

Original Article

The Analysis of Hopelessness Levels and Problem Solving Skills of Parents with the Disabled Children

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Abstract

Background: Having a child with disabilities; creates intense family stress, changes family members' lifestyle, negatively affects their emotions, thoughts and behaviors.

Objective: This study investigated the parents of children with different disabilities in terms of level of hopelessness and problem-solving skills.

Method: This research consisted of 281 parents of children with disabilities. In order to gather data from the participants; Family Descriptive Information Sheet, Beck's Hopelessness Scale and Problem Solving Inventory were used.

Results: The parents' level of education, type of disability of the child, child's age, information level of the family regarding the disability, the problems experienced between the spouses due to the disability, social and spouse support as well as other professional counseling services were found to be effective on the level of hopelessness and problem solving skills.

Conclusion: By learning how to approach parents of children with disabilities, healthcare professionals become more familiar with the factors affecting hopelessness and problem-solving skills of these families. Development of continuous educational programs on problem-solving methods is also recommended.

Key Words: Children with disabilities, parents, hopelessness, problem solving