

Research Paper

Relationship Between Self-Efficacy and Resilience Among Parents of Differently Abled

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ABSTRACT

Parenting a differently abled child often brings emotional, social and practical challenges that may affect the parent's overall well-being and ability to cope effectively with daily demands. The present study aimed to explore the relationship between Self-efficacy and Resilience among parents of differently abled. Although several studies have examined self-efficacy and resilience independently, there is limited research that specifically explores the relationship between these two variables among parents of differently abled children, particularly within the Indian context. A Convenience sampling method was ensued to elect 30 parents (both mother and father) having differently abled children from Thrissur city as a sample of the study. General Self-Efficacy Scale (GSE) and Brief Resilience Scale (BRS) were employed to assess the self – efficacy and resilience of the participants. A quantitative approach with correlation design is used to understand the relationship between Self-efficacy and Resilience. The result showed that there is a significant positive correlation between Self-efficacy and Resilience, indicating that parents with higher self-efficacy tends to exhibit greater resilience in managing the demands of raising a differently abled child. This highlights the importance of strengthening self-efficacy as a pathway to enhancing resilience, ultimately supporting the psychological well-being of parents and helping them navigate their caregiving journey with greater strength and adaptability.

Keywords: *Self-Efficacy, Resilience, Parents of Differently Abled*

When a child is born in a family, there is lot of excitement and enthusiasm among the members with lot of future expectations. For a majority of parents, the birth of a child brings great joy, but, at the same time, also brings new responsibilities and tasks in addition to those that existed previously. But this enthusiasm goes missing when a disabled child is born. However, if some physical or intellectual disabilities are detected during the early stages of the child's life, parents' caring task takes on a quite different meaning. Although many parents cope quite well with the increased demands of rearing a child with a disability, existing literature shows that caring for a child with a chronic condition can become burdensome and impact on the physical health, psychological health and ultimately, the wellbeing of the caregiver, usually the mother. This present study seeks to explore self-efficacy and resilience among parents of differently abled children.

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Self-Efficacy

Self-efficacy refers to an individual's belief in his or her capacity to execute behaviours necessary to produce specific performance attainments (Bandura, 1977, 1986, 1997). Self-efficacy reflects confidence in the ability to exert control over one's own motivation, behaviour, and social environment. These cognitive self-evaluations influence all manner of human experience, including the goals for which people strive, the amount of energy expended toward goal achievement, and likelihood of attaining particular levels of behavioural performance. For parents of differently abled children, self-efficacy is especially significant as it enables them to handle caregiving responsibilities with greater confidence and resilience. It also helps in reducing parenting stress and promotes a more positive adjustment to the child's needs.

Resilience

Resilience refers to humans amazing ability to bounce back and even thrive in the face of serious life challenges. Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioural flexibility and adjustment to external and internal demands. The foundations of resilience include psychological resources such as a flexible self-concept that permits people to change key features of their self-definition in response to changing circumstances, a sense of autonomy and self-direction, and environmental mastery and competence. Social resources are also important to resilience. Included here are quality relationships with others who provide intimacy and social support.

In the context of parenting a differently abled child, resilience plays a vital role in enabling parents to navigate ongoing emotional, physical, and social challenges. Parents often encounter continuous caregiving demands, uncertainty about the child's future, and societal pressures, which require sustained adaptive coping. Resilient parents are better able to maintain emotional balance, utilize available support systems, and respond flexibly to changing caregiving needs. This capacity not only supports their own psychological well-being but also contributes to a more supportive and nurturing environment for the child. Furthermore, resilience helps parents find meaning and positive growth despite adversity, strengthening their overall adjustment to the caregiving role. Thus, resilience emerges as a key protective factor in promoting both parental well-being and effective caregiving.

Need and Significance

Raising a differently abled child is a journey that often requires immense patience, emotional strength, and continuous adjustment in everyday life. Parents in such situations not only provide care and support to their children but also learn to cope with various social, emotional, and practical challenges that may arise over time. In this process, their ability to remain resilient and their belief in their own capacity to handle difficulties become very important. However, the psychological well-being of these parents is often less explored, as much of the attention is usually directed toward the needs of the child. Therefore, understanding the levels of resilience and self-efficacy among parents of differently abled children becomes essential. This study aims to explore how these parents manage challenges and how their confidence in their abilities influences their ability to adapt and cope. The findings of this study may help in creating better support systems, and awareness initiatives that focus on strengthening parents' mental and emotional well-being, ultimately contributing to healthier family functioning and improved quality of life for both parents and their children.

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Objectives

- To examine the relationship between self-efficacy and resilience and among parents of differently abled.

Hypotheses

- There will be significant relationship between self-efficacy and resilience and among parents of differently abled.

METHODOLOGY

Research Method

Research method forms the foundation of any research study, providing a structured framework through which data is gathered, analysed, and interpreted. The rationale behind research methods refers to the philosophical lens and theoretical framework that guide the research process.

Research Design

A quantitative approach with correlational research design is used to understand the relationship between Self-efficacy and Resilience

Sample

The sample comprised 30 parents (both mothers and fathers) of differently abled children, selected from the Spastic Society organization in Thrissur, Kerala. The participants were within the age range of 30 to 60 years. Data were collected using Google Forms and direct questionnaires, and the sampling technique employed for the study was convenience sampling.

Inclusion Criteria

- Parents (both mother and father) of children with disabilities.
- Parents aged between 30-60 years.
- Parents who are able to understand and respond to the questionnaire.
- Parents who are willing to participate voluntarily.
- Parents who had provided consent.
- Participants from Thrissur district in Kerala.

Exclusion Criteria

- Parents with severe psychological disturbances.
- Parents of children without disabilities.
- Parents younger than 30 or older than 60 years of age.
- Participants who do not provide informed consent to participate.
- Participants outside Thrissur District in Kerala.
- Participants who did not give full responses in completing questionnaire.
- Caregivers / guardians who are not biological parents.

Ethical Considerations

Ethical considerations were strictly followed in the present study to ensure the rights and well-being of the participants. Informed consent was obtained after clearly explaining the purpose and procedures of the study, and participation was completely voluntary, with the option to withdraw at any time without penalty. Confidentiality and anonymity were maintained by not recording any identifying information and by using the data only for academic purposes. Care was taken to ensure that participants did not experience any

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psychological, emotional, or physical harm during the study. Privacy and dignity were respected throughout the data collection process, and special sensitivity and empathy were maintained while interacting with parents of differently abled children.

Instruments

In addition to the personal data sheet, the following standardized tests were used for collecting the relevant data:

1. **The General Self-Efficacy Scale:** The General Self-Efficacy Scale is a 10-item psychometric scale that is designed to assess optimistic self-beliefs to cope with a variety of difficult demands in life. The scale was developed by Matthias Jerusalem and Ralf Schwarzer in 1981. The scale is designed for general adult population, including adolescents.
2. **Brief Resilience Scale:** The Brief Resilience Scale was developed by Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., and Bernard, J. (2008). It consists of 6 items designed to measure an individual's ability to bounce back or recover from stress. Each item is rated on a 5-point Likert scale ranging from strongly disagree to strongly agree. The total score ranges from a minimum of 6 to a maximum of 30, with higher scores indicating greater resilience.

Procedure

The samples were collected from Spastic Society organization in Thrissur, Kerala. Permission to conduct the study was obtained from the authorities of the organization. The informed consent from the participants were taken and the purpose of the study was made clear to them. Then the questionnaire along with letter assuring confidentiality were given to the parents individually. They were asked to take as much as time they required. They are requested to give honest responses and were assured that their identity would be kept confidential and information provided by them would be used exclusively for the purpose of research work. The participants filled the questionnaires and a scoring was done for further analysis.

Data Analysis

Pearson Product-Moment Correlation was used for the data analysis. The data were analysed with the help of JAMOV Software.

RESULTS AND DISCUSSION

Table No. 1 Correlations between Self-efficacy and Resilience

Variable	Resilience
Self-efficacy	.363 *

The results of Table 1 show that there is significant positive correlation between resilience and self-efficacy. These results imply that when self-efficacy increases resilience among parents also increases.

Empirical data of the present study very strongly poses that resilience and self-efficacy are positively related. Parents with higher self-efficacy tend to have better resilience and are able to cope more effectively with stress. As parents of differently abled children face various challenges, factors such as knowledge, self-acceptance, and confidence help improve their ability to bounce back from difficulties. Thus, increased self-efficacy contributes to better psychological adjustment and resilience. optimism is related with physical and mental health.

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As a parent of differently abled they face lot of pressures and struggles. Rearing a child with special need is quite challenging than rearing a normal child. So, when many factors like proper knowledge about their child needs, self- acceptance etc are present in the parents, their self-efficacy increases as a result they would be able to bounce back well after stressful events occurred. According to a study conducted by Putri and Ayriza (2009) it was found that there is strong correlation or relationship between parenting self-efficacy and resilience.

SUMMARY AND CONCLUSIONS

The present study was carried out to better understand the experiences of parents raising differently abled children, focusing on their strength to cope with challenges and their confidence in handling everyday responsibilities. Parenting in such circumstances often comes with emotional and practical demands, making resilience and self-belief essential for maintaining well-being. Through this study, an attempt was made to explore how these parents adapt to their situations and continue to support their children with strength and determination, while also highlighting the importance of acknowledging and supporting their psychological needs.

Method

- A quantitative approach with correlational research design is used to understand the relationship between self-efficacy and resilience.
- Convenient sampling was done and the sample of 30 parents (both mother and father) having differently abled children were selected from Spastic Society organisation Thrissur, Kerala.
- In addition to personal data sheet General Self-Efficacy Scale developed by Jerusalem and Schwarzer, (1981) and Brief Resilience Scale developed by Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, (2008) were used.

Procedure

After selecting the suitable measures, arrangements were made accordingly for data collection. The samples were collected from spastic society Thrissur, Kerala. Permission to conduct the study was obtained from the authorities of the organisation. Demographic sheets were prepared and organised. Informed consent was taken from the participants and the purpose of the study was made clear to them. Then the questionnaire along with letter assuring confidentiality were given to the parents individually. The participants filled the questionnaires and a scoring was done for further analysis.

Pearson product moment correlation was used for data analysis. The data were analysed with the help of JAMOV software.

Major Findings

There is significant relationship between resilience and self-efficacy among parents of differently abled.

Limitations of the study

The geographical area was restricted to Thrissur district. Future studies incorporating more areas seem more helpful to arrive at better results. The size of the sample was limited to 30 participants. Lack of parent's willingness was also an important limitation.

Suggestions for further research

The number of variables included in the present study was limited. Hence further study can be conducted by including more variables. The presented study included a broad area than specifying a single category, thus specification in one area can help to make a wide scope for further research. Sample size can also be increased for further research.

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Conflict of Interest

The author declared no conflict of interests.

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