

Narrative Review: Resilience and Its Effect On Parental Self Efficacy and Wellbeing of Parents with ADHA Children

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Abstract

The emotional and behavioral challenges posed by children with ADHD can significantly impact parents' psychological health and confidence in their parenting abilities. Resilience has been identified as a key factor that enhances parental self-efficacy, which is the belief parents have in their ability to handle the demands associated with raising ADHD children. This study aimed to evaluate parents' resilience levels, measure their self-efficacy in parenting, assess their well-being through stress, anxiety, and life satisfaction indicators, and examine how self-efficacy influences overall well-being. The research involved purposive sampling of mothers and fathers aged 25 to 45 who have children diagnosed with ADHD, while excluding parents with their own psychological disorders or those outside the specified age range. Data were collected using the Bharathiar University Resilience Scale (Anna Lakshmi, 2000), The research utilized the Parenting Sense of Competence Scale (Gibaud-Wallston & Wandersman, 1978) and the Well-being Index (World Health Organization, 1998) and found a strong, positive correlation between resilience and parental self-efficacy. More resilient parents reported lower levels of stress and anxiety and a higher level of satisfaction in life overall (Smith et al., 2020). The results of the research indicate that the psychological trait of resilience serves to protect and/or increase self-efficacy in the role of a parent and boosts overall psychological wellbeing. These results highlight the importance of fostering resilience to boost parental competence and mental health, suggesting a need for interventions aimed at helping parents cope with the challenges of raising children with ADHD.

Keywords: ADHD, resilience, parental self-efficacy, parenting challenges, parental well-being, stress, anxiety, life satisfaction

1. Introduction

ADHD is a neurodevelopmental condition defined by persistent patterns of inattention, hyperactivity, and impulsivity that disrupt a child's daily functioning and development (American Psychiatric Association,

2013) Parenting a child with ADHD tends to be highly stressful, as caregivers report ongoing difficulties in regard to the child's disruptive behaviors, emotional regulation, and school and peer problems (Chronis-Tuscano et al., 2011). including managing behavioral issues, academic struggles, and social difficulties. These obstacles can lead to significant emotional and psychological strains on parents, resulting in heightened levels of stress, anxiety, and reduced life satisfaction.

Self-efficacy can also be described as a parent's capability to complete the various responsibilities that come with childrearing (Bandura, 1997). This construct is crucial for overcoming the challenges that come with ADHD as the parent has to manage and respond to the child's challenging behaviours and emotions. Gibaud-Wallston and Wandersman (1978) state that improved parenting self-efficacy leads to more effective and consistent parenting, improved self-efficacy, and increased well-being for the children improved interactions with children, and lower psychological distress. However, parents of children with ADHD frequently report lower self-efficacy due to the ongoing and intricate nature of ADHD-related behaviors.

It has been proposed that resilience, defined as a child's capacity to adapt positively in the face of adversity, may serve as a protective factor, helping to mitigate the negative impact of parenting stress and bolstering self-efficacy (Masten, 2014). It has been shown in previous studies that resilient parents show emotionally stable behavior, are psychologically adaptive, and are able to maintain their psychological well-being and cope with the difficulties on their child's ADHD (Kaboudi et al., 2018; Godfrey et al., 2022). Even with these contributions, however, the empirical literature on the interconnectedness of resilience, parental self-efficacy, and well-being among the parents of children with ADHD is limited and very little. These gaps point to the necessity to conduct in-depth investigations and explore the psychological frameworks and functioning at the family level.

THEORETICAL FRAMEWORK

This research used Bandura's Social Cognitive theory as a framework. Bandura's Social Cognitive Theory is based on the influences on behavior and mental phenomena and consists of personal factors, social beliefs, cognitive, and environmental factors. In Bandura's theory, a parent's belief in their capability or self-efficacy, influences the challenges they are ready to tackle, the strategies they select, and the level of effort they invest in the management of a situation. In the case of ADHD parents, self-efficacy is the foundation of confidence that is necessary to address the management of behavior and attention challenges, use adaptive and effective parenting practices, and establish beneficial relationships with the child.

Resilience involves the ability to effectively handle stress and adversity through adaptive responses and recovery. Under the SCT framework, resilience serves as an individual resource that bolsters emotional regulation, problem-solving skills, and adaptive coping. More resilient parents are those who can continue to feel confident in their parenting despite the persistence of behavioural and emotional challenges. There is a reciprocal relationship between resilience and self-efficacy: resilience enhances parents' perceptions of their ability to deal with difficulties, while heightened self-efficacy in turn enhances

resilient ways of coping, enabling parents to deal more effectively with stressful circumstances (Bandura, 1997; Masten, 2014).

In this framework, parental well-being—which encompasses aspects such as stress, anxiety, and life satisfaction—is viewed as the outcome variable. From the SCT perspective, internal resources like resilience, paired with cognitive beliefs such as self-efficacy, shape emotional and behavioral responses that affect mental health. This study hypothesizes that parental well-being will be positively affected by both resilience and self-efficacy, with self-efficacy potentially acting as a mediator of resilience's impact on mental health.

Proposed Conceptual Relationships:

Resilience enhances adaptive coping, emotional regulation, and stress management. Parental Self-Efficacy affects confidence, decision-making, and parenting strategies. Well-being, influenced by resilience and self-efficacy, involves stress reduction and increased life satisfaction. Interaction Hypothesis: Resilience and self-efficacy interact to enhance parental well-being. This framework advocates for exploring how these two factors support psychological health and effective parenting in the context of ADHD. It also supports potential intervention strategies aimed at improving both resilience and self-efficacy to enhance parents' well-being.

LITERATURE REVIEW & CRITICAL EVALUATION

Parenting a child with a chronic condition or neurodevelopmental disorder is often one of the most psychologically taxing roles. Parents must navigate complex stressors, including behavioral issues, attention regulation, and social or academic challenges, which can adversely affect their psychological health and confidence in parenting. In this context, resilience, parental self-efficacy, and well-being are increasingly recognized as interconnected concepts that significantly impact how parents manage stress.

The Role of Resilience:

Resilience is the capacity to adapt positively despite adversity, maintaining emotional stability and effective coping in difficult situations. It is increasingly seen as a protective factor that mitigates stress and fosters effective parenting practices. A study by Kaboudi et al. (2018) examined the effects of resilience training Research on mothers of children with leukemia indicates that coping strategies markedly affect parental stress levels (Compas et al., 2012). , finding that those who underwent resilience training demonstrated improved coping skills and lower stress levels compared to those who did not. These results imply that resilience can be developed through targeted interventions rather than being solely an innate trait.

Critical Evaluation:

While this study offers valuable insights, it was limited to mothers in specific medical caregiving situations, which may not translate to parents of children with ADHD, where behavioral and attention

challenges predominate. The small sample size and lack of follow-up limit conclusions about resilience's long-term effects. Cultural and demographic factors were also overlooked, leaving many uncertainties about broader applicability. Nonetheless, the study underscores resilience as a modifiable aspect crucial for supporting parental coping and mental health.

The Role of Parental Self-Efficacy:

Self-Efficacy of Parents Self-efficacy of parents defines parents' confidence levels in their abilities to handle parenting duties. Increased self-efficacy results in higher parenting quality, positive interaction experiences with their children, and lesser stress (Beygi et al., 2022). finding that while resilience levels were moderate, self-efficacy was notably high among housewives, fathers, and parents with older children. This suggests that resilient parents tend to exhibit greater confidence in their caregiving abilities, which can lead to better outcomes for their children.

Critical Evaluation:

Although this study provides evidence of the correlation between resilience and self-efficacy, its cross-sectional design limits causal interpretations. The focus on parenting in chronic illnesses might not fully capture the unique behavioral and attention-related challenges experienced by parents of children with ADHD. Additionally, the study did not account for sociocultural variables, parental education, or economic status, which could affect levels of self-efficacy. Further intervention research is needed to explore whether enhancing resilience can directly improve parental self-efficacy and competencies in an ADHD context.

The Role of Parental Well-Being:

Parental well-being encompasses psychological health, perceived stress, anxiety, and overall life satisfaction, with resilience and self-efficacy serving as foundational elements. Godfrey et al. (2022) examined well-being during the pandemic among peer supporters through a mixed-methods approach, emphasizing the importance of structured support programs and resilience-building interventions in maintaining mental health and adaptive coping in stressful caregiving scenarios.

Critical Evaluation:

The study highlights the relationship between resilience and well-being, but its participants were peer supporters, not parents, and the pandemic introduced stressors not typically associated with everyday parenting. Longitudinal effects were not assessed, and ADHD-specific stressors were not considered, resulting in gaps in understanding how resilience and self-efficacy interact over time to enhance parental well-being.

Interaction Between Resilience, Parental Self-Efficacy, and Well-Being :

Self-efficacy, parental resilience, and well-being are interconnected and influence how specialist parents cope with the challenges of raising children with ADHD. Resilience enables parents to manage stress, recover from setbacks, and maintain emotional stability during demanding caregiving situations. This adaptive capability fortifies parental self-efficacy, leading parents to feel confident in their ability to implement effective parenting strategies, address behavioral challenges, and support their child's growth. In return, a high sense of self-efficacy reinforces resilience, as confident parents tend to persist in problem-solving, maintain consistent caregiving practices, and take proactive stances toward challenges. This interdependent relationship creates a positive feedback loop where resilience bolsters self-efficacy, and self-efficacy sustains resilience amidst ongoing stress. Together, these factors enhance parental well-being by reducing stress and anxiety while boosting overall life satisfaction.

Critical Analysis of Interaction

Theoretical and empirical research supports these relationships, but specific evidence regarding ADHD parenting is limited. Many existing studies focus on parents of children with chronic conditions or other caregiving populations that may differ significantly from the behavioral and attentional challenges faced in ADHD. Most research employs cross-sectional designs, making it challenging to establish the direction of effects. Additionally, demographic factors, cultural context, and socioeconomic status are often underexplored as potential moderators of these interactions. To clarify the dynamics between resilience, self-efficacy, and well-being in ADHD-specific contexts, longitudinal and intervention-based studies are essential.

METHODOLOGY**Aim:**

The purpose of this study is to explore the connections between resilience, self-efficacy, and psychological well-being of the parents of children with Attention Deficit Hyperactivity Disorder (ADHD).

Objectives:

- To assess the resilience levels of parents raising children with ADHD.
- To evaluate parental self-efficacy in addressing ADHD-related challenges.
- To measure the stress, anxiety, and life satisfaction levels in these parents.
- To investigate how parental self-efficacy influences parental well-being.

Hypothesis:

It is hypothesized that greater resilience enhances parental self-efficacy and mitigates stress, anxiety, and the overall psychological strain associated with raising a child with ADHD.

Procedure:

Parents of kids that have ADHD are from clinical center. Parents that have given informed consent finished off doing the Bharathiar University Resilience Scale (Anna Lakshmi, 2000), Parenting Sense of Competence Scale (Gibaud-Wallston & Wandersman, 1978), and Well-Being Index (WHO, 1998) under the researcher's supervision. The researcher reviewed the questionnaires for accuracy and coded them for future analysis.

Literature was sourced via Google Scholar, ResearchGate, PubMed, and PsycINFO using keywords like resilience, parental self-efficacy, parental well-being, ADHD parents, and caregiver stress. Initially, around 90 studies were identified and then filtered to exclude irrelevant, duplicated, or non-empirical papers. Only evidence-based and directly pertinent studies were included for the final analysis.

Study Design:

A cross-sectional, descriptive-correlational design was employed to examine the relationships among resilience, parental self-efficacy, and well-being in parents of children with ADHD.

Population and Sample:

- The study involved parents aged 25–45 years with clinically diagnosed ADHD children.
- Sample Size: 200 parents, both mothers and fathers, were selected through purposive sampling.

Data Collection Tools:

1. Bharathiar University Resilience Scale (Anna Lakshmi, 2000): Measures resilience levels.
2. Parenting Sense of Competence Scale (Gibaud-Wallston & Wandersman, 1978): Evaluates parental self-efficacy and satisfaction.
3. Well-Being Index (1998): Assesses stress, anxiety, and life satisfaction.

Inclusion Criteria :

- Parents aged 25-45 years.
- Parents of a child with a clinical ADHD diagnosis (DSM-5/ICD-10).
- At least 6 months of caregiving experience with a diagnosed child.
- Ability to read and understand English or Tamil.
- Willingness to provide informed consent.

Exclusion Criteria :

- Parents currently diagnosed with psychiatric disorders, including major depression and psychosis.
- Parents who received psychological or psychiatric treatment during the study period.
- Parents outside the age range of 25–45 years.
- Parents of children with comorbid severe neurodevelopmental disorders (e.g., autism with intellectual disability).

Results :

Most parents demonstrated moderate to high resilience, and parental self-efficacy was positively associated with resilience; parents displaying higher resilience expressed greater confidence in handling ADHD-related challenges. Well-being was associated with increased self-efficacy and resilience, correlating with lower stress, reduced anxiety, and improved life satisfaction. There were strong positive relationships between resilience, parental self-efficacy, and well-being (e.g., $r = 0.45$, $p < 0.01$).

DISCUSSION

The findings from this study bolster the notion that resilience significantly enhances parental self-efficacy and overall well-being among parents of children with ADHD. Parents who demonstrate high resilience exhibit better emotional regulation, adaptive coping mechanisms, and an improved ability to manage their children's behavioral and attentional challenges. This fits with Bandura's Social Cognitive Theory as described in Bandura (1986), which maintains that individual internal mental resources, primarily the belief an individual has toward himself, determines the ways an individual encounters obstacles and the ways an individual controls his actions. Perceived control, and coping confidence play a crucial role in behavior and emotional outcomes.

A notable discovery is the reciprocal relationship between resilience and parental self-efficacy; more resilient parents display increased confidence in addressing ADHD challenges, and higher self-efficacy fosters persistence and problem-solving in daily parenting tasks, which in turn bolsters resilience. This bidirectional influence complements earlier studies by Beygi et al. (2022) and Godfrey et al. (2022), demonstrating that resilient caregivers with strong self-efficacy experience less stress, better coping, and enhanced psychological health.

The current study also illustrates that parental well-being encompasses more than merely the absence of stress; it includes emotional regulation, effective coping strategies, satisfaction with parenting roles, and overall psychological function. These aspects are especially important for parents of children with ADHD, who frequently navigate challenges related to hyperactivity, inattention, and emotional dysregulation. In this context, the interplay between resilience and self-efficacy acts as a protective factor, alleviating psychological burdens and promoting overall well-being.

While the results are consistent with existing literature, they also add to the body of evidence by emphasizing the combined impact of resilience and self-efficacy rather than viewing them as isolated constructs. This holistic approach underscores the necessity for parenting-targeted interventions that concurrently address both elements.

A restriction is having only a small number of samples and having to depend on self-reports (Podsakoff et al., 2003), as well as having only one study setting (Polit & Beck, 2010). Next studies should focus on different, larger samples with longitudinal studies focusing on the positive description of the parenting role and self-efficacy (Masten, 2014; Bandura, 1997).

Research Gaps :

Although there is a rising interest in resilience, parental self-efficacy, and well-being, several research gaps still exist. Primarily, most studies have concentrated on parents of children with chronic physical conditions rather than those with ADHD, which limits the broader applicability to behavioral and attentional issues. Additionally, few studies have examined how resilience and self-efficacy interact to influence psychological well-being in the context of ADHD parenting. Moreover, the majority of research employs a cross-sectional approach, making it impossible to draw conclusions about causality or changes over time. Socioeconomic status, cultural background, parental education, and the severity of child symptoms are often overlooked as potential moderators of these relationships, even though they could significantly affect parental adjustment.

Finally, few intervention models exist to strengthen resilience and self-efficacy in parents of children with ADHD.

These gaps underscore the need for a longitudinal, ADHD-focused, culturally sensitive study to investigate how resilience and self-efficacy interactively affect parental adjustment.

Implications for Parents of Children with ADHD

- Develop Resilience : Engage in mindfulness practices and emotional regulation to better handle challenges.
- 2. Enhance Self-Efficacy : Build confidence in parenting abilities through skill development, training, and achieving small goals.
- Structured Parenting : Implement clear routines, reinforce desired behaviors, and use consistent strategies to manage ADHD symptoms.
- Prioritize Well-being : Practice self-care, seek social support, and participate in parent support groups to lower stress levels.
- Professional Support Work with mental health professionals, educators, and counselors for advice and targeted interventions.
- 6. Foster Positive Parent-Child Interactions : Provide emotional validation and supportive engagement while nurturing a strong relationship with the child

Limitations and Future Research***Limitations:***

- Sample Representation : The study focuses on a limited group of parents, with insufficient participation from fathers and culturally diverse populations, potentially affecting generalizability.
- Study Design : The cross-sectional approach does not allow us to establish any cause-and-effect relationships between resilience, self-efficacy, and well-being.
- Context-Specific Factors : ADHD-specific issues, such as impulsivity, hyperactivity, and inattention, were not considered in this analysis.
- Unmeasured Moderators : Factors like socioeconomic status, parental education, social support, and child symptom severity may influence outcomes but were not examined

Future Research Directions:

- Conduct longitudinal and experimental studies to explore causality and the lasting effects of interventions on resilience and self-efficacy.
- Include father figures and parents from diverse cultural and socioeconomic backgrounds to broaden generalizability.
- Investigate the distinct behavioral and attentional challenges associated with ADHD and their relationships with parental resilience and well-being.
- Examine the mechanisms through which coping strategies, social support, and child symptom severity mediate and moderate how resilience and self-efficacy impact parents' psychological adjustment.

Conclusion

As it pertains to the well-being of the parents of children diagnosed with ADHD, the findings illustrate the significance of resilience and parental self-efficacy. Parents demonstrating higher resilience and self-efficacy reported reduced stress levels, lower anxiety, and greater life satisfaction. These results highlight the synergistic effect of resilience and self-efficacy in enhancing coping mechanisms and supporting effective parenting.

Therefore, practical interventions should aim to improve both resilience and self-efficacy simultaneously, yielding greater benefits for parental mental health and parent-child relationships. Future research should focus on longitudinal studies, diverse populations, and ADHD-specific stressors to better understand these relationships and guide the development of tailored support programs.

In conclusion, fostering resilience and self-efficacy in parents is vital for maintaining psychological health, enhancing parenting skills, and improving outcomes for children with ADHD.

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