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**A STUDY OF PARENTING STRESS IN MOTHERS OF CHILDREN AND  
ADOLESCENTS WITH DOWN SYNDROME**

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**ABSTRACT**

Disparity in resources between parents' expectations and their ability to achieve those expectations is one way to describe parental stress. The model that was established says that there are three important components to parenting stress: the characteristics of the parent, the characteristics of the kid, and the circumstances of the child's life. Instruments for assessing parental stress have been developed for each of the three areas, which are represented in the Parenting Stress Index (PSI). Having a stressful time as a parent has negative consequences for the well-being of the whole family, not just for the children. Parents' mental health and well-being may be adversely affected by stress on the one hand; various studies have shown that caregivers who are under chronic stress have poor mental and physical health as well as lower levels of life satisfaction. Parental psychological stress, on the other hand, has the potential to negatively impact the well-being of children as well as their subsequent psychological and developmental consequences. The stress of parenting has been linked to a decrease in stimulating relationships with children, as well as an increased likelihood of child abuse and poor childhood experiences. According to Buodo and colleagues, a study of 61 women with 9–12-year-old children found a substantial correlation between parental stress and the children's externalizing behavior. Moreover, the stress of early childhood seems to predict both internalizing and externalizing difficulties.