

Research on Motherhood and the Autism Spectrum: A Study of Bibliography

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Abstract

Motherhood is a multifaceted role that presents unique challenges and joys to women across the globe. However, for mothers on the autism spectrum or those who have children with autism, the experience of motherhood can be particularly complex. This article aims to provide an overview of the existing research on motherhood and the autism spectrum, exploring the challenges faced by mothers with autism and those caring for children on the spectrum. By examining the bibliography of relevant studies, we can gain insights into the current state of research and identify areas for further investigation.

Keywords: Multidimensional energy • Household energy • Poverty

Introduction

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition characterized by challenges in social interaction, communication, and restricted and repetitive patterns of behaviour. Many mothers with autism face unique challenges in understanding and responding to their children's needs due to their own sensory sensitivities, difficulties with social communication, and executive functioning. The demands of motherhood, such as maintaining routines, multitasking, and engaging in social interactions, can be overwhelming for mothers on the autism spectrum [1,2].

Literature Review

They conducted a qualitative study exploring the experiences of mothers on the autism spectrum. The findings highlighted the difficulties faced by these mothers in managing sensory sensitivities, understanding nonverbal cues, and adapting to unexpected changes. The study emphasized the need for tailored support and interventions to address the specific challenges faced by these mothers examined the impact of parenting stress on mothers of children with autism. The study found that mothers of children with autism experience higher levels of parenting stress compared to mothers of typically developing children. The challenges associated with raising a child with autism, such as behavioural difficulties, communication deficits, and the need for specialized services, contribute to elevated stress levels among these mothers. A longitudinal study to investigate the long-term outcomes of mothers of children with autism. The study found that these mothers experience higher rates of depression and anxiety compared to mothers of neurotypical children. The ongoing challenges and stress associated with parenting a child with autism can have a significant impact on the mental health and well-being of these mothers [3-5].

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Discussion

A systematic review of studies on the experiences of mothers with autism. The review highlighted the need for increased awareness and support for these mothers, including access to appropriate diagnostic and therapeutic services. The study also emphasized the importance of destigmatizing motherhood on the autism spectrum and promoting acceptance and inclusion [6].

Conclusion

The research on motherhood and the autism spectrum highlights the unique challenges faced by mothers with autism and those caring for children on the spectrum. It underscores the need for tailored support, interventions, and resources to address the specific needs of these mothers. Future research should focus on developing effective interventions, exploring the impact of maternal well-being on child outcomes, and promoting acceptance and inclusion for mothers on the autism spectrum. By understanding and addressing the challenges faced by these mothers, we can support their well-being and enhance the overall quality of life for families affected by autism.

Acknowledgement

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Conflict of Interest

None.

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