

THE IMPACT OF ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) ON CHILDREN AND THE SUBSEQUENT PSYCHOLOGICAL DISTRESS EXPERIENCED BY THEIR PARENTS WITHIN THE INDIAN POPULATION

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ABSTRACT

Attention-Deficit/Hyperactivity Disorder (ADHD) is a prevalent childhood neurodevelopmental disorder that significantly impacts a child's psychosocial functioning, including academic, social, and emotional adjustment. Children with ADHD often exhibit behaviors such as excessive talking, restlessness, and difficulty adhering to social norms, which are perceived as disruptive. This study aimed to investigate the psychological distress experienced by parents of children with ADHD. The findings revealed no correlation between maternal stress and child behavior. Furthermore, no statistically significant relationship was observed between the ADHD Rating Scale IV and Conners' Parent Rating Scale, highlighting the complex interplay of factors influencing parental stress. These insights underscore the need for tailored interventions to support families of children with ADHD.

Keywords: ADHD, psychological distress, parental stress, child behavior, ADHD Rating Scale IV, Conners' Parent Rating Scale.

1. INTRODUCTION

Attention-Deficit/Hyperactivity Disorder (ADHD) is a prevalent neurodevelopmental disorder that significantly disrupts various aspects of a child's psychosocial functioning, including academic performance, social interactions, and emotional regulation. It is among the most common disorders diagnosed during childhood.

Children with ADHD often exhibit difficulty inhibiting behaviors that are deemed inappropriate or disruptive within societal norms. These behaviors may include an inability to remain seated, excessive talking, noisy play, interrupting others, and fidgeting.

Parenting, a challenging task in itself, becomes even more demanding when raising a child with ADHD due to the child's disruptive behaviors. ADHD is characterized by core symptoms of inattention, impulsivity, and hyperactivity, which can complicate family dynamics and daily routines.

Parents of children with ADHD frequently experience elevated levels of parenting stress, which can strain the parent-child relationship and negatively influence parenting styles. The dominant model of parenting stress identifies two primary components:

1. **Child Domain:** Stressors arising directly from the child's characteristics and behaviors.
2. **Parent Domain:** Stressors related to the parent's functioning, including their emotional and psychological responses to parenting challenges.

Parent Management Training (PMT) is a widely utilized intervention for managing ADHD-related behaviors. However, ADHD is frequently comorbid with other disorders, such as conduct disorder (CD). Studies indicate that 20-30% of children with ADHD exhibit symptoms consistent with antisocial behavior, with this percentage increasing to 40-60% during adolescence.

Parents of children with ADHD often report feelings of inadequacy in their parenting roles, further underscoring the need for targeted interventions to support both children and their caregivers.

2. RATIONALE OF THE STUDY

Parent Management Training (PMT) has been recognized as an effective intervention for managing ADHD-related behaviors. However, further research is needed to evaluate its effectiveness and explore additional support mechanisms that can alleviate the burdens on parents while improving outcomes for children. This study aims to address these gaps by exploring the relationship between ADHD symptoms, parenting stress, and the efficacy of interventions, with the goal of providing actionable insights for clinicians, educators, and families. In conclusion, this study is essential for developing a comprehensive understanding of ADHD's impact on both children and their parents. By exploring the dynamics of parenting stress and intervention outcomes, the study seeks to contribute to the development of more effective, evidence-based practices for managing ADHD in children and supporting their families.

3. AIM AND OBJECTIVES

Aim: To investigate the psychological distress suffered by parents of children with attention-deficit/hyperactivity disorder.

Objective: To find out the psychological distress suffered by parents of children with attention-deficit/hyperactivity disorder.

Hypothesis

Null Hypothesis (H₀): - There Is No Correlation between Maternal Stress and Child Behaviour.

Alternate Hypothesis (H₁): - There Is Correlation between Maternal Stress and Child Behaviour.

4. RESEARCH METHODOLOGY

STUDY DESIGN- Correlation study

SAMPLE SIZE- 20

Screening Criteria

INCLUSION CRITERIA- . Mother age 25 to 50 years.

. The Child Male and female with ADHD age range between 6 To 12 years.

Working or non-working women were include.

EXCLUSION CRITERIA - Patient beyond the specified age range was excluded.

Mother's diagnosed with other psychological condition were Excluded.

Mother's with other medical condition were excluded.

OUTCOME MEASURE- ADHD rating scale IV

Conner's parent rating scale

Age: Mother age 25 to 50 years

Screening Tools: ADHD rating scale IV & Conner's parent rating scale

Material Used: Paper, pen, etc.

Data Analysis

This chapter includes the methods used for data analysis. Data was analyzed by using SPSS version 22.

Pearson correlation coefficients (r) was used to analyze the relationship between the ADHD rating scale IV and corners' parent rating scale.

Descriptive Statistics

	N	Mean	Std. Deviation
AGE	20	7.90	1.861
GENDER	20	1.25	.444
Valid N (listwise)	20		

Correlations

		ADHD	CPR
ADH D	Pearson Correlation	1	.357
	Sig. (2-tailed)		.122
	N	20	20
CPR	Pearson Correlation	.357	1
	Sig. (2-tailed)	.122	
	N	20	20

A Pearson correlation examined the relationship between the ADHD rating scale IV and Conner's parent rating scale. The relationship ($r=.357$) was not positive, weak in strength and statistically not significant ($p<.122$, 2-tailed).

5. RESULTS

The results of the descriptive statistics showed that the mean age of participants was 7.90 years ($SD = 1.861$), with a relatively small range in age. The mean for gender was 1.25 ($SD = 0.444$), reflecting a binary gender scale, likely with 1 representing male and 2 representing female.

A Pearson correlation analysis was performed to assess the relationship between the ADHD rating scale IV (ADHD) and the Conner's Parent Rating Scale (CPR). The results revealed a weak positive correlation of 0.357 between ADHD and CPR. However, this correlation was not statistically significant ($p = 0.122$), indicating that there is no reliable or substantial association between the two scales within this sample. Despite the weak correlation, the relationship did not meet the threshold for statistical significance, suggesting that further investigation may be needed to explore this potential connection more thoroughly.

6. DISCUSSION

The purpose of the present study was to examine the relationship between the ADHD Rating Scale IV and the Conners' Parent Rating Scale, as well as to explore the psychological distress experienced by parents of children with ADHD. The results of this study align with the null hypothesis, indicating no significant correlation between maternal stress and child behavior. Specifically, the relationship between the two scales was weak ($r = .357$) and not statistically significant ($p < .122$). Additionally, the mean age of the children in the sample was 7.90 ($SD = 1.861$), and the mean gender distribution was 1.25 ($SD = .444$), suggesting minimal variation across these demographic variables.

These findings are consistent with previous studies, such as the research by Shahbaz and Hasan (2017), which highlighted coping strategies employed by mothers of children with ADHD. Their findings suggest that the strategies used by parents may play a significant role in managing the distress associated with raising children with ADHD. Furthermore, the study by Dalsgaard et al. (2006) supports the reliability and validity of ADHD assessments using the ADHD Rating Scale across different cultural contexts. However, in contrast to these studies, our findings did not indicate a strong or meaningful link between parental stress and child behavior as assessed by the ADHD and Conners' rating scales. This study's findings may suggest that maternal stress in the context of ADHD is influenced by a range of factors not captured by the ADHD and Conners' scales alone. The absence of a significant correlation calls for a deeper exploration of other variables, such as socioeconomic status, access to support networks, and additional coping mechanisms, that may better explain the psychological distress experienced by parents of children with ADHD. Further research, incorporating a broader set of variables, is needed to more fully understand the complex dynamics at play in these families.

7. CONCLUSION

In conclusion, this study found no significant correlation between maternal stress and child behavior as measured by the ADHD Rating Scale IV and the Conners' Parent Rating Scale. The weak relationship observed suggests that other factors, beyond these scales, may influence parental distress in families with children diagnosed with ADHD. While previous research has highlighted coping strategies and the validity of ADHD assessments across different cultural contexts, further investigation is needed to explore other variables that may better explain the psychological distress faced by parents. This study emphasizes the need for a more comprehensive approach to understanding the complex dynamics of ADHD and its impact on families.

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