

The Importance of Parental Wellbeing in Managing Attention Deficit Hyperactivity Disorder

Archana Simon* and Veena Easvaradoss**

Abstract

Developmental Disorders interrupt normal development in childhood and involve significant handicaps, with onset before 18 years, which affect adaptive, self-help, cognitive and/or social skills. One of the most commonly occurring developmental disorders in normal school going children in India is Attention Deficit Hyperactivity Disorder (10% to 20%, Malhi and Singhi, 2000). The essential feature of Attention Deficit Hyperactivity Disorder is a persistent pattern of inattention and/or hyperactivity-impulsivity that is more frequent and severe than is typically observed in individuals at a comparable level of development. Parents play a crucial role in facilitating and maintaining gains in children with developmental disorders. Managing developmental disorders in children affects various aspects of the wellbeing of parents- the primary caregivers. This study focuses on the Quality of Life and Parenting Stress among parents whose children have Attention Deficit Hyperactivity Disorder. 100 parents whose children were diagnosed with Attention Deficit Hyperactivity Disorder were involved in this study. The tools used were the World Health Organization Quality of Life Questionnaire (1996) and the Parenting Stress Scale by Judy. O. Berry (1995). Comparison with 100 parents whose children were normal was also studied and significant results were obtained. Gender differences in the experience of Quality of Life and Parenting Stress among parents whose children were diagnosed with Attention Deficit Hyperactivity Disorder was also seen. The study also explored the relationship between the Quality of Life and Parenting Stress experienced by parents whose children have Attention Deficit Hyperactivity Disorder. The relationship between the Quality of Life and Parenting Stress experienced by parents whose children are normal was also studied. The results of this study highlight the importance of integrating parental counselling and psycho-education for the effective management of developmental disorders especially Attention Deficit Hyperactivity Disorder.

Key words: ADHD, Parenting

little boy who had Attention Deficit Hyperactivity Disorder. Yet, it was not until

Attention Deficit Hyperactivity Disorder (ADHD) is not a recent discovery. Attention Deficit Hyperactivity Disorder was first described by Dr. Heinrich Hoffman in 1845. A physician who wrote books on medicine and psychiatry, Dr. Hoffman was also a poet who became interested in writing for children when he couldn't find suitable materials to read to his three year old son. The result was a book of poems, complete with illustrations, about children and their characteristics. "The Story of Fidgety Philip" was an accurate description of a

1902 that Sir George F. Still published a series of lectures to the Royal College of Physicians in England in which he described a group of impulsive children with significant behavioral problems, caused by a genetic dysfunction and not by poor child rearing—children who today would be easily recognized as having Attention Deficit Hyperactivity Disorder. The essential feature of Attention Deficit Hyperactivity Disorder is a persistent pattern on inattention

Authors: *Archana Simon., Ph.D, CPsychol (UK), AFBPsS (UK), Faculty of Social and Behavioral Sciences, 1 Oman Medical College, P.O.Box 391, PC 320, Al-Tareef, Sohar, Sultanate of Oman.

** Veena Easvaradoss., Ph.D, Head, Department of Psychology, Women's Christian College, Chennai (Tamil Nadu)