
Synopsis Seminar

Seminar Title	: Attributional Style of Parents having Children with Developmental Disabilities: Understanding Parental Stress, Coping, Wellbeing and Quality of Life
Speaker	: Abhijit Pathak (Rollno : 518hs1012)
Supervisor	: Prof. Ramakrishna Biswal
Venue	: Seminar Hall, Department of HS (3rd Floor, Main Building, Infront of Lift)
Date and Time	: 30 Aug 2023 (4.30 PM)
Abstract	<p>: Parents, when they conceive a child with Developmental Disability (DD), get into shock and anticipate worries about the future, which causes stress. To combat stress, parents adhere to various coping mechanisms which sometimes benefit or adversely affect their well-being and quality of life. The researcher wonders about the parent's explanation of the child's condition and whether they feel their child's condition is reversible or irreversible, which in short, known as an attributional style of the parents, simultaneously caring puts a lot of strain on both the parents especially on their health. The relationship between stress, coping, well-being, and quality of life is well established. However, the role of attributional style and physical health of parents affecting coping, well-being and quality of life is scarce. Therefore, the current study attempts to fill the gap in the literature and explore the effect of physical health and the attributional style of parents on coping, well-being and quality of life. Methodology The study has adopted a cross-sectional design to collect data from 400 parents (197 fathers, 203 mothers) associated with NGOs under the Parivaar association (Odisha Chapter) through a convenience sampling technique. The socio-demographic information schedule, Parental Stress Scale, Physical Health Questionnaire, Ways of Coping Questionnaire, WHO 5 Well-being Index, WHO Quality of Life (BREF) and Content Analysis of Verbatim Explanations were used to record the response of the parents. Factorial ANOVA and Chi-square Test were used to ascertain the differences in parental stress, physical health, coping, well-being, quality of life and attributional style among the sociodemographic variables of parents. Structure Equation Modelling (SEM) was used to see the mediation effect of physical health and attributional style between stress, coping, well-being and quality of life. Results Significant differences in parental stress, physical health, coping, well-being and quality of life were found. Mothers experienced higher stress, greater physical health issues, and lower well-being and quality of life. Mothers often sought social support and accepted responsibility coping, and fathers adopted confrontive coping, distancing, self-controlling, planful problem solving and positive reappraisal coping strategies. Socio-demographic data revealed significant differences in parental stress, physical health, coping, well-being and quality of life among parents. Structure equation modelling showed the significant indirect effect of physical health and attributional style on stress and coping. Attributional style becomes a significant mediator and indirectly affects stress and quality of life, stress and well-being and stress and coping. Physical health also had significant indirect effect between stress and coping, stress and well-being and stress and quality of life. Conclusion The findings show the inevitable role of physical health and attributional style in determining coping. The role of attributional style affecting the quality of life is a novel finding and addition to the existing literature on stress and quality of life. The attributional style affects the parent-child relationship, and the adverse socio-demographic situation worsens it. Deployment of special educators and mental health professionals will help to conduct awareness programs and therapeutic interventions, which will ease the parents' life. Additionally, daycare, respite care, and the creation of needed infrastructure will result in a healthy upbringing and quality of parent-child relationship.</p> <p>Keywords: Parents, Children, Developmental Disabilities, Parental Stress, Physical Health, Coping, Well-being, Quality of life and Attribution Style.</p>