

Emotional Problems among Mothers of Adolescents with Autism Disorder

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Abstract

The present study aims to detect emotional problems among mothers of adolescents with autistic disorder. The study population consists of all adolescent mothers of adolescents with autistic disorder in the capital of Amman during the year (2015). All mothers whom researchers have been able to reach were chosen. The study sample reached (90) mothers of adolescents with autism disorder. The tool of emotional problems for mothers of teenagers with autism was developed by researchers, and after extracting the validity and reliability indices, the tool was applied to the study sample, as well as the use of appropriate statistical methods to answer the questions of the study, as both arithmetic means and standard deviations were used, in addition to the t-test for difference significance. Results of the study show that the level of emotional problems that have emerged with the mothers of teenagers with autism was medium, and most notably, "I wish the situation of my son was temporary" and "I become agitated when I notice that my son is exposed to ridicule or harassment". Results also show no differences in emotional problems depending on the teen sex variable. The researchers made a number of recommendations, including conducting similar studies on a wider range and more comprehensive samples, and the need to develop counseling programs that contribute to the alleviation of problems among mothers of adolescents with autistic disorder.

Al Tal,S., Jawaldah,F., and Banat,S. (2016).Emotional Problems Among Mothers of Adolescents with Autism Disorder

المجلة الأردنية في العلوم الاجتماعية، 9(3)