

Synopsis Seminar

Seminar Title	: Parental Attribution on Developmental Disabilities: Understanding the Bio-psychosocial Correlates
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Venue	: Seminar Hall (HS Department)
Date and Time	: 07 Aug 2025 (5.30PM)
Abstract	: Background:Parenting a child with developmental disabilities (DD) is a distinctive and enduring challenge that significantly affects parents' stress levels, physical health, and emotional well-being. A substantial body of research exists about parents who experience chronic stress, exhibit poor physical health, and employ maladaptive coping strategies. Nevertheless, considerable knowledge has to be acquired regarding the influence of cognitive processes such as attributional style and the impact of possessing multiple social identities on these parents. This study examines the biological, psychological, and social determinants of parental stress. It examines the roles of physical health and attributional style as mediators, along with the impact of possessing multiple identities on coping, well-being, and quality of life. Methodology The study employed a descriptive, cross-sectional approach utilizing a sample of 400 parents of children with developmental disabilities from Odisha, India. We employed purposive, convenience, and snowball sampling methods to assemble a diverse group from the Parivaar network and the Rashtriya Bal Swasthya Karyakram (RBSK). The instruments comprised the Parental Stress Scale, the Ways of Coping Questionnaire, the Physical Health Questionnaire, the WHO Well-Being Index, the WHOQOL-BREF, and CAVE for attributional style. We employed Structural Equation Modelling (Smart PLS) to investigate mediation effects, and utilised MANCOVA. Findings: Parental stress significantly adversely impacted physical health and quality of life, hence impairing coping mechanisms and mental resilience. Individuals in poor physical health were more inclined to employ maladaptive coping mechanisms, such as social withdrawal. Conversely, those in optimal health had superior capacity to manage their stress proactively. Attributional style proved to be a significant influence. Parents exhibiting negative attribution tendencies experienced poorer health and coping outcomes, whereas those with optimistic dispositions were more like to employ adaptive strategies. Socio-demographic factors including as gender, caste, language, education, and proximity to resources significantly influenced stress, health, and well-being in conjunction. The MANCOVA results validated that possessing many identities influences individuals' problem-solving approaches and overall quality of life. Conclusion This study demonstrates the interplay of cognitive, physical, and social-structural elements in influencing the health of parents of children with developmental disabilities. Attributional style and physical health are significant connections in the relationship among stress, coping, and well-being. Intersectional variables significantly influence parental caregiving, indicating systemic disparities in the quality of child care provided. The findings endorse the implementation of holistic interventions, including cognitive restructuring therapies such as CBT, physical health initiatives, and comprehensive policy frameworks, to enhance the resilience of caregiving parents and elevate their quality of life. To establish responsive mental health and social support systems, it is imperative to address structural inequities and cultural contexts.

Keywords: Parents, Children, Developmental Disabilities, Parental Stress, Physical Health, Coping, Well-being, Quality of life and Attribution Style.

All are cordially invited.

HoD, HS

PIC Seminar

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