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Miraclyn Lydia D

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Perceptions and Experiences of Parents about their Parenting Styles on Self-Care Participation of Children with Spastic Cerebral Palsy

Background & Aim: Cerebral Palsy (CP) is a non-reversible neuro-developmental movement disorder caused by damage to the evolving brain and it is the most common cause of physical disability in children. Spastic CP has been linked with difficulty in involvement in everyday activities in childhood which affects movement, feeding and eating, self-care, and communication abilities. Parenting style has a significant impact on a child's development, including self-care, and cognitive and socio-emotional development among other areas of development. Hence this study aimed to understand the parents' perception and experiences of their parenting styles and their influence on the self-care participation of children with spastic CP.

Methods: An explorative study was done in the Department of Occupational Therapy of Kasturba Hospital, Manipal and Manasa Rehabilitation and Training center (Special education school), Udupi with six parents of children with spastic CP using convenience sampling. Verbal consent was obtained by the investigator followed by the administration of the Gross Motor Function Classification System - Extended & Revised and the gathering of the demographic proforma of the participants. In-depth interviews were conducted through an online platform and the data were transcribed verbatim and analyzed.

Results: Descriptive statistics were used for the demographic characteristics. The transcribed data were analyzed under three themes which were the parenting styles used for children with spastic CP, self-care participation of children with spastic CP, and the impact of parenting styles on self-care participation of children with spastic CP. Five out of the six participants used a permissive style of parenting and one participant used an authoritative style of parenting. It was found that self-care participation was better when an authoritative style of parenting was used. All the

participants in this study mentioned a positive impact of their parenting styles on the self-care participation of their children with spastic CP.

Conclusion: This study concluded that the parents perceived that the parenting styles used by them had a positive impact on the self-care participation of children with spastic CP.

Keywords: *Cerebral Palsy, Self-care participation, Parenting Styles, Occupational Therapy*