PARENTING STYLES, CHALLENGES AND COPING STRATEGIES EMPLOYED BY PARENTS OF CHILDREN WITH DOWN SYNDROME

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BIOGRAPHICAL SKETCH

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ABSTRACT

DOMINGO, ANGELUZ V. and MITRA, ANNE MURIEL A. Bachelor of Arts in Psychology, Central Luzon State University, Science City of Munoz, Nueva Ecija, Philippines, June 2018: **PARENTING STYLES, CHALLENGES AND COPING STRATEGIES EMPLOYED BY PARENTS OF CHILDREN WITH DOWN SYNDROME.**

Adviser: Dr. Elizabeth S. Suba

The aim of this study was to gain an in-depth understanding of the experiences of parents of children with Down syndrome particularly their parenting styles, challenges and coping strategies they employed in raising their children. After organizing the data using Interpretative Phenomenological Analysis, it was found out that parents are using Authoritative parenting style wherein they are (a) providing responsive care and (b) exercising well- mannered discipline to their child (c) attentive to their children's behavior (d) treating their child fairly along with other members of their family and (e) sharing responsibilities with other members of their families. With regards to the challenges they experience, parents reported that (1) disability stigma (2) the struggle in taking good self-care and (3) the worries for their child's ability to gain independent skills in the future makes their parenting to their children with Down syndrome even more challenging. To cope up with these challenges, the strategies that parents employ include (a) using religious practices, (b) safeguarding their child from experiencing difficulties and (c) making their families as support system as mere parents do their best to become to become effective in raising their children. Few studies have examined the experiences of Filipino parents of children with Down syndrome and it was therefore hoped that the current study would add to existing knowledge in this area, which to date has primarily focused on causes and alternative treatments of Down syndrome.

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