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## Level of frustration among parents of autistic children

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### Abstract

There are unique challenges in the way of parenting a child. It requires positivity, patience and persistence. Acceptance of child is essential for betterment of child and his family comparison with other children, loss of hope and similar factors frustrated parents. An attempt was made to find out the nature of frustration among parents with autistic child. It was hypothesized that their parents will show more frustrated behavior than parents of normal children. 30 parents for each group was selected randomly from special schools Jaipur city. Data collection was started after parent's prior permission. Picture frustration study was used to measure the frustration level. Findings confirmed the hypothesis..

**Keywords:** Parenting, autism, frustration, special schools

### Introduction

Parents of adolescents with Autism Child ride excessive tiers of stress, which can appear as an extended aggression or irritability. These extreme stresses can occur from quite a number of factors, along with demand for caregiving, emotional stress and disagreement about the therapy or administration of a kid's illness. Parents of youth with Autism child journey excessive ranges of stress, which can happen as an extended frustration or irritability. disagreement about the remedy or administration of a kid's illness. Increased stress of aggression and doable parent's intellectual fitness can negatively affect, increasing the threat of anxiousness and frustration. (Ohan *et al.* 2020) <sup>[5]</sup>.

This research highlights the mental health status of parents with autistic children. Family with autistic children faces many psycho social issues that directly or indirectly affect their behavior. At a community level, the study stated that children have intellectual disability and autism parents experience high levels of stress, anxiety and frustration or other mental health problems than the parents of normal children, which do not have any kind of disability. (Dorreis *et al.* 2010) <sup>[2]</sup>. Parents of Autism disabled children consider themselves as other citizens around the community, criticism, comment and decision on their upbringing from those who do not know about their child's limit and disability. Intentionally avoid many social functions and activities due to the child's disability that does not allow the child to interact and participate. The social stigma of his child's diagnosis, the issue of the child's sensory and behavior looks strange in social situations (Hillary *et al.* 2022) <sup>[4]</sup>

On the basis of above view the following problem is taken in the present study, level of frustration in parents of children with autism was studied

### Objective

The objectives are-To study the level of frustration in parents of autistic children. To study the level of frustration among parents of normal children.

### Hypothesis

It is hypothesized that-Parents of autistic children will have higher scores as compared to parents of normal children on some dimensions of frustration types and directions

### Research Design

It is a field experimental type of research in which the independent variables are manipulated & dependent variables are measured in a real-Physical setting. In the present study, level of frustration is independent variables and parents of children with Autism is dependent variable. to control the extraneous variable only those parents were the participant of this research who has only one autistic male child and also have his UDID Card.

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For the present study, purposive sampling technique is used. It is used in qualitative research to select a specific group of individuals or units for analysis. In this study, the researcher has first obtained approval from various special schools & other agencies working with autistic children of Jaipur City to conduct the study on parents of children with Autism. Parents who agreed to participate in the study approached, 30 parents of children with autistic children age 12 and under were selected. Similarly, 30 parents of normal children aged 12 and under were taken for both the groups, parents age was ranged from age 26 to 48 years. The research participants were included parents who have a male child diagnosed with Autism and possess a valid UDID (Unique Disability Identification) card for their children.

The following test was used—Picture Frustration Study—Indian Adaptation of Rosenzweig PF Study (Adult Form) of Pareek *et al.* (1944a) [6]. Saul Rosenzweig created the Picture displeasure Study (PFS), a projective psychological exam, in 1944 to evaluate people's methods for expressing and handling displeasure. In the test, participants view a sequence of cartoon-style images in which one character is depicted in a frustrating circumstance and the other character reacts. In order to assess the subject's tendency to manage frustration—whether they channel it outward, inside, or in a productive way—the examiner asks the subject to finish the second character's response. Udaibhan Singh Pareek and associates created the Indian version of the Picture Frustration Study in 1944. Since this adaptation is especially made for the Indian cultural setting, Indian adults would be able to relate to and find relevance in the scenarios portrayed in the photographs. This adaptation serves as a useful psychological tool for figuring out how Indian adults express frustration.

## Results

PF Study Categories	Parents with Autistic Child		Parents with Normal Child		't' Value
	M	SD	M	SD	
E-A	4.45	1.62	2.67	1.09	2.45 xx
I-A	7.15	2.43	4.12	1.65	2.87 xx
M-A	2.34	1.02	6.82	2.68	3.06 xx
E-D	2.87	1.06	3.01	1.71	1.04 N.s
O-D	3.61	1.39	5.32	2.12	1.99 x
N-P	4.37	1.98	2.19	1.03	2.06 x

xx  $P < .01$ , x  $P < .05$ , N.S Not Sig.

Showing M, Sd and 't' values of parents with autistic and normal children on picture frustration study

Scores of E-A and 't' values in addition to all categories of picture frustration study indicating that parents of autistic children have shown higher level of frustration and aggression than the parents of normal children. Parents with autistic children through their aggression on outside on situations and blame for having this child to someone else, higher level of guilt feeling also reported in them than the parents with normal children. In tense or frustration situation normal children parents very lightly takes the situation where the group of parents behaved with in notation. E', I' and M' was un-scorable for both the groups.

## Discussion

The disappointment of the parents is a common experience when raising a child with autism, stems from unique challenges and demands that come with the situation. This

frustration can appear as feelings of sorrow, anxiety, isolation and exhaustion, often due to lack of understanding, difficulty communicating and support and continuous needs of support and intervention. Common sources of frustration: Sorrow and disadvantage: Parents can mourn the loss of expectations for their child's future or "specific" rearing experience. Communication challenges: Difficulties with social contact, understanding body language, and engaging in conversation can be disappointing for both child and parents. Behavior issues: Meltdown, repetitive behavior, and sensory sensitivity can be heavy and can be difficult to manage, causing stress and frustration. (Green *et al.* 2016)

[3] The cost of remedies, special education and support services can create financial pressure for families. Feeling isolated and inability by family, friends, or broad community can increase parents' stress. Constant demands to take care, manage appointments and advocate their child can lead to weariness and burnout. (Salleh *et al.* 2020) [7] present findings one in support with findings of (Salleh 2020) [7].

## Conclusion

Parents' disappointment with challenging child behavior is common, but it is important to manage it effectively to avoid negatively affecting the relationship between children and parents. Understanding the root causes of frustration, developing sexual mechanisms, and using positive parenting techniques can help parents to navigate these conditions more creatively. With time getting anxiety disorder or clinical aggressive behavior with these real and persistent concerns. Their day begins and ends with this indefinite chain of ideas. Sometimes, the ability of poor remedies, feelings of guilt, blame each other, cannot spend good time with each other, economically dependent on your family. But to help others, one must first be able to take care of their own self. It takes a lot of determination and dedication to be in a state of good mind to help autistic child. Parental consultation sessions will be equipped to manage your child's behavior and modify them further. Marital consultation is also helpful for parents to save their marriage. Studying stress management and relaxation techniques will go a long way in the well-being of the whole family. Do not hesitate to ask for family members if available.

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