

Correlation Between Autism Distressed Behaviour and Quality of Life Among Parents of Autistic Children

Abstract: *Autism Spectrum Disorder (ASD) is a neurodevelopmental disease that impacts children's communication, behavior, and sensory responses. The existing research has explored many aspects of ASD, that are under addressed such as emotional and practical impact on parental life. This study focuses on understanding the distressed behaviours of autistic children and their influence upon the quality of life (QoL) of their parents. The study included 40 parents of autistic children from the Sarthy Rehabilitation Foundation in Jodhpur, Rajasthan. the descriptive design and purposive sampling method was used for the study. Standardized tools, including Autism Distressed Behaviour Scale and a Quality-of-Life Scale, were used to collect data. The findings highlighted frequent occurrences of emotional outbursts, sensory challenges, and behavioural issues in children, which were closely linked to reduced QoL among parents. A modest but negative connection was found between the severity of child distress and parental quality of life. However, parents who adhered to organized routines, sought psychological treatment, and maintained social relationships reported improved coping. The study emphasizes the need of complete support services, such as counseling, financial help, and parent-focused training, in improving the well-being of families coping with ASD.*

Keywords: *Autism Spectrum Disorder (ASD), Distressed Behaviour, Parental Quality of Life, Caregiver Stress, Coping Strategies, Behavioural Challenges, Sensory Sensitivities, Special Education, Parental Support, Autism Interventions, Psychological Impact, Structured Routines, Therapy for Caregivers, Financial Strain, Social Inclusion.*

1. INTRODUCTION:

Autism Spectrum Disorder (ASD) is a lifelong neurodevelopmental disease that impacts individuals' perception, interaction, and response to their surroundings. It is defined by difficulties in social connections, limited interests, Repetitive actions and increased or decreased sensory sensitivity. Children with ASD may feel overloaded by regular changes, unusual sounds, and communication difficulties, leading to angry outbursts. These behaviors, rooted in neurologic and sensory abnormalities, are sometimes misinterpreted as disobedience or intransigence.

However, behind these responses lies a child struggling to cope, and beside that child stands a parent, tirelessly working to provide stability and comfort in the face of uncertainty. These caregivers often become full-time advocates, therapists, and protectors—sacrificing their own personal, social, and emotional needs to meet the complex demands of their child. Yet, the psychological and physical impact on them is frequently overlooked in both scholarly literature and public consciousness.

Parenting a kid with autism is more than just a test of tolerance and endurance; it changes every element of a parent's life. From handling violent or withdrawn tendencies to obtaining suitable services and navigating educational challenges, a parent's duty goes far beyond typical caregiving. They frequently face chronic stress, worry, emotional fatigue, and financial difficulty as a result of the high cost of therapies and the scarcity of accessible options. Isolation from society is also a regular occurrence, as many families avoid public places for fear of being judged or not being understood by others. This study aims to go deeply into this underexplored facet by investigating autistic children's disturbed behaviours and how they affect their parental quality of life (QoL). It also intends to emphasize coping techniques, resilience, and the critical need for institutional support—ranging from counseling services to community programs—to alleviate the strain on families. By bringing these voices to the forefront, the research hopes to spark dialogue, promote empathy, and advocate for inclusive, family-centered interventions that honour both the challenges and strengths of parenting a child with ASD.

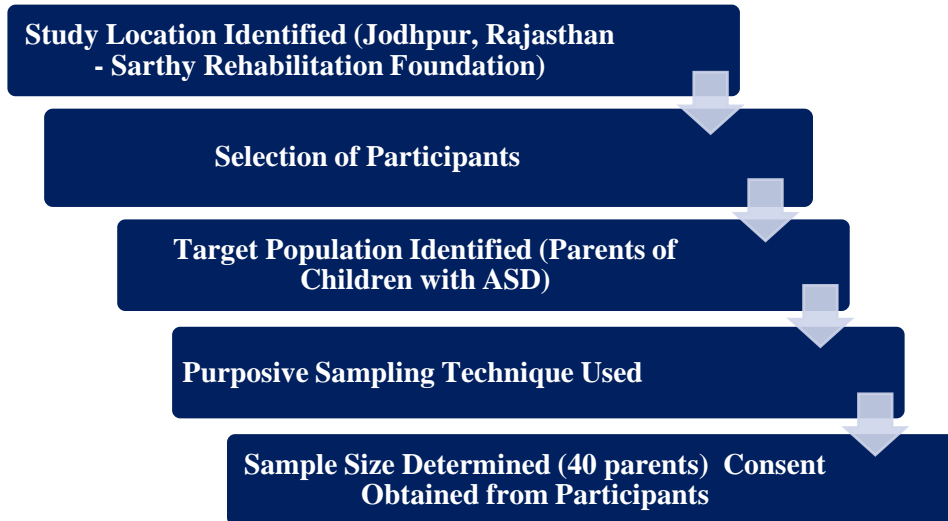
The study discovered a substantial correlation between psychological and physiological behaviours in autistic children, however neither was significantly related to social behaviour. Psychological and physiological behaviors had high relationships with the overall sample. This indicates that psychological and physiological variables have a greater influence on distressed behaviour in autism than social behaviour. According to dentist reports, observable behaviors, and physiological responses, children with ASD were in greater distress than typically developing youngsters. Distress was associated with both physiological and behavioral indications in the ASD group, as opposed to the usual group. Behavioral distress in typical children was connected to age, whereas in children with ASD, it was associated to communication abilities and sensory difficulties. Physiological

discomfort in normal children was linked to parent-reported anxiety, but in the ASD group, it was associated with sensory issues. (Gupta,2024; Stein et al.,2014). A research study of 39 families found that the QoLA has great internal uniformity as well as favorable known-groups validity among parents of children with ASD and those who tend to be progressing. The QoLA demonstrated high convergence validity with other measures of QoL and ASD symptom severity. The QoLA could be a useful assessment instrument that warrants further empirical study. 80% of moms had psychological difficulty, with depression (33.3%) becoming the most prevalent, followed by anxiety (30%). Anxiety elevated in mothers of boys, and depression seemed more prevalent among first-time mothers. Nuclear households suffered much higher levels of anxiety and sadness. Parental worries about learning challenges, bullying, stress-coping, and accomplishment were challenging in the autism group in contrast to the comparison groups, and families with children diagnosed with autism reported more significant QOL effects than families with children with ADD/ADHD or unaffected controls. (Eapen et al., 2014; Khader et al., 2020; Lee et al., 2008).

2. METHODS AND MATERIALS:

This research adopted a descriptive design, allowing for an in-depth examination of real-life experiences and behavioural patterns among families affected by Autism Spectrum Disorder. The study was conducted in Jodhpur, Rajasthan, focusing specifically on parents associated with the Sarthy Rehabilitation Foundation—a centre known for supporting children with special needs. In this study, with a purposive sampling method, the target population was selected as 40 parents of autistic children who were actively involved in caregiving and interested in participating in the study. Data was collected through two standardized tools.. Appropriate statistical analyses were used to examine relationships and trends to give a detailed overview of the interrelationships between child distressed behaviour and parental quality of life.Using a purposive sampling strategy, 40 parents of autistic children were chosen according to their active participation in parenting as well as willingness to engage in the study. Data were collected via two standardized tools. The Autism Distressed Behaviour Scale was used to measure the severity and nature of the children's behavioral problems, and the Quality-of-Life Scale for Parents was used to examine the emotional, physical, and social aspects of caregiving. The obtained data was analyzed using proper statistical methods to uncover correlations and trends, resulting in a full picture of the intricate

interplay between kid behavior and parental wellbeing. This combination of quantitative rigor and qualitative understanding was intended to ensure that the conclusions were not only true and reliable, but also deeply entrenched in the psychological and pragmatic realities of everyday life.



3. RESULTS

Objective: To study the correlation between Autism Distressed Behavior in Autistic children and Quality-of-Life among parents of ASD children

TABLE: Data Represents the Relationship Between Autism Distressed Behavior in Autistic children and Quality of Life among parents

(H₀): There will be no relationship between Autism Distressed Behaviour in Autistic children and Quality of Life (QoL) among parents with Autism Spectrum Disorder children

S.No.	Variable	Mean (M)	Standard Deviation (SD)	Correlation (r)	p-Value	Remark
1.	Autism Distressed Behaviour in Autistic children	89.73	12.5	-0.44	0.00	Significant

2.	QoL among parents of ASD children	111.93	8.9			
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The above table shows the p-value (0.00) that is significant at 0.05 level. Hence the null hypothesis i.e. there will be no relationship between Autism Distressed Behaviour in Autistic children and Quality of Life (QoL) among parents with Autism Spectrum Disorder children, can be rejected. The results of correlation signify a significant but negative correlation between Autism Distressed Behaviour in Autistic children and Quality of Life of parents. It indicates that Quality of Life of parents suffer as children show high distress behaviours.

4.FINDINGS

The study revealed that autistic children frequently exhibited high levels of distress-related behaviours such as emotional dysregulation, aggression, self-injury, repetitive actions, and sensory sensitivities, leading to significant burden and stress among caregivers. A moderate but negative correlation was found between these behaviours and parental quality of life (QoL), with parents of severely distressed children experiencing greater emotional exhaustion and psychological distress. Financial hardship is a significant challenge for low-income families, limiting access to therapy and support services. Another major concern was social isolation. Parents with lower family and community support networks experienced higher levels of depression and anxiety, while those with stronger support systems showed better coping techniques. Mothers face emotional pain as they choose caregiving above personal aspirations and jobs. Parents who implemented organized routines, communication tools, and behavioral therapy reported improved child behavior and emotional well-being. The study found considerable gaps between educational and healthcare support, with many parents unable to access specialized treatment, counseling, or training programs. This highlights the urgent need for effective systemic interventions.

5. CONCLUSION

This study sheds light on the significant and frequently neglected psychological impact that autism-related disturbed behaviours have on the daily lives of parents. The findings indicated a clear negative association between a child's level of distress and parental quality of life, emphasizing the everyday emotional, financial, and mental challenges that caregivers encounter. Despite these challenges, many parents shown incredible resilience, particularly those that had access to organized routines, therapy help, and social networks. However, a lack of appropriate informative, healthcare, and psychological assistance remains a significant barrier. These findings highlight the need for quick action to create greater accessibility, family-oriented programs that not only assist children's growth but also prioritize parents' psychological well-being and standard of life. This type of support for families is not only compassionate, but also necessary.

6. REFERENCES

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