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Determining caregiving burden for mothers of children with autism diagnosis and affecting factors

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This study is determined to analyze caregiving burden for mothers of children with autism diagnosis and affecting factors. This study is descriptive and cross-sectional study. The research population group is consisted of mothers of children with autism diagnosis who are monitored by a private educational institute in Avclar, Istanbul. The sample group included 92 mothers who have an autistic child within age group of 0-18 and agreed to participate in the study.

The research by using Zarit Burden Interview Scale and creating socio-demographic form. Result of research; numbers and percentage, was used for specifications by transferring gathered data to SPSS 22.0 software. The mean scores of mother care burden between socio-demographic characteristics. Analysis of test was used Kruskal Wallis, Mann Whitney U test, significance test between two means.

It is determined by evaluating the data that caregiving burden has increased for mothers of children with autism diagnosis in correlation with mothers' ages, incomes, health issues, time after autism diagnosis, existence of health issues other than autism, and child's autism level ($p < 0.05$). On the other hand, it is found that mother's education and occupation, marital status, social security and sense of health, family type, knowledge on autism, and having an assistant for care were irrelevant to caregiving burden ($p > 0.05$).

In accordance with gathered results, pediatric nurse's aim on autism should be focused on improving speaking and social skills, reducing behavioral issues, supporting and educating the family, child, and caregiving mothers. Nurses, by undertaking many functions, will be essential on reducing caregiving burden for mothers.

Biography

Elif Candir studied at Koc University in 2013. I graduated to master at Koç University February-2016. My thesis issue is Determining Caregiving Burden For Mothers of Children With Autism Diagnosis and Affecting Factors. Currently, I'm Cardiovascular Surgical -Intensive Coronary Care nurse at American Hospital in Istanbul.

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