THE MEDIATING ROLE OF PERCEIVED SOCIAL SUPPORT IN THE LINK BETWEEN STRESS AND QUALITY OF LIFE AMONG MOTHERS OF CHILDREN WITH ATTENTION DEFICITS HYPERACTIVITY DISORDER

Muhammad Zakaria1, Sabiha Dar2, Lubna Kanwal Dar3, Ghinasha Chudary4, Zohaiba Nasir5
1, 2, 3, 4, (PhD Scholars) Department of Psychology University of Central Punjab Lahore Pakistan
5Department of Psychology University of Central Punjab Lahore Pakistan
Corresponding author Email: zakria108@gmail.com

ABSTRACT

Background: Perceived social support is the only external important factor which improves quality of life and overcomes worries during problematic and stressful situations.

Objectives: The purpose of the present research is to determine the mediating role of social support in stress and quality of life among the mothers of ADHD children for the determination of better understanding their life quality and psychological problems.

Methods: Cross-sectional and co-relational research designs were used in the current study to test the study hypothesis. The examination is conducted via a convenient sampling technique to select a sample of (N=100) parents of ADHD children, including 50% male and 50% female, with an age range of 20-40 years. The sample was selected based on G power software. For data collection, various public and private-sector hospitals and special education schools in Peshawar and Mardan, cities in Pakistan's Khyber PakhtoonKhawa province, were chosen.

Results: The results of the analysis show that the mediating role of entertained social support is significant between stress and quality of life among ADHD child mothers (C’= β-.952, SE .3370, p< 0.01). The analysis also revealed maternal stress significant different basis of gender of their ADHD child (Stress Male, M=25.780, SD= 4.6; Stress Female, M=25.950, SD=3.58; *p<.05).

Conclusion: The current paper reveals that perceived social support plays a key role in overcoming stress and improving the quality of life ADHD children's mothers. The study also concluded that a substantial difference in stress among mothers of males and females was found.

Keywords: Social Support, Stress, Quality of Life, ADHD, Parents.

I. INTRODUCTION

Inattention impulsivity and hyperactivity disorder is the most common neurodevelopmental psychiatric disorder among children and young adults characterised by hyperactivity, high levels of inattention and impulsivity resulting in mothers’ stress. ADHD is defined as "poor patterns of inattention, hyperactivity, and imprudent performance in young children with marked developmental progressions. The magnetic resonance imaging (MRI) results indicated significant abnormalities in cortical (frontal) regions in ADHD clients and peculiarities in the basal ganglia and in the sub cortical brain regions as well.1, 2, 3, 4, 5, 6

Attention deficit hyperactivity disorder is the most common neurodevelopmental disease, which affects approximately three to five percent of school-age children and 2.5 percent of adults. The prevalence rates vary from region to region. The prevalence rate in the west is 10-20%, and has been reported. There are no figures for Pakistan; however, research in neighboring India indicates 8.1 percent prevalence among young people. The wide range of prevalence estimates within these countries could be attributed to methodological issues, such as defining "attention deficit". Studies indicated that gender, birth order, nature of delivery, siblings, and mother’s education were not significantly correlated with attention deficit hyperactivity disorder.7, 8, 9, 10, 11, 12
Previous research studies have reported that the development of a child's hyperactivity increases and decreases parenting stress and self-esteem. Parents of children with attention deficit hyperactivity disorder reported less confidence, restriction, social isolation, self-blame, and depression. The stress level is higher among their parents as compared to normal children's parents because of behavioural difficulties in attention and hyperactivity reported by the research study. Stress has a significant effect on parents’ wellbeing and on mother-child relationships, especially when stress becomes chronic in early developmental stages, consequently affecting the parents’ relationship, caregiver sleep, and working schedule. Parenting stress or depression causes the substantial physical and psychological uneasiness elevated by the challenging and demanding parenting style.13, 14, 15, 16

A research study showed that mothers of pre-school ADHD children face significantly higher parenting stress and relationship conflicts in all domains than older children. ADHD children’s mothers prove to be more commanding in nature, less rewarding, and give less cooperation as compared to the mothers of normal children, which results in their children becoming less obedient and more negative.17, 18

Another study was conducted to examine the relationship between social support and stress. The results indicated that social support is inversely correlated to the significant predictor of stress experienced by the mothers. The insight about social support was recognised as a positive parental source for lowering the parenting stress level and for controlling and reducing the negative effects of stress. A study was conducted to examine the association between parenting stress and quality of life among ADHD parents. Results confirmed that parents of children with ADHD experience more parenting stress if they have a lower level of quality of life than parents of ADHD children with a good quality of life.19, 20, 21

Current research was planned to study the relationship among social support, stress and quality of life in mothers of ADHD children and to assess the effect of the ADHD child's gender-based discrepancy on levels of maternal stress. This study will provide us with a platform to find out the basic elements/factors which can then be sorted out to provide mental health relief to the mothers of ADHD children and to move a step ahead towards improving patient and mother quality of life.

II. MATERIALS AND METHODS

Current research is planned to inspect the impact of social support, assessment of quality of life, and stress among mothers and their association with behavioural turbulence in their offspring. The current study further examines the variance among maternal stresses on the basis of the gender of their ADHD child.

The sample size consisted of (N=100) ADHD children’s mothers, but the 20 participant forms were withdrawn due to unwillingness. The participants, including 50% male and 50% female parents, between the ages of 20 to 40 years, were approached. The age range was selected based on culture and perspective. The data was selected and created using G Power software. The required data was collected from different government and non-government hospitals in Peshawar and Mardan, KPK, by using a convenient sampling technique.

The current study included and excluded criteria are ADHD children having 1 year disease history, education of mother must be primary, mothers with intact relationship with their husbands were included in the study. Mothers with psychological or physical disabilities were excluded. Widows and divorced mothers were not included. Children possessed by children with other disabilities were not included.

The Demographic information form was used to collect the demographic variable information, i.e., age, sex, education, and duration of illness, marital status, family system, financial status, education, number of children other than the child under study, and years of marriage from the children and their mothers.

The snap-iv teacher and parent rating scale were used in the current study for the purpose of identifying the ADHD signs. The scale was designed and created by Bussing, Regina et al., (2008)23. The scale includes 18 items with a 4 point Likert scoring from 0 to 3. The scale validity value is >.79. The Cronbach α value of SNAP-IV is >.8.

The perceived social support scale was used in the current study. The scale was designed by Zimet, (1988)24. Using a scale, the perspective of support from family, friends, and a significant other was identified. The scale consists of 12 items and a 7-point Likert. The validity value of the scale is > .78 and Cronbach's is 0.92.
The world health organization quality of life-brief questionnaire is used to measure the understanding of individuals about QOL in four broad areas, Physical Health, Psychological Health, Social Relations and Climate. This scale was used in the Urdu translated edition. It consists of 26 items, and is a Likert type scale of 5 points. The value of the validity scale is 0.7, which is very good, and the alpha value of Cronbach is 0.95.

The perceived stress scale was used in the current study to report the stress level. This scale was developed by Cohen in 1983. It's important to assess how different environments influence our emotions and the tension we experience. The version of this scale translated into Urdu was used. The questionnaire has 10 objects and a 5 point Likert scale rating from 0 to 4. Cronbach is 0.89.

This study was approved by the university research ethical committee along with details of the sample, assessment, and data collection procedures. Following approval, the research procedure was followed. The permission was taken from the authors of the scales and authorities of hospitals. Data from participants was obtained using the purposeful sampling technique. Before the research questionnaire was administrated, the contributors were informed about the purpose and nature of the study. The scales were used to collect the data from participants. All the questionnaires were filled out by the participants. The statistical package for the social sciences (SPSS) 21 was used to analyze the data. The research hypothesis was tested by means of mediation tests.

Permission was taken from the authors of the scales and the authorities of the concerned institutions. All participants had confidentiality and privacy guaranteed. There was also consideration of the comfort level of the participants. Without giving any explanation, the contestants have the full right to extract from their study at any time. It ensured that the members were safe from any psychological distress, physical or emotional harm.

III. RESULTS

The outcome of the induced regression is shown in Table I.

Statistically important are all c, a, and b; at least 5%, though c’ is smaller than c. As per the approach of Baron and Kenny (1986), this provides the role of mediation of social support for the relationship with stress and the quality of life of mothers of children with ADHD. The product ab is statistically significant, at 5%, which provides the statistical significance of the mediation function of social support for the relationship with stress and quality of life of mothers of children with ADHD as per Sobel's (1982) approach. The overall mediation regression analysis showed that social support plays an important role in the mediation of stress and quality of life between mothers of children with ADHD.

<table>
<thead>
<tr>
<th>Independent Variable</th>
<th>Direct effect model</th>
<th>Indirect effect model</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>β</td>
<td>SE</td>
</tr>
<tr>
<td>Stress</td>
<td>c</td>
<td>-1.5277</td>
</tr>
<tr>
<td>Social support</td>
<td>b</td>
<td>.7434</td>
</tr>
<tr>
<td></td>
<td>ab</td>
<td>-.5756</td>
</tr>
</tbody>
</table>

Note: Dependent variable; quality of life

Table II shows the results of Independent t test

To capture the variances in maternal stress on the basis of their ADHD child's gender, the independent t test was applied. The result revealed substantial variations in maternal stress depending on the sex of the child with ADHD. The result is shown in the table that the stress score of male child mothers is (m=25.78, sd= 4.655) and female child mothersis (m=25.95, sd= 3.580). The overall result showed that female child mothers are higher stress score as compare to male child mothers. Viewed in Table 2:

Table: II Independent t test

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### Variables

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>SD</th>
<th>Std (error mean)</th>
<th>T</th>
<th>Df</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Male</td>
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<td>34.342</td>
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<td>.000***</td>
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<tr>
<td>Stress Female</td>
<td>25.95</td>
<td>3.580</td>
<td>.566</td>
<td>44.958</td>
<td>39</td>
<td>.000***</td>
</tr>
</tbody>
</table>

Note: M= mean, SD= standard deviation, t= T-test, df= degree of freedom, *p<.05, N= 80

### IV. DISCUSSION

There is a significant connection between parents of children with ADHD who perceive social support and quality of life and those who perceive satisfaction with life. The analysis of the first hypothesis presented that social reinforcement is a major mediator of stress and quality of life for children's mothers with ADHD (C'= B-.952, SE.3370, p<0.01). During caring for children with ADHD parents who perceive more social support have responded positively and have less stress. The results of the current research are supported by previous research studies which are conducted on the role of social support in stress and quality of life. Recent findings showed that growing social support would minimize tension and boost the quality of life. Previous research has confirmed that parents of children with ADHD experience more parenting stress if they have a lower quality of life than parents of ADHD children with a good quality of life. Another study of the relationship between social support and stress also supports our current study results, which indicated that social support is inversely correlated to the significant predictor of stress experienced by mothers. The insight about social support was recognised as a positive parental source for lowering the parenting stress level and for controlling and reducing the negative effects of stress. The findings showed that social support is directly correlated with the stress level faced by the mother. In order to reduce parental stress levels and to monitor and reduce the negative impact of stress, social support insight has been recognized as a beneficial parental source. 19, 20

Our results support the theorizing and are consistent with the empirical findings. Social support provides pathways for comfort and security to turn to others, leading one to feel cared for by others. In the presence of such protection and a feeling of being in the company of near people, people feel bonded.

The Table II results showed a significant difference in stress among mothers of males and females of children. In the light of previous studies, there is a difference in maternal stress on the basis of previous studies. Study indicated that the result of the role of gender in mediating the association between children's risk of ADHD, environmental difficulty, and stress among ADHD mothers. Results show that stress levels were different for male and female mothers with ADHD. Stress is one of the strong psychological problems that are predominant in parents with ADHD, but caregiver stress was found differently in the caregivers of male and female children. The previous study results also showed that there is a significant gender-based difference in stress among mothers. It has been discovered that male and female parents of children with ADHD appear to respond differently to stress both mentally and biologically.

Recent findings in Pakistan show that gender plays a role in mediating the relationship between environmental adversity, attention deficit hyperactivity disorder (ADHD), and stress is one of the common psychological problems which are often reported by the parents of ADHD children. However, caregiver stress was found to be different in male and female children’s caregivers.

In our culture, children are differentiated on the basis of their gender in all aspects of life. Male children are given more preferences than females. Male child mothers share their children's mischief more conveniently than female child mothers. Female child mothers hide their child problems due to avoiding labialization and stigmatization, because these stigmas carry through the whole lives of their female children and have a great impact on their future. Due to suppressing their feelings, emotions, and thoughts, female child mothers get exhausted and their stress level becomes high.

### V. CONCLUSION

In our present study, social support is also defined with fundamental features of positive relationships with quality of life and negative relationships with stress. Hence, mothers who perceive support from society have an improved quality of life. They also have convenience in regulating their emotions, and they have more tendencies towards positive coping skills. From the study, it was found that there were significant differences in maternal...
stress among male and female child mothers. The results of the present study and sample support the hypotheses which state that there are significant differences among them.

VI. LIMITATIONS AND RECOMMENDATIONS

The drawbacks of this investigation are that, after a longitudinal report tracking the condition of the moms over the long term, the concept of the point could provide a more accurate picture of their concern. Subjective exploration is expected to explain the triggers and causes of stress. The greater part of the examination led on these factors was not directed in Pakistan, so little information on the considered factors of this investigation was accessible in Pakistan.

Comparison between moms of youngsters with ADHD and moms of children with other mental issues is excluded from this investigation to decide if the pressure is more normal in moms of kids with ADHD or equivalent in moms of kids with other mental issues. In this investigation, information excluded fathers' reactions to recognize their life working with ADHD youngsters, to relate moms' and fathers' personal satisfaction and social help.

Implications of the Study

For clinical psychologists and psychiatrists, the current study is helpful in helping mothers with ADHD children. This research has shown that lack of social support can result in a high level of stress and a poor standard of living quality that these are the hazard factors for psychological well-being. Simultaneously, a significant level of help can bring an expectation of prosperity and arrange natural stressors.

The contribution of social help is significant as the system comprising of companions, family, colleagues, and family members assumes a significant job in individuals' lives to help them through difficult stretches. Nonetheless, the deep bonding of relationships really counts when it comes to enhancing well-being, not just the number of relationships.

In view of the study's outcomes, a few ramifications for emotional wellness administrations and practices are thought of and proposed. Public and federal social projects ought to energize and encourage significant inclusion and investment by individuals to help them meet their expectations and propelling them by giving social help. The government ought to also help individuals with mental issues by offering monetary help.

Conflict of interest: No possible conflicts of interest have been declared by the author(s) with respect to the study, authorship, and/or publication of this paper.

Funding disclosure: For the research, authorship, and/or publication of this article, the author(s) received no financial support.

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