

Paper 115 – Education

CHALLENGES AND TECHNIQUES OF MOTHERS HAVING CHILDREN DIAGNOSED WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD): BASIS FOR A RESOURCE GUIDE

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ABSTRACT

The enormous and continuing challenge encounter by mothers in handling their children with Attention Deficit Hyperactivity (ADHD) inspired the progress and ultimate result of this study. A qualitative case study method extracted the result of this study. Further, this study identified the challenges as well as the strategies employ by mothers having children with ADHD. There were ten mothers interviewed, their respective husbands and the significant others to triangulate the data. Results of this study proved that mothers are experiencing different challenges in handling their children with ADHD such as emotional, physical, financial, time management and in disciplining their child. Strategies by mothers were likewise identified in this study such as having a support system from their friends, families and association of their affiliation; consulting professionals for medication or treatment, practiced religiosity, acceptance of the reality, open communication with the husband, implementing discipline recommended by the professionals and eating. Results of this study prove that mothers having children with ADHD need help in handling their children. Thus, a structured resource guide is necessary to empower the mothers and obtain a quality life amidst the challenge they are experiencing.

Keywords: Attention Deficit Hyperactivity, Support System, Religiosity, Acceptance, Open

Communication

