



PARENTAL STRESS, COURTESY STIGMA, SENSE OF COHERENCE AND RESILIENCE AMONG PARENTS HAVING AUTISM SPECTRUM DISORDER CHILDREN IN PESHAWAR

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Abstract

Background: Raising a child is a big responsibility for the parents. The responsibility increases if the parents have a child with a developmental or intellectual disability like autism spectrum disorder, Down syndrome, ADHD.

Objective: The present study investigated the relationship between parenting stress, courtesy stigma, sense of coherence, and resilience in parents of children with autism spectrum disorder in Peshawar Khyber Pakhtunkhwa.

Method: A sample (N=100) was included in the study. Purposive sampling technique was used to select participants from different autism centers and hospitals in Peshawar. The parenting autism stress index, stigma indicator, short version of the sense of coherence, and the 14-item resilience scale were used to measure parenting stress, courtesy stigma, sense of coherence, and resilience among parents with autistic children.

Result: The Pearson correlation coefficient was applied which indicated the finding of the study that the correlation coefficient (r) value between autism parenting stress and resilience is -.500, (r) value between courtesy stigma and resilience is -.348 and (r) value between autism parenting stress and sense of coherence is -.476.

Conclusion: According to the consequence of this study, parenting stress is inversely correlated with resilience and a sense of coherence in parents with ASD children. It is also concluded that courtesy stigma is negatively correlated with resilience in parents with ASD children.

Keywords: autism spectrum disorder, parenting stress, courtesy stigma, sense of coherence, resilience, correlation.

Childhood is the span in which a child's behavior is shaped and raised by parents and they are accountable for giving them a healthy environment which has an impact on a child's development. From the very beginning of life, the child relies on actions like weeping or fidgeting to keep his or her attachment figure close. Throughout the first 12 to 18 months of life, the child practices this ability in order to understand how to influence the caregiver's response. A child with an easy temperament is commonly defined as one that typically shows ease in adjusting to common changes in their environment, who is generally pleasant and quiet, and who exhibits little concern when their daily routines are disturbed. On the other hand, children with a challenging temperament are those who display strong emotional negativity, defy parental authority, and have low levels of patience and impatience. The success of particular parenting practices as well as how parents interact with children are significantly impacted by children who are hostile, disobedient, and violent. Therefore, when a child exhibits troublesome behavior like violence, an unpleasant temperament, or a disorder like autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), or down syndrome, the stage of childhood is thought to be challenging for parents (Silva & Sandstrom, 2018).

Autism spectrum disorders (ASD) are a group of chronic neurodevelopmental illnesses that include severe social and communication deficits as well as repetitive, ritualistic, and constrictive patterns of behavior. ASD Children struggle to express themselves, making it difficult for parents to control them, and the symptoms last a lifetime. Previous studies have shown that parental involvement can significantly improve children's linguistic expression, interactive play, and receptivity while also reducing their behavioral problems and sleep problems. According to research, a parent's ability to support their child's general welfare and mental health may depend on how they are feeling. For instance, parental conflict may hinder both parents' and children's ability to cope and solve problems. Concerns about parental health have come to light as a result of research on the difficulties of parenting children with ASD. This group has been linked to a number of other connected problems, such as poor physical and mental health, social estrangement, and relationships that have broken down (Visalopoloulou & Nisbet, 2016).

Parents of ASD experience challenges at home and in the community because in comparison to parents of children without ASD and other developmental problems. Parents can better comprehend how an ASD child affects family life, the spouse-spouse relationship, and the parent-child relationships. Autism spectrum disorder is typically diagnosed in young children, with parents reporting varying emotional reactions depending on the child's age. Raising a child with ASD had an impact on several aspects of daily life. Parents were frustrated because they didn't have enough time for their families and themselves. Many parents reported feeling overburdened with household responsibilities. Some folks were waiting for the next disaster because they were so fearful. Other parents also battled to manage their child's numerous behavioral problems, such as tantrums. Parents claimed that after their child's diagnosis, their financial situation had changed. They discussed how they needed to work to provide for their autistic child's financial needs. Some parents claim that they themselves left their jobs because of their children who had autism spectrum disorders since they needed more time and care. Being a caregiver caused stress for a number of parents, which negatively impacted their wellbeing. After caring for their child who has an ASD, parents said they felt anxious, exhausted, and depleted. The stress of taking care of their children increased for some parents. Despite my best efforts, I'm worried that my child won't soon return to normal or a state that is very close to normal. I'm concerned that I'll waste this important time. Other stressed-out parents formed unfavorable ideas of themselves, including the notion that they weren't good parents (DePape & Lindsay, 2015).

Parental stress is a term used to describe negative psychological reactions to parenthood's responsibilities, particularly when the resources offered fall short of what the parents desire or when the resources required to fulfill the responsibilities are not met. Research suggests that mothers of

handicapped children in particular may have been more stressed than mothers of typically developing children. varied types of disabilities result in varied amounts of parenting stress for parents of those children. Parents of children with autism spectrum disorders reported feeling more stressed than parents of children with Down syndrome, intellectual disability, ADHD, deafness, etc. One typical cause is persistently challenging behaviors associated with children with autism spectrum disorders. Chronic stress has a negative impact on parents' health and satisfaction in their marriages, as well as their capacity to care for their children (Zhao et al.,2021).

Studies show that compared to parents of children with Down syndrome, other disabilities, or children who are typically developing, parents of children with ASD experience higher levels of stress, anxiety, and despair. Although the primary cause of this stress has been attributed to the child's challenging behaviors, little is known about the specifics of these behaviors and how they affect parental stress. In addition to tantrums and meltdowns, other issues include oral or physical persistence, numbing out, recurring motion, poor muscular control, and unexpected responses to sensations (Bonis, 2016).

The stress and resilience among parents of children with ASD, Down syndrome (DS) symptoms, and typical development (TD) were compared and analyzed and associated. The study included 97 parents with 32 ASD, 23 DS, and 42 TD. Parental stress index (PSI), and resilience scale (RS) were used in the study which indicate that the ASD group has more parental stress than the DS group and TD group, and resilience is negatively correlated with stress in parents with Autism and Down syndrome children, and moderate resilience occurs in all three group (Cerezuela et al.,2021).

In ASD children's families, the relationship between parenting stress, family resilience, and social support was determined in cross cross-sectional study conducted by Plumb et al. (2011). The parenting stress index-short form (PSI-SF), family resilience assessment scale, and social support index were used in the study. The sample of the study includes 50 family members with ASD children. The study concluded greater resilience in families reports lower levels of stress and perceived social support is positively correlated with parental stress.

A correlational study of family resilience, parenting stress, and social support was conducted by Kavaliotis et al. (2017), with a sample of 624 participants. The study made use of the parenting stress index, family resilience assessment scale, and social support index, which showed that parenting stress is negatively correlated with resilience and social support.

According to claims made about children who have been classified as "on the autism spectrum," these children frequently violate social standards when conversing with others, struggle with language, and on occasion exhibit inappropriate behaviors like violence or withdrawal or act out in response to stress or routine disruptions. Parents may feel ashamed, alone, and left out of society as a result of these behaviors (Farrugia, 2009). Stigma is a process in which people with mental illness are devalued by society due to their different characteristics, and values. Stigma occurs through discrimination. A recent extensive analysis of people with mental illness revealed that internalized stigma may have a detrimental effect on well-being by lowering self-esteem, increasing psychiatric symptoms, and lowering the standard of living, claims a recent in-depth study of people with mental disorders. Stigma may have a detrimental effect on health by reducing self-esteem, escalating psychiatric symptoms, and deteriorating the standard of living. In one of the earliest studies, Edgerton (1967) found that those who were released from long-term care facilities into the community reportedly made an effort to disguise their handicap out of fear of stigma. It has been noticed that people with cognitive impairments experience self-stigma. Family members, friends, and even employees who are close to the person may also feel stigma. We refer to this as courtesy stigma. Family members could consequently be made fun of, mistreated, blamed, or held guilty for their handicap. Family members may experience unpleasant emotions and negative self-perceptions, which may lead them to isolate

themselves or hide their adverse circumstances from others. Mothers, more than fathers, felt the shame of social stigma, which occasionally led them to withdraw from friends and even from their child with the disability (Ali et al., 2012).

McLean et al. (2021) investigated association among emotional and behavioural issue, stigma and protective factors adjustment of parents, resilience, and social support. These cross-sectional online studies used family stigma instrument (FAMSI), positive gain scale, perceived social support scale and brief resilience scale. The study sample was 108 which concluded that child emotional and behavioural difficulties is significant predictors of stigma, while resilience moderated association among them. The study also indicate that the stigma impact is reduce by resilience.

Affiliate stigma and resilience in parents of autistic child age difference was examined by Ji et al. (2022). The cross-sectional survey was conducted in China with 184 sample, in which affiliate stigma scale and Connor Davidson resilience scale was used. The study concluded that parents of preschooler have less affiliate stigma than parents of school age children, where resilience is protective factor for parents to overcome with affiliate stigma.

Fulambarkar et al. (2021) conducted a study with a purpose to assessed the relationship among resiliency, affiliate stigma and trait mindfulness facets. The affiliate stigma scale, five facet mindfulness questionnaire (FFMQ), brief resilience scale (BRS) is used in study with 83 participants. The result found positive correlation among resilience and mindfulness facets, and negative correlation among affiliate stigma, resilience and mindfulness facet.

Parents of children with ASD frequently experience marital stress and disturbance in their family life as a result of their children's bad behavior and restricted opportunities to participate in their communities. Due to poor family functioning and decreased marital contentment, such parents are roughly twice as likely to divorce as parents without children with autism. The quality of life (QoL) of parents of autistic children is generally low. Higher Sense of Coherence (SoC) scores among parents were associated with better quality of life (QoL). According to Antonovsky (1987), SOC is an international perspective that measures how confident a person is that their daily demands from their internal and external environments are (1) organized, recognizable, and understandable (comprehensibility); (2) manageable in terms of resources available to meet these demands; (3) challenging in terms of investment and involvement. Strong SOC parents can enhance their children's SOC by promoting a psychologically and socially stable home environment. In reality, parents of children with ASD reported low SOC, a risk factor for depression and trouble adjusting that may be strongly linked to ASD tendencies (Omiya et al., 2020). People with strong SOC see the stressor as challenge and prepared to face it as compared to people with weak SOC (Pisula et al., 2010).

The research on depression, sense of coherence and stress among parents with intellectual disable children and parents with normal children was conducted by Olsson et al. (2002). The sample included 216 parents with ID and or autism children and 213 parents of normal children. Questionnaires used short sense of coherence scale 13 item and back depression inventory. The result indicates that low SOC in parents with ID children have high depression than low SOC is vulnerable to stress and depression.

Mak et al. (2007) administered a study with 157 sample to find relationship among parental attitudes and parenting stress in parents with ASD children. The study used sense of coherence scale (SOC), parent attitude survey scale and parenting stress index-short form. Result showed that parents with strong SOC have lower stress and parental confidence and acceptance mediate stress and SOC.

In fathers of children with developmental disabilities, the level of stress, coping strategy and sense of coherence were assessed in study conducted by Dabrowska et al. (2008). 128 participants with normal development children and with different developmental disability such as cerebral palsy (CP), down syndrome, autism was included in study. The result showed that avoidance strategy is used by father with lower level of sense of coherence while father combat stress, used positive problem-solving strategy with higher level of sense of coherence. The study also showed that trouble in combating with stress is caused by lower level of sense of coherence.

Rational

Only teaching hospitals with psychiatry departments or privately owned clinics can provide psychiatric care in Pakistan. In a nation with one of the greatest burdens of mental health issues in South Asia, only 200 psychiatrists and a small number of child psychiatrists are responsible for providing the critical services. There haven't been many epidemiological research looking at the prevalence of learning difficulties and child psychiatric problems. At Karachi city schools, children aged 5 to 11 had an emotional and behavioral problem prevalence of about 17%, which is among the highest in the developing world, according to a methodologically sound two-stage study conducted by Hussein (2011). A significant proportion of developmental impairments was reported in numerous research conducted in Pakistan. According to Stone (1987), incorrect understanding regarding autism and its symptoms in children and adolescents was held by professionals across a variety of professions, which resulted in differences in autism diagnosis and treatment. Healthcare workers in Pakistan have relatively little precise knowledge of autism (Imran & Azeem, 2014). The frequency of autism is rising throughout the world, but Pakistan's population has shown a lack of knowledge about it. Just 75% of people there had heard of it and they scored poorly on knowing the signs and symptoms, therefore professionals are needed to give parents counseling sessions about autism (Anwar et al.,2018). Stress and shame in parents with autistic children are caused by the lack of knowledge about ASD in the culture (Ilias et al.,2018). The present study's goal is to ascertain the relationship between resilience, feeling of coherence, stress, and stigma in light of all these aspects. To assist the parents who are stressed and stigmatized because their youngsters have ASD, it is important to comprehend the relationship between these factors.

Objectives

- To measure the level of stress, courtesy stigma, sense of coherence, and resilience in parents with autism spectrum disorder children.
- To find out the relation among resilience, sense of coherence, courtesy stigma, and stress.

Hypotheses

- Resilience and parental stress will be negatively correlated in parents of ASD children.
- Resilience and courtesy stigma will be negatively correlated in parents with ASD children.
- Sense of coherence and parental stress will be negatively correlated in parents with ASD children.

Methodology

Sample

The sample of the present study was 100 (N=100) parents having children with autism spectrum disorder. Purposive sampling technique was used to select participants from different autism centers, and hospitals in Peshawar. Age range varies from 2-10 years.

Autism Parenting Stress Index (APSI)

The Autism Parenting Stress Index (APSI) is tool is a measure of parental stress as perceived by parents/guardians of young children with autism. It reflects the physical, social, and communication barriers imposed by the disability. As such, the items on this test fall into three categories: the core social disability, difficult-to-manage behavior, and physical issues. The test is designed to indicate

how much stress parents are experiencing and what factors are causing this stress. The autism parenting stress index is developed by Silva and Schalock (2012). The rating of item is from not stressful to so stressful sometime we feel we can not cope. The Cronbach's alphas are .827 (Silva et al.,2012).

Sense Of Coherence-Orientation to Life Questionnaire

A shorter version of 13 question is developed by Antonosky (1987) to measure the sense of coherence. It consists of 5 item of comprehensibility, 4 items measuring manageability, 4 items measuring meaningfulness. This scale is rated on a 7-point Likert scale, a total score can also be used and the coding for items 1, 2, 3, 7 and 10 should be reversed. The value can consider as original and reverse scoring and scoring ranging from 13-91 points, and higher score show stronger SOC. The Cronbach's alpha is 0.77 to 0.92.

Indicators For Monitoring Stigma and Discrimination Against Persons Affected by Autism

The 5-Question Stigma Indicators are specifically developed to assess and monitor stigma for both communities and affected persons. Life areas commonly affected by stigma are covered in this scale including concealment, avoidance, pity and shame. It counts 2 short questionnaires: i) The 5-QSI-CS is a short questionnaire tool comprising 5 questions to assess and monitor community stigma. ii)The 5-QSI-AP is a short questionnaire tool comprising 5 questions to assess and monitor stigma in affected persons. This scale is developed by Wim H van Brakel (2017) which scored from 0 (never or don't know), 1 (sometime), or 2 (often), ranging from 0 to 10. The Cronbach's alpha is 0.897.

The 14 Item Resilience Scale

The 14 items resilience scale is developed by Wagnild (2010) to assess resilience. The brief "RS-14 scale consists of 14 self-report items measured along a 7-point rating scale ranging from '1—strongly disagree' to '7—strongly agree.' Higher scores are indicative of resilience level. The Cronbach's alpha of RS-14 is 0.88.

Procedure

Formal permission was taken for data collection from parents of autistic children, and different autism centers (The autism jewel, Autism Center in Peshawar University, I-We learning system, Ayla Bells, and different hospitals in Peshawar. Rapport was developed with participants after which they were briefed about the aim of the study. Before the data collection, the consent form was given to participants to ensure their willingness to participate in the study. First, the demographic sheet was given to the participants, after that the parental stress index, stigma scale, sense of coherence scale, and resilience scale were administered. At the end, they were ensured of the confidentiality of the data they provided, that it will be used only for research purpose.

Result

The data was collected from hundred parents of children having autism spectrum disorder to assess parenting stress, courtesy stigma, sense of coherence and resilience. Correlation tests were conducted to verify the study's hypotheses. All the conclusions drawn from the examination of the information received for this study from parents of children with autism spectrum disorder is, it indicated negative correlation between parenting stress and resilience (Table 3). Result also show negative correlation between courtesy stigma and resilience (Table 4) and it also found negative correlation between parenting stress and sense of coherence (Table 5).

Table 2. Alpha Coefficient of Autism Parenting Stress Index, Stigma Indicator, Sense of Coherence 13 item scale, 14 item Resilience Scale:

Scale	No of Items	Alpha Coefficient
Autism Parenting stress index Scale	13	.932
Stigma Indicator Scale	10	.844
Sense of Coherence (13) item Scale	13	.758
14 Item Resilience Scale	14	.927

Table 2 shows values of alpha coefficient of reliability. The alpha value indicates high reliability.

Table 3. Correlation Between Autism Parenting Stress Index and Resilience:

	Correlation	
	APSI	RS
APSI	1	
RS	-.500**	1

Note: APSI stand for autism parenting stress index and RS stand for resilience.

Table 3 shows correlation coefficient (r) value between autism parenting stress and resilience is -.500 which shows a moderate negative correlation between both variables. The p value is <0.01 which means the relationship is statistically significant. So, we can say that increase in level of resilience can decrease the level of parenting stress, hence the first hypothesis is supported.

Table 4. Correlation Between Stigma Indicator and Resilience:

	Correlation	
	SI	RS
SI	1	
RS	-.348**	1

Note: SI stand for stigma indicator and RS stand for resilience.

Table 4 shows correlation coefficient (r) value between stigma and resilience is -.348 which shows a low negative correlation between both variables. The p value is <0.01 which means the relationship is statistically significant. So, we can say that increase in level of resilience can decrease the level of stigma, hence the second hypothesis is supported.

Table 5. Correlation Between Autism Parenting Stress Index and Sense of Coherence:

	Correlation	
	APSI	SOC
APSI	1	
SOC	-.476**	1

Note: APSI stand for autism parenting stress index and SOC stand for sense of coherence.

Table 5 shows correlation coefficient (r) value between autism parenting stress and sense of coherence is -.476 which shows a low negative correlation between both variables. The p value is <0.01 which means the relationship is statistically significant. So, we can say that increase in level of sense of coherence can decrease the level of parenting stress, hence the third hypothesis is supported.

Discussion

The purpose of the study is to determine a link between parenting stress, courtesy stigma, sense of coherence, and resilience among parents having children with autism spectrum disorder in Peshawar. Parents of children with autism spectrum disorder (ASD) are more likely to experience mental health problems. Parents of children with these conditions report higher levels of stress, depression, and poorer quality of life than parents of kids with other developmental disabilities, physical impairments,

or long-term health issues. The level of anxiety and despair experienced by parents is connected with the degree of impairment indicated by parents, including the severity of behavioral disorders, language and social deficits, and overall autistic severity. It has been postulated that the anxiety and depression that parents of children with ASD suffer are a direct outcome of the child's autism because children with ASD frequently exhibit more serious impairment than children with other developmental disorders (Ingersoll & Hambrick, 2011). Stigma is reportedly one problem parents of autistic children face when participating in social activities. Parents of high-functioning autistic children may experience some degree of stigma-related suffering as well. Studies undoubtedly demonstrate that parents of children with ASD who have disabilities frequently act in socially stigmatizing ways. One of the issues raised during a study on the social effects of autism was the stigmatization of families with children who have ASD. The parents acknowledged that they can internalize societal stigma as self-stigma when questioned about how people treat them or their children due to the child's condition (Alshaigi et al., 2020). According to studies, it may be more challenging for these families to offer opportunities for meaningful participation since they lack resources, support, energy, and control. The obstacles that parents encounter in providing for their families on a daily basis are often substantially greater (Honore et al., 2021). Furthermore, those parents who have high resilience and sense of coherence can easily cope with stress and stigma.

The first hypothesis is stated that Resilience and parental stress will be negatively correlated in parents of ASD children. The results of the study revealed a moderate negative correlation between autism parenting stress and resilience in parents having children with autism spectrum disorder. Hence the results supported the first hypothesis of the study.

The responsibility for parenting a child entirely falls on the parents. This role is expanded if the child suffers from a disability like autism spectrum disorder (ASD) or a specialized learning disorder (SpLD). The parenting resilience, stress, and styles of parents of children with ASD, SpLD, and children without a psychiatric disorder were investigated by Sinha et al. (2016) in a study that compared the groups of children. The participants were assessed using the Connor-Davidson Resilience Scale, the Parenting Styles Questionnaire, and cross-sectional research. The study sample consisted of 98 children, parents of 53 moms and 45 fathers. In comparison to parents whose children had a specific learning disability or none of these disorders, those whose child had an ASD diagnosis had significantly higher mean stress scale scores and lower mean resilience scores ($p < 0.001$).

Families of children with autism spectrum disorder (ASD) must be able to recover from stress. It is unclear what factors affect children's resilience, despite the fact that the majority of prior studies concentrated on parental resilience. Therefore, Ghanouni and Eves' research (2023) concentrated on the resilience challenges faced by parents of children with ASD and how such challenges affect children's resilience. 50 parents of ASD-afflicted children aged 13 or younger from various Canadian provinces were asked to participate in a web-based survey. Parental resiliency was favorably connected with household wealth and inversely correlated with parental stress. Resilience in children with ASD was favorably connected with social activity at home and in the community.

The second hypothesis stated that Resilience and courtesy stigma will be negatively correlated in parents with ASD children. The finding of the research revealed a low inverse correlation among resilience and courtesy stigma in parents having children with autism spectrum disorder. Hence the results of the study supported the second hypothesis.

The aim of this study by Reddy et al. (2019) was to comprehend the daily routines and coping techniques of parents of autistic children. In an exploratory, qualitative study, purposeful sampling was used to recruit parents of autistic children. Six individual interviews and one interview with a pair provided the data used in the study. The data analyses were interpreted thematically. The study's two

key themes were dealing with and having an ASD. The management of ASD was fraught with difficulty due to a dearth of resources, inadequate medical supervision, drawn-out diagnostic procedures, a lack of knowledge of autistic spectrum disorders, and stigma for families. Parents displayed resilience and independence to navigate the hard terrain, and support systems provided families with a safety net. The problems like stigma will be lessened as resilience increases. The development of good personality qualities, more profound spiritual beliefs, and a greater enjoyment of life are all positively impacted by parenting an ASD child. More tools and support for families are needed, according to the research, in order to decrease the effects of ASD on them.

The third hypothesis stated that Sense of coherence and parental stress will be negatively correlated in parents with ASD children. The results of the study revealed a low negative correlation between sense of coherence and parental stress in parents having children with autism spectrum disorder. Hence the results supported the third hypothesis.

The care of children with autism spectrum disorder differs from the care of children in general. Mothers who have this syndrome commonly endure parenting-related stress. The aim of this study by Kurniandini and Hartini (2020) was to examine the association between parenting stress and mothers of autistic children's feelings of coherence. 32 mothers took part in a survey method to get the data for this study. mothers of autistic kids aged 5 to 13 who go to numerous schools and treatment centers in Surabaya, Sidoarjo, Gresik, and Tangerang. A negative and significant association between parenting stress and sense of coherence is found after a thorough analysis of the data.

Limitations

- In autism center only one parent (mother) was present to evaluate and it's possible that fathers and mothers experienced parenting disabled children differently.
- Given that the sample is only representative of one city in KP, it is possible that it does not accurately reflect all Pakistani parents of autistic children.
- A bias in the sample of parents of children with additional disabilities, such as Down syndrome or ADHD, may have had an impact on these findings.
- It was very difficult to collect data from parents as they were present for very short time in autism centers.
- The study faced difficulty in taking permission from autism center to collect data.

Future suggestion

- Future studies are required to compare the stress, stigma, resilience, and feeling of coherence experienced by mothers and fathers of children with ASD.
- Future studies should include a longer follow-up period to monitor changes in children's behavioral issues and to see if resilience, feeling of coherence has built in this duration and stress, stigma have diminished over time.
- Future research should compare the stress, stigma, resilience and sense of coherence among educated and uneducated parents of children with ASD.
- Further studies should compare the stress, stigma, resilience and sense of coherence in parents of children with different duration of ASD.
- A cross-cultural study should conduct on such problems to represent the whole population of Pakistan.

Applied significance

- The study findings have practical implications in clinical settings, indicating a need to provide psychological assessment and counselling to those parents who have stress and stigma.

- This research will enlighten parents and clinicians that through which factors they can overcome with stress and stigma.
- The discovery that parental stress and stigma are related to resilience and a sense of coherence may be used to guide clinical practice and improve the wellness of parents of ASD children.
- It would be also advantageous to directly work to increase parents' resilience in order to enhance their wellbeing and help them cope with stress.
- There is a huge potential to boost resilience and lessen the severity of stress through clinical applications that use Sense of Coherence and Meaningfulness as protective factors against depression/stress in parents of children with ASD.
- The study could provide additional information and be a reference to the future researcher who will conduct a similar study.

Conclusion

As we know autism spectrum disorder can pose challenges for parents to deal with sensory overload, helping a child learn social skills, lack of communication, hyperactivity. So being a parent of an autistic child cause parents to feel guilt, grief, stressful, anxiety, frustration, stigmatized and depressed. The current study's goal was to ascertain the relationship between stress, courtesy stigma resilience and sense of coherence among parents having children with autism spectrum disorder in Peshawar. All of our hypotheses were supported by the findings of this study.

According to consequence of this study, the parenting stress is inversely correlated with resilience and sense of coherence in parents with ASD children. It is also concluded that courtesy stigma is negatively correlated with resilience in parents with ASD children.

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