

**LIVED EXPERIENCES OF MOTHERS HAVING CHILDREN WITH ATTENTION  
DEFICIT HYPERACTIVITY DISORDER (ADHD)**

**A Thesis**

**Presented to**

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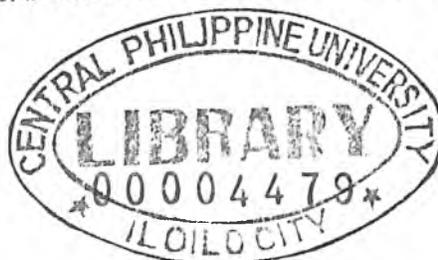
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**Master of Arts in Nursing**

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# LIVED EXPERIENCES OF MOTHERS HAVING CHILDREN WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

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## ABSTRACT

This study was conducted to explore the lived experiences of mothers having children with attention deficit hyperactivity disorder (ADHD). This study answered the question “What were the lived experiences of mothers having children with attention deficit hyperactivity disorder (ADHD)? Employing descriptive phenomenology, the following steps were used in the study: bracketing, intuiting, analyzing and describing. The results then helped the researcher in understanding the lived experiences of mothers in caring for a child with ADHD. This study used qualitative research guided by a descriptive phenomenological approach which involved the utilization of unstructured interview as the main data gathering method. The study utilized the Colaizzi’s method of data analysis to describe and explore the lived experiences of mothers having children with ADHD and was done in schools and homes of children with ADHD depending on the preference of the participants.

The study included mothers who were the primary caregiver of children with Attention Deficit Hyperactivity Disorder (ADHD) in Iloilo City who were selected using purposive sampling. The study concentrated on the different lived experiences of these mothers in having children with ADHD. The study was limited only to the number of participants that were based on the data saturation.

The findings of the study showed that mothers had their challenging experiences because of the behavior of their child with ADHD, which included avoidance of cognitive

tasks, difficulty in managing emotions, hyperactivity and trouble waiting their turn, inattention and lack of focus, power struggle and strengths and passion. It also showed how they responded to the challenges of raising a child with ADHD, managing their tantrums, establishing a routine and creating structure, limiting distractions and acceptance. It was found out that mothers also found that they had to keep a balance when it comes to discipline, whether it be strict or lax and whether the father's discipline style is more effective. Finally, mothers found themselves struggling as they care for children with ADHD and thus, they have moments of impatience and outbursts, having guilt feelings and being exasperated and having breakdowns.

Children with ADHD have behavioral problems which are challenging and mothers caring for them have to deal with the accompanying challenges. These problems are cognitive and behavioral in nature that it takes a lot of patience to deal with. Raising a child with ADHD requires much time and effort from their caregivers especially their mothers. Because of the child's ADHD condition, mothers need to strike a balance in their discipline styles. Moreover, mothers struggle as they respond to the challenges of raising a child diagnosed with ADHD.