomfortable. Chronological history of autism. Eugen Bleuler coined the word autism in 1908 among severely withdrawn schizophrenic patients.

 \*In 1943 American child psychiatrist Leo kanner studied 11 children. The children had features of difficulties in social interactions, difficulties in adapting to changes in routines, good memory, sensitivity to stimuli (especially sound), Resistance and allergies to food, good intellectual potential echolalia or propensity to repeat words of the speaker and difficulties in spontaneous activity. In 1944 Hans Asperger working separately, studied a group of children. His children also resembled kanner’s descriptions. The children he studied, however, did not have echolalia as a linguistic problem but spoke like Grownups. He also mentioned that many of the children were clumsy and different from normal children in terms of fine motor skills. Autism came to be better known in the 1970s. The Erica foundation started education and therapy for psychotic children in the beginning of the 80s. Many parents still confused autism with mental retardation and psychosis. It was in 1980s that Asperger’s work was translated to English and published and came into knowledge. It was in the 1980s that research on autism gained momentum. It was increasingly believed that parenting had no role in causation of autism and there were neurological disturbances and other genetic elements like tuberous sclerosis metabolic disturbances like PKU or chromosomal abnormalia like fragile X syndrome.

 As per some study, it found, siblings with autism share about 66% of their genetic material from their father and only about 34% from their mother. However, this was a surprising finding with many potential explanations including the complex interaction of parental DNA.

**VI-COMMON SYMPTOMS OF AUTISTIC SPECTRUM DISORDER**

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| 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 |

 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. Its something you are born with signs of autism might be noticed when you are very young or even not until you are older. If one is autistic, he/she can be autistic whole life unnoticed. It is not a medical condition with treatment or as a “cure”. Autism is a spectrum. This means everybody with autism is different. Some need a little support, others may not. Others may need parents care for managing every day-to-day life. Autism spectrum disorder (ASD) is the medical name for autism. Asperger’s syndrome is used by some people to describe autistic people with average or above average intelligence. People with Asperger’s do not have the same learning disabilities that many people with autism have, but they might have a specific learning difficulty. Some people call this “High Functioning Autism”. Doctors do not diagnose people with Asperger’s anymore because it’s now thought of as part of autism spectrum disorder, but life time one ever diagnosed with it before, it will stay as diagnosis forever. Being autism, does not have to stop you having a good life. Being autistic does not mean one can never make friends, have relationship or get a job, but one might need extra help with these things. Autistic people can have any level of intelligence. Some autistic people have average or above average intelligence. Some autistic people have a learning disability. This means they may find it hard to look after themselves and need help with daily life.

**VII-LIMITATIONS**

Our study has some limitations. Sample of study was small sample, so the finding must be generalized Instructional types, and only 2 mothers took part in the study ,it is suggested on larger groups of samples that will also focus on the fathers and siblings also because when in the family if anybody diagnosed with autism, it affects all connected family members mental health also. It is also suggested to provide some motivational seminars and workshops to support families (especially mothers) that can strengthen their family members coping and managing mental health and positive attitude and adjustment with the facing situation.

**VIII**- **INTERVENTION AND CONCLUSION**

 Children with ASD need very warmed and love support from their parents. .Because child spends most of the time with their mother, mother’s attitude affects more in their development and improvement child, who is facing and dealing with ASD .Sometime due to most attached relation mother unknowingly indulge with stress, anxiety and depression. In this study we saw that doing regular practice of raj yoga mother got relief from these problems and show positive approach towards their children. So, we found Raj yoga practice very effective for mothers who is dealing with children having autistic spectrum disorder. The diagnosis of autism affects the parent’s life parent’s life. The nature of the disability Might affect psychological well-being of the parents. So, counsellor and clinician should Simultaneously focus on this issue and don't focus on the child only. Study found that practicing regularly Raj yoga helps to improve ability to overcome from stress, anxiety, depression among parents who are facing situation with their autistic child. After practicing raj yoga, mother of autistic child got to learn how to cope up with the situation when their child diagnosed with autism. It Is essential using some mental health improving interventions for mothers of children with autistic disorder. Asperger’s syndrome is a form of Austim Spectram Disorder. Attention Deficit Hyperactivity Disorder (ADHD). Dyslexia, anxiety, depression, epilepsy. Nobody knows what causes autism, or if it has a cause. It can affect people in the same family. So, it may sometimes be passed on to a child by their parents.

Autism is:

* Not caused by bad parenting
* Not caused by vaccines, such as the MMR vaccine
* Not linked to diet
* Not an infection you can spread to other people

 After practicing regularly Raj yoga practices mother’s able to understand, children gain self-esteem when they do something well-having their own responsibilities allows kids to feel capable and confident praise or other type of rewards can reinforce the child’s sense of accomplishment. Children with special needs maybe extra sensitive to their slower rate of learning and feel discouraged when their efforts don't result in immediate success. Show that child that he or she is worth your undivided attention by setting aside quality time every day to do things together. Above all Points includes accepting their unique limits and abilities even if you want the child to progress past them. Helping kids discover and rejoice inder unique strengths will set them up for confidence and success. Negative reinforcement leads to anxiety insecurity depression and anger. Celebrate the accomplishment of each step no matter how it is small. By showing your kids that you enjoy their company you are helping to build the trust and self worth.

**IX -RESULTS**

 The study aimed to determine the impact of Raj yoga meditation practice on behaviour and stress management among mothers of children who diagnosed autism spectrum disorder by using self made stress assessment questionnaire, containing 20 question to assess stress level and effect of meditation practice on behaviour and stress management among mothers of ASD children. After practicing Raj yoga meditation, it found that Raj yoga meditation effectively helped and improved stress and negative behaviour management skills among mothers of ASD children. Study suggests that mothers who were doing Raj yoga meditation under observation affected less in stress level overtime, compare to mother who is controlled and already having positive attitude towards their child.

The study suggests and found prove that Rajyoga meditation definitely helped mothers facing stress during copying situation when their child diagnosed ASD. This suggests that Raj yoga 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 Raj yoga is greatest way of meditation it is the path of enlightenment between God and the creature (mothers). Parents of ASD children situation in today’s life often stressed and depressive. Connecting and establishing a repo with God through Raj yoga indeed trouble-free existence. Perspective of life and sense of stability can be stabilized by practicing regular Raj yoga meditation. Anxiety depression, dyslexia, epilepsy or emotions like tension anger worry are bad for mental health that may harm our minds but with Raj yoga meditation practices they can be banished. Aim of Raj voga 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 principals in our daily lives we may overcome from any tough negative situations.

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