

Abstract

The present study was carried out to explore the relationship among sense of coherence, parenting self-efficacy, and parental stress. Documented studies on the role of parenting self-efficacy as a potential variable among parents of children with autism are scarce. The current study also sought to test the model investigating the role of parenting self-efficacy as a mediator between sense of coherence and parental stress. The sample consisted of 100 parents (50 mothers & 50 fathers) of children with autism. Measures of sense of coherence, parenting self-efficacy and parental stress were completed by the parents. Hypotheses of the study were supported as significant correlations were found between sense of coherence and parenting self-efficacy ($r = .272, p < .001$), between parenting self-efficacy and parenting stress ($r = -.373, p < .001$), and between sense of coherence and parental stress ($r = -.309, p < .001$). Results particularly supported our hypothesized model that parenting self-efficacy mediated the relationship between sense of coherence and parental stress. However there was no evidence of significant gender difference in terms of parenting self-efficacy, parental stress and sense of coherence. Further methodological issues and the theoretical and practical implications of these results are also discussed.

Key Words, autism, sense of coherence, parenting self-efficacy, parental stress.