

# **Relationship between parenting stress and social support in mothers of children with disabilities covered by welfare in Ardabil in 1399**

Seyedeh Marzieh Ghanizadeh

Mohammad ali Mohammadi

Behrooz Dadkhah, Leila Raisi, Naser Mozaffari

## **Abstract:**

**Objectives:** The presence of a disabled child in the family is a challenging event and causes parenting stress, especially in the mother. Social support seems to be effective in reducing parenting stress. so, this study was conducted to determine the relationship between parenting stress and social support in mothers of children with disabilities covered by welfare in Ardabil.

## **Methods:**

This study is a descriptive-correlational study that was performed by census method on 154 mothers having disable child. Data collection tool included demographic characteristics, Abidin Parenting Stress (P.S.I-SF) and Sarason Social Support Questionnaire. Data were analyzed using SPSS software version 16 using descriptive and analytical statistics.

## **Results:**

The results showed that the mean total score of parenting stress in mothers of children with various disabilities ( $107/98 \pm 28/72$ ) was less than the criterion but this difference was not statistically significant ( $p > 0.05$ ). The mean score of total stress ( $126.05 \pm 22.28$ ) and it's components was higher in mothers with autistic children and this difference was significant ( $P < 0.001$ ). The mean score of total social support (social network size dimension) in mothers with children with disabilities was  $29.98 \pm 17.14$ . Mothers with Down syndrome ( $33/10 \pm 18/18$ ) and blind child ( $23/82 \pm 6/74$ ) had the highest and lowest mean social network size, but this difference was not statistically significant ( $P > 0.05$ ). The mean score of total social support (satisfaction dimension) was  $111.08 \pm 29.55$  and the highest score was observed in mothers having Down syndrome child ( $120/90 \pm 27/92$ ), but this difference was not significant statistically ( $P > 0.05$ ). Social network size components with beta of  $-0.37$  ( $p = 0.001$ ,  $t = 28.99$ ,  $B = -0.37$ ) and satisfaction with social support with beta of  $-0.36$  ( $p = 0.001$ ,  $t = 17.43$ ,  $B = -0.36$ ) had the highest and lowest contributions in predicting parenting stress. Mothers with higher scores in social network size had lower scores on parenting stress.

## **Conclusion:**

In overall, the results showed that the total score of parenting stress in mothers of children with various disabilities was favorable. The rate of parenting stress was not the same in mothers of children with different disabilities and the highest rate was found in mothers with autistic children, followed by mothers of Down syndrome, deaf and blind children, respectively. There was a significant inverse relationship between social support and parenting stress. These findings can be used in planning projects related to disabled children.

**Keywords:** Parenting stress, Social support, Disabled child