

ABSTRACT

The primary objective of this study was to investigate the direct and indirect effects of personal and environmental factors on maternal stress, being mediated by perceived controllability to cope with emotion and problems of life situations, in Thai mothers of children with cognitive disabilities. The expected outcome is to understand controllability and coping mechanisms on maternal stress. To fulfill of the objective, two separated but interlinked studies were conducted. A total sample participants of 800 Thai mothers consented to fill in a set of standardized scales, namely Perceived Stress Scale (PSS), Coping Inventory for Stressful Situation (for problem & emotion) focused coping (CISS), Locus of Control Scale (LOC), Self-Compassion (SC), Self – Efficacy (SE), Multidimensional Scale of Perceived Social Support (MSPSS), Child Behavioral Scale(CBS), and Controllability Scale (CAS). In other to meet the study's objective, in study 1, for the evaluation of the psychometric properties of the scales, reliability and validity (CFA), and indirect model was designed and conducted via structural equation modeling (SEM) employed to measure the three nested (direct, indirect and full path) models. Evaluation and comparison of the fit of these three nested models posited to the full path models were being more parsimonious and better fitting than the direct and indirect path models. The results revealed that children behavioral problems effected directly, self-compassion and self- efficacy direct and indirectly, social support, indirectly mediated by perceived controllability and both coping factors effected to maternal stress. There was significant correlation between three mediations to criterion variable maternal stress.

Keywords: Maternal stress, coping strategies, children behavioral problems, and controllability.