

Abstract

This study assessed the relations of life satisfaction with parental stress and stress coping strategies of 67 mothers with children with autism. Data were collected through self-report questionnaires. Results indicated that mothers with high income level, with religious belief or with children receiving mainstream education perceived higher life satisfaction than those with low income level, no religious belief or with children receiving special education. Role restriction and health were the most stressful factors while mobilizing family and reframing were the most common coping strategies. The findings further indicated that life satisfaction was significantly correlated with competence, isolation, attachment, health, role restriction, depression, spouse, reframing, spiritual support and passive appraisal. Correlation between life satisfaction and social support or mobilizing family was not significant. By regression analysis, it was revealed that best predictors of life satisfaction were role restriction, followed by isolation and then reframing, spiritual support, health and passive appraisal. The implications of these results are discussed.