

Autistic children and parental stress

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Abstract

Introduction: Raising a child with autism is a major challenge both physically and emotionally, it is one of the most difficult things a parent has to do.

The purpose of the study is to analyze the impact of parental stress on children diagnosed with autism aged 2–12 years, based on the experiences, experiences and perspectives of parents.

Methodology: population were 143 parents from the Prishtina region, divided into two groups: parents with children with autism and with children with no autism.

Results: there were 83 parents with autistic children and 60 parents who did not have autistic children. Children are divided into two age groups: 2 - 6 years (119 or 83.2%), and 7 - 12 years (24 or 16.8%). 78 (54.5%) parents resulted in moderate stress, 49 (34.2%) in high stress and 3 (2.1%) in very high stress.

Conclusions: parents of children with autism experience higher levels of stress, so more services should be provided to parents, because services are mainly focused on children and not parents. Organizing regular meetings with parents, as well as their training by professionals in the field.

Keywords: autism, children, parents, stress, care, professionals.

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