

Levels of Psychological Stress Facing Parents of Autistic Children and Strategies to Confront them in Irbid Governorate

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Abstract

The research aims to know the levels of psychological stress facing parents of autistic children and the strategies to confront them in Irbid Governorate. The study sample consisted of (143) parents of autistic children. Researcher preparation. The results of the study showed that the levels of psychological stress facing parents of autistic children came to a (medium) degree with an arithmetic mean (3.22). The results also showed that the strategies used to deal with psychological stress among parents of autistic children were moderate to large.

Keywords: psychological stress, parents of autistic children, strategies for coping with psychological stress.

Introduction

The psychological pressure imposed by a child with autism on the family pushes them to search for coping strategies that enable them to coexist with their son's injury, regardless of the type of methods used. Strategies for coping with psychological stress are considered stabilizing factors that help the individual maintain psychosocial harmony in the face of stressful events in his life. Following these methods would help in dealing with psychological stress on a daily basis and reduce its negative effects as much as possible (Mughniyeh, 2019). Therefore, the family resorts to following different methods and strategies to relieve the stress caused by the disease of its diseased son, such as fleeing by denying the disease of their son, or blaming their-self to atone for the feelings of guilt their experiencing, and they may resort to accepting their son's disease by referring to the religious aspect, or they may try to gather enough information to enable there to make future plans that fit the situation of their diseased son. (Al-Saeed, 2019.). Several studies have indicated that parents of autistic children are exposed to psychological stress in varying degrees, such as the Suhaimi study (2021), which aimed to know the psychological pressures of parents of autistic children and its relationship to their needs for psychological counseling in day care centers in Medina. The psychological level of parents of children with autism spectrum disorder came to a moderate degree, and the level of counseling needs of parents of children with autism spectrum disorder came to a high degree.

The study of Shinar and Bahbawi (2020) came to highlight the importance of psychological and social pressures experienced by the family of a child with autism and their impact on their mental health. The results revealed that families of children with autism suffer from high pressure, especially mothers compared to fathers. Both gender, especially in mothers compared to fathers

The aim of Saeed and Muhammad's research (2020) was to reveal the level of psychological burnout among mothers of autistic children in Dohuk Governorate. The results of the study indicated that the research sample suffers from a high level of psychological burnout.

Baba Hamo's study (2019) also aimed to know the relationship between the feeling of cohesion and coping strategies among mothers of children with intellectual disabilities, and autism. With cohesion and coping strategies among mothers of children with intellectual disability and autism, and there is no correlation between some dimensions in the scale of feeling cohesion, and some dimensions in the scale of coping strategies

Quaish study (2018) also aimed to reveal the relationship between psychological stress and coping strategies among mothers of children with autism. The most frequently used strategies to confront the psychological pressures of mothers of children with autism are the positive strategies.

Perhaps identifying the levels of psychological pressure in parents as a result of the presence of an autistic child in the family, and the consequent financial and social obligations, and psychological and emotional consequences such as psychological pressure, and identifying strategies for dealing with it, will lead to standing on the most important ways to provide services and necessary strategies that must be provided to the families of children autistic.

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The autistic child is characterized by many characteristics and characteristics that distinguish him from other disabled people, which entails privacy in dealing with him by the parents in particular, and the family in general. As a result of the researcher's work in the field of special education, and his interviews with parents of autistic children, the difficulty of dealing with an autistic child can be described through grumbling and complaints by parents about their lack of knowledge of the proper ways to deal with their autistic child, which leads to psychological, emotional and social problems.

It appears in the form of psychological pressures experienced by parents and the family as a result of the presence of an autistic child in the family, in addition to the lack of knowledge among families of autistic children about what autism is, and appropriate ways to deal with autistic children. Consequences of having an autistic child in the family. Therefore, this study aims to identify the levels of psychological stress facing parents of autistic children and strategies to confront them by answering the following two questions:

- What are the levels of psychological stress that parents of autistic children face?
- What are the strategies used to deal with psychological stress among parents of autistic children?

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- The practical importance of research lies in providing stakeholders and specialists with an accurate view of the nature of these pressures; To reach useful solutions aimed at treating such pressures, so that they reflect positively on parents of children with autism, and to get rid of the psychological pressures associated with parents of children with autism.

The lack of Arab and local scientific studies and research that dealt with the issue of methods of coping with psychological stress among parents of autistic children, unlike other categories of people with special needs.

- Developing a scale specialized in detecting levels of psychological stress among parents of autistic children, due to the scarcity of specialized measures in this field according to the researcher's knowledge, in addition to developing a scale specialized in revealing the strategies used by parents in addressing psychological stress

Research objective:

Identifying the levels of psychological stress facing parents of autistic children and strategies to confront them

search limits:

The current study is determined by the following:

- Spatial boundaries: centers and institutions that care for people with special needs in the Irbid governorate and that provide services for autistic children.

Time limits: This study was completed during the year 2021/2022.

- Human boundaries: mothers and fathers of autistic children within the place of study.

Search terms:

Psychological stress: Psychological stress is “the set of situations facing the individual beyond his capabilities and capabilities, which may cause him to collapse and suffer some physiological, psychological and professional symptoms that reduce his ability to adapt personally and socially to the demands of daily life” (Abu Al-Atta, 2015)

Procedural definition of psychological stress: “The reactions of parents of autistic children in terms of physical, psychological, social, mental and behavioral aspects, resulting from the behavior characteristics of a child with autism disorder, arising from the injury of their children with autism disorder, and estimated to the degree that parents of autistic children obtain on the stress scale. Psychological prepared by the researcher

Autism: The American Psychiatric Association defines autism as a loss of ability to improve in development, affecting verbal and nonverbal communication and social interaction. It usually appears before the age of three and affects performance in education. Some cases of autism are associated with automatic repetition of certain syllables, and they show strong resistance to any change or change in the daily routine, and they show abnormal reactions to any new experiences. (Quaish, 2018)

Procedurally in this study, they are: A group of children who have been diagnosed by specialists in special education, and who receive education and training in special education centers and institutions in Amman.

Coping methods:

Idiomatically: "It is the sum of the cognitive and behavioral efforts exerted by the individual in order to control special internal, external or internal and external stimuli together that correspond to or exceed the capabilities of the individual (Al-Saeed, 2019).

Procedurally: This method is determined by the degree to which it is obtained using the sub-scale assigned to this method, which is included in the scale of methods of coping with stress used in the current study.

Study Methodology:

In this study, the descriptive analytical approach was followed, which aims to describe the phenomenon and analyze its elements to reach its goals, and answer the questions that were raised.

Study community:

The study population consisted of all parents of autistic children in Irbid governorate for the year 2021/2022. As their number reached (385) families (father and mother).

The study sample

The study sample consisted of (143) parents of autistic children, of whom (65) were fathers, and (78) were chosen intentionally from autism centers in Irbid governorate, and the psychological stress scale was responded to.

Study tools:

In his study, the researcher relied on two tools:

1. Psychometric scale:

The psychological stress scale was prepared for the purposes of applying it to parents of autistic children in the current study, and that was by reviewing previous measures related to psychological stress among parents of autistic children, such as the Quaish study (2018) and the Al-Saeed study (2019) (Al-Badirat, 2006) in order to build paragraphs including It is compatible with the approved metrics.

The psychometric properties of the scale were extracted, as the validity and reliability indices of the scale were calculated and were as follows:

First: The validity of the psychological stress scale:

construction sincerity

In order to find out whether the items of the scale measure the trait to be measured, the use of construction validity indicators and the use of factor analysis were resorted to. The scale is between (0.27 - 0.56), and it is statistically significant at the level ($\alpha = 0.05$). This indicator is considered acceptable compared to previous studies, and is considered an indicator of the internal consistency between the items and the overall score of the scale. Therefore, no paragraph was deleted from these paragraphs, and Table (2) shows these results.

Table (2)

Corrected Item Correlation (total correlation-corrected item) of the correlation of each item with the domain to which it belongs and with the whole tool (Stress scale)

correlation coefficient		paragraph number	correlation coefficient		paragraph number
with the tool	With domain		with the tool	With domain	
0.57	0.48	26	0.49	0.40	1
0.27	0.20	27	0.59	0.53	2
0.35	0.34	28	0.58	0.54	3
0.48	0.50	29	0.39	0.33	4
0.43	0.40	30	0.35	0.31	5
0.54	0.47	31	0.42	0.47	6
0.55	0.46	32	0.52	0.54	7
0.36	0.39	33	0.56	0.55	8

correlation coefficient			correlation coefficient		
with the tool	With domain	the paragraph number	with the tool	With domain	the paragraph number
0.60	0.59	34	0.30	0.24	9
0.54	0.51	35	0.25	0.40	10
0.57	0.57	36	0.47	0.55	11
0.60	0.60	37	0.48	0.22	12
0.44	0.33	38	0.41	0.56	13
0.33	0.25	39	0.38	0.61	14
0.34	0.60	40	0.50	0.58	15
0.30	0.47	41	0.48	0.40	16
0.42	0.50	42	0.43	0.50	17
0.35	0.56	43	0.53	0.58	18
			0.58	0.59	19
			0.49	0.24	20
			0.42	0.53	21
			0.163	0.52	22
			0.31	0.34	23
			0.25	0.31	24
			0.40	0.55	25

These values are considered an acceptable indicator and statistically significant compared to previous studies.

Second: The stability of the psychological pressure scale

The stability of the study tool was verified by applying it to an exploratory sample from outside the study sample that amounted to (40) fathers and mothers of autistic children. Pearson Corollation, with an interval of two weeks between the two applications, and the stability coefficient reached (0.85). As for the second method, it was done by extracting the reliability coefficient of the tool on the members of the study sample by calculating the internal consistency coefficient “Cronbach’s Alpha” for the scale, and the value of the reliability coefficient was (0.93). Table (3) shows these coefficients, and these values were considered appropriate for the purposes of this study.

Table (3)

Stability coefficient by "replay" method and internal consistency "Cronbach's alpha" psychological pressure for scale

the field Psychological stress related to	Internal consistency coefficient (Cronbach alpha)	Repeat stability coefficient (Pearson)
First: The field of stress related to the characteristics of autistic children	0.70	0.76
Second: The field of pressures related to support and support services	0.88	0.81
Third: The field of stress related to the personal and psychological aspect	0.84	0.74
Fourth: The field of pressures related to family and social aspects	0.91	0.86
psychological pressure for scale	0.93	0.85

Stress meter correction

The psychological stress scale in its final form consists of (43) items, distributed randomly on four domains, and this is by the respondent placing a sign in front of each paragraph of the domains on a scale consisting of five degrees (applicable to a very large degree, applicable to a large degree, and applicable to a degree Medium, applies to a small degree, and does not apply at all). The scale is corrected by giving the following weights (5, 4, 3, 2, 1) to the aforementioned responses. The highest overall score is (250) and the lowest score obtained by the examinee is (50).

The following statistical criterion was used to judge the respondent's level on the psychological stress scale, and the strategies scale, by using the following equation:

$$\text{Category length} = \text{upper limit} - \text{lower limit (for gradation)} = 5 - 1 = 4 = 1.33$$

Number of categories 3 3 3

- 2.33 with a low score.
- 2.34 - less than 3.67 in a medium degree.
- More than 3.67 with a high score.

Second: A measure of strategies for coping with psychological stress among families of autistic children
The following steps were taken, for the purpose of preparing a scale of strategies for coping with psychological stress among families of autistic children:

- A scale was prepared by looking at the studies and on the theoretical side of designing the confrontation strategy form, the following studies were referred to: Al-Rimawi study (2010), Jabali Sabah study (2012), Quwaish study (2018) and Al-Saeed study (2019). Identifying strategies for coping with psychological stress among families of autistic children with six strategies.

- The quinquennial scale was relied on according to the Likert scale in responding to the paragraphs of the scale and correcting it (it applies to a very large degree, applies to a large extent, applies to a medium degree, applies to a small degree, and does not apply at all).

The psychometric properties of the scale were extracted, as the validity and reliability indices of the scale were calculated and were as follows:

Religiosity
Emotional and social support
receptivity
avoidance
self-blame
pulling out

construction sincerity

In order to know that the paragraphs of the scale measure the characteristic to be measured, the researcher resorted to the use of construction validity indicators, and the use of factor analysis. The correlation coefficients between the scale items were extracted with the domain to which it belongs, and with the total score of the scale, and the correlation coefficient values for all scale items were between (0.26-0.86), which is statistically significant at the level ($\alpha = 0.05$). This indicator is acceptable compared to previous studies, and is considered an indicator of the internal consistency between the items and the overall score of the scale. Therefore, none of these paragraphs has been deleted. Shows these strategies.

Second: The stability of the scale of strategies for coping with psychological stress among families of autistic children

The stability of the study tool was verified by applying it to an exploratory sample from outside the study sample that amounted to (40) fathers and mothers of autistic children. The correlation of Pearson Corollation with a two-week interval between the two applications, where the reliability coefficient was (0.91). The second method was done by extracting the reliability coefficient of the tool on the members of the study sample by calculating the internal consistency stability coefficient "Cronbach's Alpha" for the scale, the reliability coefficient was (0.88), and table (5) shows these coefficients, and these strategies were considered appropriate for the purposes of this study.

Table (5)

The stability coefficient of the internal consistency method "Cronbach's alpha" and "replay" for the scale of strategies for coping with psychological stress

Strategies for dealing with psychological stress	Internal consistency coefficient (Cronbach alpha)	Repeat stability coefficient (Pearson)
religiosity	0.88	0.81
Emotional and social support	0.84	0.93
receptivity	0.91	0.87
avoidance	0.70	0.79
self-blame	0.79	0.81
pulling out	0.93	0.89

Statistical processing:

To answer the study questions, arithmetic means and standard deviations were used.

View results

This study aimed to reveal the levels of psychological stress facing parents of autistic children and the strategies to confront them.

The results of the first question, which stated: "What are the levels of psychological stress that parents of autistic children face?"

Table (1): Arithmetic averages and standard deviations of the estimates of the study sample on the domains of psychological stress levels facing parents of autistic children and each of its domains arranged in descending order according to the arithmetic averages

rank	domains	Standard deviation	average arithmetic*	level
1	First: The field of stress related to the characteristics of autistic children	.755	3.27	medium
2	Second: The field of pressures related to support and support services	.794	3.24	medium

3	Third: The field of stress related to the personal and psychological aspect	3	.829	3.21	medium
4	Fourth: The field of pressures related to family and social aspects	4	.763	3.18	medium
	psychological pressure gauge		.707	3.22	medium

It is noticed from Table (9) that the levels of psychological pressure facing parents of autistic children came to a (medium) degree with an arithmetic mean (3.22), where the field of stresses related to the characteristics of autistic children got the highest arithmetic mean (3.27), and to a medium degree, followed by the field of stresses related to the characteristics of autistic children. Support and support services with an arithmetic average (3.24), and a medium degree, while in the last rank, the field of stresses related to family and social aspects ranked last with an arithmetic average (3.18).

The arithmetic averages and standard deviations of the estimates of the study sample members were also calculated on each of the paragraphs of each domain of the levels of psychological stress facing parents of autistic children, and the following is a presentation of that:

First: The field of stress related to the characteristics of autistic children

Table (2): Arithmetic means and standard deviations of the estimates of the study sample on the paragraphs of the field arranged in descending order according to the arithmetic averages

Paragraph	Paragraph	Standard deviation	average arithmetic*	Rank	Level
6	get nervous about my son's stereotyped movements.	1.272	3.45	1	large
1	It hurts me that it is difficult for my son to learn	1.236	3.39	2	medium
5	I am bothered by my son's aggressive behavior.	1.237	3.31	3	medium
9	I worry about my son's sensitivity to getting sick easily.	1.286	3.31	4	medium
10	I am bothered by my son's excessive nervousness	1.226	3.31	5	medium

4	I get annoyed with my son's dependence on others	1.211	3.26	6	medium
2	I get angry at my son's inappropriate behavior	1.191	3.24	7	medium
11	I get annoyed with my son's excessive movement	1.245	3.23	8	medium
8	I am saddened by my son's self-harm.	1.154	3.21	9	medium
7	It hurts my son's inability to communicate with others.	1.141	3.14	10	medium
3	I am saddened by my son's isolation from his peers.	1.165	3.11	11	medium
	First: The field of stress related to the characteristics of autistic children	.755	3.27		medium

* Lower score (1) and Higher score (5)

It is noted from Table (2) that the arithmetic averages of the paragraphs of the field ranged between (3.11) and (3.45) with a (medium) degree. Where came paragraph (6), which states, "I get nervous about my son's stereotypical movements." In the first place, with an arithmetic mean (3.45), and a standard deviation (1.272), with a degree of (large), while paragraph (3), which states, "I am saddened by my son's isolation from his peers." It ranked last with a mean of (3.11), and a standard deviation of (1.165) with a degree (medium).

Second: The field of pressures related to support and support services

Table (3): Arithmetic means and standard deviations of the estimates of the study sample on the paragraphs of the field arranged in descending order according to the arithmetic averages

Paragraph	Paragraph	Standard deviation	Average arithmetic *	Rank	Level
8	I am bothered by the society's lack of understanding of the pressures that parents of a child with autism face.	1.262	3.48	1	large
7	I am concerned about the lack of counseling programs that care for autistic children and	1.170	3.43	2	large

	their families.				
6	I make sure to meet people who have children with autism.	1.153	3.23	3	medium
4	It saddens me that I cannot buy books on autism.	1.210	3.22	4	medium
1	It hurts me for not fulfilling the financial requirements to care for my son.	1.125	3.17	5	medium
3	I am frustrated by the lack of appropriate support from the community for a child with autism.	1.155	3.17	6	medium
5	I grieve for the lack of lectures and seminars specialized in autism.	1.153	3.16	7	medium
2	It hurts because society does not take into account the feelings of parents of autistic children.	1.088	3.02	8	medium
	Second: The field of pressures related to support and support services	.794	3.24	9	medium

It is noted from Table (3) that the arithmetic averages of the domain paragraphs ranged between (3.02) and (3.48) with a (medium) degree. Paragraph (8), which states, "It bothers me that society does not understand the pressures that the parents of the autistic child suffer from." It came in the first place with an arithmetic mean (3.48) and a standard deviation (1.262), with a degree of (large), while Paragraph (2) that It stated, "I am in pain because society does not consider the feelings of the parents of autistic children." It came in the last place with a mean of (3.02), and with a standard deviation of (1.088), with a (medium) degree.

Third: The field of stress related to the personal and psychological aspect

Table (4): Arithmetic averages and standard deviations of the estimates of the study sample on the paragraphs of the field (), arranged in descending order according to the arithmetic averages

paragaraph	hparagaraph	Standard deviation	average arithmetic*	knar	erocs
7	I worry about people's reluctance to marry into our family because of my autistic son.	1.140	3.35	1	medium
6	I get angry when I fail to take care of my son.	1.143	3.30	2	medium
5	My autistic son's lifestyle annoys me.	1.170	3.29	3	medium
9	It pains me to have my dreams shattered because of my autistic son.	1.174	3.24	4	medium
8	It hurts me that my family suffers socially because of my autistic son.	1.117	3.23	8	medium
2	I complain of frequent distraction.	1.121	3.22	6	medium

10	It pains me to think that my son will never live a normal life.	1.176	3.20	7	medium
4	I feel that there is no point in caring for and following up my autistic son.	1.139	3.18	8	medium
1	I suffer from hesitation in making my decisions.	1.103	3.04	9	medium
3	I think taking my son for a walk spoils my fun	1.116	3.01	10	medium
	Third: The field of stress related to the personal and psychological aspect	.829	3.21		muidem

fo rebmun hpargarap	Paragraph	Standard deviation	average arithmetic*	knar	erocs
12	I am happy that my family has accepted my autistic son.	1.241	3.39	1	muidem
2	It's hard for me to plan for the future because of my autistic son.	1.192	3.35	2	muidem
1	I wish having my autistic son was just a bad dream I would wake up from.	1.177	3.29	3	muidem
7	It pains me to give up so many necessities because of the needs of my autistic son.	1.206	3.26	4	muidem
11	I am bothered by our family's low level of culture with regard to autism	1.165	3.23	5	muidem
9	I feel happy that my children's life has not changed because of my autistic son.	1.162	3.20	6	muidem
6	I am ashamed to receive my acquaintances at home because there is an autistic child.	1.163	3.18	7	muidem
8	I feel bad for my sons being overburdened	1.169	3.16	8	muidem
14	I'm embarrassed by other people's looks when my son goes out to the community	1.145	3.16	9	muidem
10	The needs of my family are fulfilled despite the requirements of my son.	1.148	3.13	10	muidem
13	I am bothered by the many questions from others about the status of my autistic son.	1.126	3.12	11	muidem

3	I find it difficult to use my thinking and attention skills.	1.063	3.08	12	muidem
4	I feel ashamed while talking about children with autism.	1.131	3.03	13	muidem
5	I am bothered by the shame in my family because of my autistic son.	.991	2.93	14	muidem
	Fourth: The field of pressures related to family and social aspects	.763	3.18		muidem

It is noted from Table (4) that the arithmetic averages of the domain paragraphs ranged between (3.01) and (3.35) with a (medium) degree. Paragraph (7), which states, "I am concerned about people's reluctance to marry from our family because of my autistic son." It came in the first place with an arithmetic mean (3.35) and a standard deviation (1.140), with a degree (medium), while paragraph (3) which It stated, "I think that taking my son on a walk spoils my enjoyment" in the last place with a mean of (3.01), and with a standard deviation of (1.116) with a degree (medium).

Fourth: The field of pressures related to family and social aspects

Table (5): Arithmetic averages and standard deviations of the estimates of the study sample on the paragraphs of the field arranged in descending order according to the arithmetic averages

It is noted from Table (5) that the arithmetic averages of the domain paragraphs ranged between (2.93) and (3.39) with a (medium) degree. Paragraph (12), which states, "I am happy for my family to accept my autistic son..." came in the first place, with a mean of (3.39), and a standard deviation of (1.241), with a degree of (medium), while paragraph (5), which states: "I am bothered by the shame in my family because of my autistic son." It ranked last with an arithmetic mean (2.93), and a standard deviation (.991) with a degree (medium).

The results of the first question, which stated: "What are the strategies used to deal with psychological stress among parents of autistic children?".

To answer this question; The arithmetic averages and standard deviations of the estimates of the study sample members were calculated on the paragraphs of what are the strategies used to deal with psychological stress among parents of autistic children, and each of its fields, and Table (6) shows that.

Table (6): Arithmetic averages and standard deviations of the estimates of the study sample members on the areas of strategies used to deal with psychological stress among parents of autistic children and each of its areas arranged in descending order according to the arithmetic averages

rebmun dleif fo	dleif	Standard deviation	average arithmetic*	knar	erocs
4	Religiosity	.901	4.01	1	egral
6	Emotional and social support	.700	3.98	2	egral

3	Receptivity	.946	3.94	3	egral
2	Avoidance	.787	3.72	4	egral
1	Self-blame	.933	3.16	5	muidem
5	Pulling out	1.246	3.12	6	muidem

Lower score (1) and Higher score (5)

It is noted from Table (6) that the strategies used to deal with psychological stress among parents of autistic children came in a medium to large degree, where the religiosity strategy came at the highest arithmetic mean of (4.01), followed by the field of emotional and social support with an arithmetic average (3.98), while in the last place, the area of withdrawal got the lowest arithmetic average of (3.43).

Discuss the results:

The results related to the first question showed that the levels of psychological pressure facing parents of autistic children came to a (medium) degree, with an arithmetic mean (3.22). It serves as a main and permanent source of the psychological pressure that parents feel, as caring for an autistic child requires a great and additional effort from the parents that exceeds the amount offered to the normal child, and all this makes them unable to bear his psychological, economic and social requirements and needs, and they generate many negative feelings and psychological problems. Such as anxiety, depression, distress, sadness and grief. It is known that these feelings and problems contribute significantly to the emergence of psychological stress.

This result agreed with the results of the Suhaimi study (2021) and the Baba Hamo study (2019), which found that the level of psychological stress among parents of children with autism spectrum disorder was moderately high.

The results related to the second question showed that the strategies used to deal with psychological stress among parents of autistic children came in a medium to large degree, where the religiosity strategy came on the highest arithmetic mean (4.01), followed by the field of emotional and social support with an arithmetic average (3.98), while in the rank in the latter, the area of withdrawal occurred at the lowest arithmetic average, which amounted to (3.43)

The researcher explains the parents' use of strategies, foremost of which is religiosity, to the fact that parents have a great religious and faith-based motive, and that they refer their children's disability to the judiciary, fate, and affliction that they meet with patience and calculating the reward with God with a lot of prayer and supplication, and this belief in the judiciary God and surrender to His wisdom. God makes parents accept their son as he is with all his qualities, behaviors and undesirable features sometimes, so she has the ability to bear his mistakes and shortcomings, and her belief in the ability to face a stressful situation by searching for sufficient information and collecting the largest possible number of each small and great about her son's injury. She seeks help, advice and information related to the injury from specialists to obtain emotional comfort.

While some of the strategies (withdrawal - self-blame) came to a medium degree, parents with autism refuse to recognize their son's disability because there are no features indicating that he is disabled, and this rejection or denial leads to neglecting the child (lack of psychological care, not directing the child, ignoring His problems, and his different needs,) It often happens that the mother of the autistic child feels that she is different from the rest of the mothers who enjoy normal children, and the mother feels ashamed, broken pride and disappointed after she was waiting for a normal healthy child.

The current know-how agreed with the study of Quaish (2018) and the study of Al-Saeed (2019), which found that the strategies most used to confront psychological pressures among mothers of children with autism are the positive strategies.

Recommendations:

- The necessity of conducting awareness campaigns to inform parents about pressures and their sources, their negative effects and how to confront them.
 - Conducting scientific seminars that help parents of autistic children with the concept of injury, its causes, consequences and risks in order to be reduced.
- Directing researchers' attention towards studying the dynamic aspect of parents of autistic children with autism disorder

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