

Parenting Stress and Coping: The Experiences of Parenting Children with
Attention Deficit Hyperactivity Disorder and Dyslexia

Phoebe Lai-mei Wong

(SID: 1004450150)

The Chinese University of Hong Kong

Abstract

The purpose of this study is to investigate the stress of parents in caring not only children with ADHD or dyslexia, but also children coexisting with ADHD and dyslexia. The coping strategies and behaviors from parents are also investigated. Four parents which including three mothers and one father were recruited in the primary school in Hong Kong. By using a qualitative research method, the participants were recruited for the semi-structured interviews. The data were analyzed by mean of coding. The results were significant that parents of children with ADHD and dyslexia suffered from high level of parenting stress which related to environmental and societal climate. The sources of the stress mainly came from objective and subjective strain. The parental stress was reduced by successful coping strategies which involved problem-focused and emotion-focused coping strategies. With the positive and adaptive coping ways, the parents might benefit from their precious experiences as a whole.