



Surakarta Health Polytechnic



Indonesian Occupational Therapist Association



# **Mothers' Spiritual Experiences Strengthen Resilience In Caring For Children with ADHD**

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# What We Will Cover?

- Introduction
- Method
- Result
- Conclusion



# The Background of the Study

- ADHD is not merely a clinical condition but an existential disruption in family life
- Mothers experience psychological burden, identity crisis, and social pressure
- Spirituality emerges as a critical yet underexplored dimension of resilience
- In this context, resilience acts as a transformative process of finding meaning in adversity, heavily influenced by internal beliefs and existential support (Cappe et al., 2017; Chen et al., 2025; Peasgood et al., 2021; Koenig, 2020)



# The Background of the Study

- There exists a scarcity of phenomenological studies examining the role of spirituality in resilience, notwithstanding the plethora of clinical interventions for ADHD. However, spiritual integration has demonstrated efficacy as a psychological safeguard against depression (O'Connor & Smith, 2024)



# What is the Gap?

- Dominance of quantitative ADHD parenting studies
- Lack of phenomenological exploration of maternal spirituality
- Absence of integrative models linking spirituality and resilience in ADHD caregiving (Hennink et al., 2020; Younas et al., 2022)



# Aim of the Study

- The aim of this study was to determine the extent to which spirituality influences the resilience of mothers raising children with ADHD





# Methods

- **Phenomenological Research**


- **Sampling:** Purposive Sampling
- **Criteria:**
  - Eight mothers of children with ADHD have been caring for their children for more than two years after the diagnosis.
  - Willing to participate in this study

**Data Collection :** In-Dept Interview

**Data Analysis:** Thematic Analysis  
(Braun & Clarke, 2006)

**Trustworthiness and Rigor:** Member Checking & Triangulation

Ethical approval was obtained from SHP review board



# Results & Discussion

## 4 themes emerged:

### Theme 1: Challenges and Obstacles for Mothers Raising Children with ADHD

- **Internal factors:** emotional stress, fatigue, self-doubt, and limited coping skills.
- **External factors:** stigma, lack of social support, financial burden, and limited access to professional services.
- **Strategies for overcoming obstacles:** emotional regulation, seeking support, learning parenting strategies, and spiritual coping.
- “Sometimes I feel exhausted and confused about how to handle my child’s behavior.” (R1)



# Theme 1: Challenges and Obstacles for Mothers Raising Children with ADHD

- Mothers of children with ADHD experience multidimensional challenges involving psychological, social, and structural factors. Internal stress and emotional burden are consistently reported as major predictors of parenting difficulties, while external barriers such as stigma and limited resources exacerbate maternal vulnerability (Theule et al., 2020; Hayes & Watson, 2013).
- Adaptive coping strategies, including problem-focused and meaning-focused coping, have been shown to reduce parental stress and improve caregiving competence (Compas et al., 2022).



## Theme 2: Resilience of Mothers Raising Children with ADHD

- **Acceptance and adaptation:** mothers gradually accepted their child's condition and adjusted parenting approaches.
- **Facilitators of recovery:** emotional support, positive meaning-making, and self-efficacy.
- **Barriers to recovery:** chronic stress, negative social judgment, and uncertainty about the child's future.
- “Over time, I learned to accept my child's condition and became stronger.” (R2)



## Theme 2: Resilience of Mothers Raising Children with ADHD

- Resilience in mothers of children with ADHD is a dynamic process involving continuous adaptation to caregiving demands. Acceptance has been identified as a critical psychological mechanism that transforms stress into adaptive functioning (Ungar, 2021).
- Studies show that parental self-efficacy and social support significantly enhance resilience and reduce psychological distress among caregivers of children with neurodevelopmental disorders (Neece et al., 2020; Hastings et al., 2021).



## Theme 3: Spirituality of Mothers Raising Children with ADHD

- **Understanding spirituality:** mothers perceived spirituality as trust in God, life meaning, and inner peace.
- **Spiritual efforts:** prayer, religious practices, gratitude, and surrender to divine will.
- “I believe this is God’s plan, and it helps me stay calm and patient.” (R3)



## Theme 3: Spirituality of Mothers Raising Children with ADHD

- Spirituality serves as a psychological and existential resource that enables caregivers to interpret adversity within a meaningful framework. Meaning-making through spirituality has been associated with lower stress levels and improved psychological well-being among parents of children with chronic conditions (Park, 2022).
- Spiritual coping strategies, such as prayer and religious commitment, have been shown to strengthen emotional stability and caregiving endurance (Pargament & Exline, 2021).



Picture Made by Chat GPT (2026)



## Theme 4: The Influence of Spirituality on Resilience

- **Spiritual connectedness:** a sense of closeness to God and spiritual community strengthened emotional endurance.
- **Impact on resilience:** spirituality enhanced hope, patience, acceptance, and adaptive coping.
- **Participant Quote**
- “When I pray, I feel stronger and more able to face my child’s challenges.” (R4)



## Theme 4: The Influence of Spirituality on Resilience

- Spirituality plays a significant role in shaping resilience by facilitating meaning-making, emotional regulation, and hope. Research indicates that spiritual connectedness can buffer stress and promote psychological resilience in caregivers of children with developmental disorders (Kim et al., 2021).
- Within the multisystemic resilience framework, spirituality interacts with personal and social resources to produce adaptive outcomes in caregiving contexts (Ungar, 2021).



# Limitation of the study

- **Purposive sampling** - Subjective
- **Time constraints**-the interview was conducted during the child's therapy schedule, so the researcher had to wait for the next therapy schedule if the interview was not finished
- **Distraction** - When conducting interviews at a therapy center, sometimes you get distracted by the child and the environment, so the interview process becomes a little disrupted.
- **Data Collection** - Interview only



# Conclusion

- Mothers raising children with ADHD face complex emotional, social, and structural challenges. They develop adaptive strategies such as emotional regulation, social support seeking, and spiritual coping.
- Maternal resilience emerges as a dynamic process of acceptance and adaptation. Spirituality provides meaning, hope, and emotional stability, strengthening resilience.
- The findings indicate that psychological, social, and spiritual resources interact to shape maternal resilience, emphasizing the importance of holistic support for mothers caring for children with ADHD.



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