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THE EFFECTIVENESS OF PARENT MANAGEMENT TRAINING IN PARENT- CHILD RELATIONSHIP AND PARENTAL SELF-EFFICACY OF MOTHERS WITH AUTISTIC CHILDREN

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Introduction: One of the most significant stressors for families is extent of behaviour problems exhibited by children with developmental disabilities. These affects parental efficacy and parent-child relationship which are important variables for optimal parenting (Hastig and Brow,2002).

Aim: The aim of the present study was to examine the effectiveness of parent management training to increase child-parent relationship and parental self-efficacy of mothers with autistic children.

Methods: 30 mothers of children with autism(17 in experimental group and 13 in control group) were included. The experimental group participate in parent management training sessions includes behaviour modification techniques for 6 weeks. The scales of this research were Parenting Self-Agency Measure (Dumka,Storerzinge,Jackson and Koosa,1996)and Parent _Child Relationship test(Pianta,1994).t test were used to compare the meanings of pre-tests and post-tests.

Results: The results indicate that there was significant differences between parenting self-efficacy($p < .05$) and parent-child relationship($p < .001$) scores. The experimental group's parental self-efficacy and positive parent-child relationship were significantly higher than control group and parent management trainings increase those important variables in mothers of children with autism.

Conclusion: Parent management training programmes can enhance parental self-efficacy and parent-child relationship and prevent many problems in families with autistic children.