

An investigation of spiritual coping strategies among mothers of children with autism in Indonesia

Gimanda Nahdiah Diana^{1,2}, Cesa Septiana Pratiwi³, Iwan Setiawan⁴

¹Department of Midwifery, Universitas 'Aisyiyah Yogyakarta, Indonesia
Jalan Ring Road Barat No. 63, Mlangi, Nogotirto, Gamping, Sleman,
Daerah Istimewa Yogyakarta, Indonesia

²Department of Midwifery, Universitas Malahayati Bandar Lampung, Indonesia
Jalan Pramuka No. 27, Kemiling, Bandar Lampung, Lampung, Indonesia

³Department of Midwifery, Master's Program, Universitas 'Aisyiyah Yogyakarta

⁴Institute for Islamic Studies and Practice (LPPI) at Universitas 'Aisyiyah Yogyakarta
Jalan Ring Road Barat No. 63, Mlangi, Nogotirto, Gamping, Sleman,
Daerah Istimewa Yogyakarta, Indonesia

*Corresponding author : gimandanahdiahdiana@malahayati.ac.id

ABSTRACT

Background: Autism spectrum disorder places substantial emotional, social, and psychological demands on mothers, who often serve as the primary caregivers. In Indonesia, spirituality and religious practice are closely intertwined with everyday life and may function as important coping resources when mothers face prolonged caregiving stress, stigma, and uncertainty about their children's future.

Objective: This study explored how mothers of children with autism in Indonesia integrate spirituality into their coping processes during everyday caregiving.

Methods: A qualitative descriptive study was conducted. Ten mothers of children diagnosed with autism spectrum disorder were recruited purposively on the basis of their role as primary caregivers and their involvement in spiritual or religious practices. Data were collected through in-depth semistructured interviews conducted face-to-face or online. Each interview lasted approximately 60–90 minutes, was audio-recorded with consent, transcribed verbatim, and analyzed thematically with the support of NVivo software.

Results: Five main themes were identified: (1) the search for and meaning of spirituality, (2) emotional responses and the dynamics of acceptance, (3) spiritual coping strategies and daily practices, (4) culture, stigma, and social support, and (5) self-transformation and reflections on parenting. These findings suggest that faith actively shapes mothers' resilience, hope, and acceptance of their circumstances.

Conclusions: Spiritual coping is a crucial element that supports the psychological well-being of mothers caring for children with autism. The findings support the incorporation of spirituality-based approaches into mentoring and support practices for healthcare professionals, educators, and families as part of a holistic strategy for assisting mothers of children with autism.

KEYWORD: autism spectrum disorder; mothers; spiritual coping; qualitative study

Article info : Received 03 February 2026; 1st revision 02 April 2026; 2nd revision 07 April 2026; accepted 06 May 2026; available online 02 June , 2026; published 30 June 2026

INTRODUCTION

Autism is a global health problem with increasing prevalence, with 1 in 100 children worldwide experiencing autism spectrum (1). In Indonesia, it is estimated that there are more than 2.4 million children diagnosed with autism (2). The problems that arise are the high psychological burden on mothers in facing the challenges of raising autistic children, such as severe stress, negative emotions, social isolation, and stigma from society (3,4).

The impact of this problem not only reduces the psychological well-being of mothers, but also increases the risk of mental health disorders, worsens social relations, and disrupts the optimal child-rearing process (5,6). In this situation, mothers need effective coping strategies to maintain their psychological resilience. Several strategies have been developed to help parents manage stress, such as psychoeducational approaches, parent training, self-care, use of eco-maps, group therapy, individual therapy, and the application of social support strategies (7). However, one approach that has received special attention is *spiritual coping*. This strategy shows potential in providing inner peace, strengthening optimism, and increasing psychological resilience (8,4). However, the effectiveness of spiritual coping is influenced by other factors such as the quality of social support, cultural context, and the individual's level of religiosity (9,10,11).

Another issue that is no less important is that mental health is still a neglected part of global efforts to improve quality of life. Many individuals with mental health disorders experience widespread human rights violations, discrimination, and stigma (12). In Indonesia, efforts to improve mental health services have begun to be increased through Law Number 18 of 2014 concerning Mental Health, which emphasizes a cross-sectoral promotive, preventive, curative, and rehabilitative approach (13). To date, however, research specifically exploring the subjective experiences of mothers as they integrate spiritual coping into the care of children with autism in Indonesia remains limited. This gap highlights the need to better understand the dynamics of maternal spiritual coping within the Indonesian cultural context as a basis for developing more effective and applicable spirituality-based interventions. Therefore, this study aimed to explore the spiritual coping strategies used by mothers caring for children with autism.

MATERIAL AND METHODS

This study used a qualitative descriptive design to explore mothers' spiritual coping experiences while caring for children diagnosed with autism. A qualitative descriptive approach was selected because the study sought to capture participants' accounts in language that remained close to their lived experiences, while still allowing for thematic interpretation of shared

patterns across cases. Participants were ten mothers of children with autism spectrum disorder who served as the primary caregiver in daily life. Purposive sampling was used to recruit mothers who were able to describe their caregiving experiences and who reported engagement in spiritual or religious practices. The sample size was considered appropriate for in-depth qualitative inquiry, and interviews were continued until no substantially new thematic insights were emerging. Data were collected through in-depth semi-structured interviews conducted either face-to-face or online, depending on participants' availability and preference. Each interview lasted approximately 60–90 minutes and was audio-recorded after participants provided informed consent. Interview questions explored mothers' understanding of their child's condition, emotional responses to caregiving, spiritual beliefs and practices, family and community experiences, and perceived sources of strength and support.

All interviews were transcribed verbatim and analyzed thematically with the support of NVivo software. The analysis proceeded through repeated reading of the transcripts, initial coding of meaningful segments, grouping of related codes into categories, and iterative development of broader themes and subthemes. Coding decisions and theme development were reviewed repeatedly across transcripts to refine conceptual consistency and ensure

that the final themes were grounded in participants' accounts. Analytic rigor was strengthened through iterative comparison across interviews, careful documentation of coding decisions, and repeated return to the original transcripts during theme refinement. The study emphasized credibility, dependability, and confirmability by ensuring that interpretations remained closely tied to participants' narratives and by maintaining a transparent analytic process. Ethical clearance for this study was granted by the Ethics Committee of the Faculty of Health Sciences, Universitas 'Aisyiyah Yogyakarta, under approval number 4224/KEP-UNISA/VII/2025. All participants provided informed consent prior to data collection. Pseudonymous participant codes (P1–P10) were used to protect confidentiality.

RESULTS AND DISCUSSION

Theme 1. Search and interpretation spirituality

Theme This reflect How mother who cares child with diagnosis autism search and build meaning through spiritual approach . They using religion and belief as runway For understand condition children and strengthen self. The subthemes included in it among others.

Subtheme 1 Prayer and worship as amplifier inner

Spirituality become runway inner main for Mother in face fact that child they to bear

autism . Prayer No viewed only as application , but as method guard sanity and tranquility heart in continuous pressure present.

" I think from all of that is prayer communication I with God " P1

Prayer become channel personal For let go tired and looking strengthening inner self . Another expression confirms that worship routine like pray No only bring calm ,but also believed bring wonder in life daily.

" Correct it's true that prayer is true Correct There is miracle " P6

Subtheme 2 Accept exam from Lord

A number of Mother try understand condition child as part from exam God . Understanding This make they more capable undergoing the process of parenting with more patient and open-minded.

" Possible This the test Lord for I so that it is more Be patient more sincere " P3

Exam This No accepted with complaints , but rather made into means spiritual growth . Another statement reinforces view This with show belief that every exam Already measured by God in accordance limit ability His servant.

" In essence, that's what Allah is, right? No will test a his servant in outside the limit is " P5

Subtheme 3 Understanding meaning presence child as destiny

In more reflection in , presence child

No only understood as exam , but also as destiny that brings lesson valuable for life mother . Presence they believed as part from plan God who contains meaning hidden.

" Possible This God's way to Possible during This I No Be patient Possible will more Be patient There is secret in child this is " P8

Presence child become kind of spiritual message that makes Mother do contemplation self . Quote furthermore continue meaning the with display How Mother make principles faith as guidelines life For understand all something that happened.

" I always hold One verses in life I who always say that look for Formerly I . Then I will give everything to you , that One the verse that I hold that I must know It means he Formerly before something given filled need I " P6

Resilience Mother appear from trust to Lord Belief will presence and help Lord become source the power that makes Mother still stand up , even when situation feel very heavy. Worship become room consistency inner.

" If not prayer No pray , definitely I can't get through exam this " P1

Quote This show that spirituality is source Power stand main , more from just hope . Prayer is also a means become deliver burden life completely in God , but with still begging inclusion and power in undergo role as Mother .

" If indeed this is what you gave . God , it's already I accept ... But , I said like that ...I also beg God Join I " P7

Theme 2. Response emotional and dynamic reception

Theme This covers response emotional the beginning of mothers after receiving a diagnosis of autism in children they . Start from rejection until adjustment self and future hopes . Subthemes that emerged among others.

Subtheme 1. Shock and sadness deep

News that child sufferer autism become blow emotional for mothers . Some describe it with very expression symbolic and surprising.

" Like the sky sky collapse , moreover that day i remember once it rained " P7

Cloudy weather as if strengthen impression that the world follows feel the sadness experienced . Another quote reinforces feeling lost hope , where life suddenly feel narrow and illusory.

" This world narrow ... " P8

Even background behind academic No as well as immediately make Mother Ready. There is a deep sense of failure Because feel No capable recognize condition child more beginning.

" The feeling Certain sad Because First I student psychology ... how could you be careless like that yeah " P9

Subtheme 2 Adjustment hope towards the future child

After the phase beginning comfortable , partly Mother slowly change method view to child . Hope the big one before built start customized with condition real child.

" I Once Want to kill child . But Keep going I read Al-Qur'an oh my god maybe This sin big For I alone ... hose time months Thank God , we accept it our child " P4

So that Mother Study change high expectations become appreciation to progress small , and that's it considered as form success.

" So his son diagnosed autism that's what the name says What hope or the target is not too grandiose grandiose lah so the child is there developments in therapy Just that's it We Already very very give thanks for the child 's future capital again " P10

Subtheme 3 Rejection and confusion beginning

Ignorance at the beginning become source fear and confusion . An unfamiliar diagnosis. make Mother feel No Ready.

" Confused , autistic What yeah this ... " P9

Confusion the sometimes cause reaction extreme emotional , as form explosion from mental unpreparedness and extreme stress tall.

" I 've had it too" step on step on almost Just kill .. " P4

In condition other , feelings rejection is also experienced by couples , showing that the adaptation process No only in the

mother , but also deep dynamics nuclear family.

" *Certain At first I was in denial , my husband was also in denial* " P10

Subthme 4 Access information and community

Look for answer be one of method Mother face Confusion . Internet and information brave become source beginning For take steps concrete , such as try diet method or therapy.

" *Action First I went on a diet. I cut all that i read read But from my internet try especially For flour and sweet sweet is cut completely* " P7

However although Already do action practical , feeling shame and alienation Still overshadowing moment bring child to room social like a family event.

" *If there is a family event I Want to go bring child I just I it seems like ashamed ... because time beginning the beginning is willing gather together family Just hard ... he sometimes sit sometimes cry* " P1

Theme 3 Spiritual coping strategies and practices daily

Theme This show How spiritual practices applied to in everyday coping strategies . Mothers No only think spiritually , but also implement rituals and actions concrete For strengthen self and child . Subtheme among others.

Subtheme 1 Daily spiritual rituals

Moment family that is composed neat in daily life become forms of coping and closeness emotional in House ladder.

" *His father Correct Correct handle moment go home Work Already what are they doing in the living room ? The three of them were hanging out by themselves ... I was in the room separated or Possible I is on the floor below* " P5

" *So I always before sleep , that's for sure chat The same he , continue We pray The same with me stroke stroke his back ... me pray for me he* " P2

Subtheme 2 Teach prayer and spiritual endeavor

A number of Mother No only depend on prayer personal , but also inviting child For know and run worship in a way with this become form of spiritual value transfer since early.

" *Day and night , we invite pray together . We invite Come on you . his hand praying is how it is at least to plant How he know That religion exists* " P7

Strengthening form other spiritual endeavors , some mother also travels endeavor like ruqyah as part from hope healing or spiritual peace for child.

" *I am here plan Want to ruqyah ...* " P5

Another participant stated that practice ruqyah Once done previously

" *Once age eight year he of course*

Once ruqyah just limited to ruqyah Just like that No more ” P9

Subtheme 3 Strategy dampen emotion with approach religious

In face pressure emotional, mother try calm self through spiritual approach. Emotions that remain explode return to spiritual awareness as form reflection self.

” If possible, of course” Be patient Be patient But still yeah There is it's time for me to do it too No Be patient very here Finally the tone tall like that ... As soon as the high note is finished yeah definitely like live yeah Istighfar ” P10

Expression the show awareness direct after emotion appear. In experience other , feelings angry often appear Because intensity parenting, but still framed in awareness that challenge. This No normal :

“ There is a phase in which what has arrived arrive it seems like I like it angry angry to husband like that. until Now Still study and sometimes Still lost until emotion Ma'am, to be honest, if it's for nurse child with in need that's special right What yes, the challenge is more many times over compared to normal...” P5

Subtheme 4 Pray child and blow crown

Ritual of blowing crown while pray become symbol from deep spiritual hope and love. Practice This done in a way gentle as form protection inner to child.

“I blew on the crown of my head the crown his so prayer prayer so that he calm

down ...” P3

Action This display the spiritual dimension that unites with action physique full love. In situation other, prayer delivered in form hope for the future together with more Good.

” Possible his son Not yet know What How But always invited chat yeah always said Oh my God, bro easy Hopefully little brother can be a help For Later we are parents pray for mom and dad, little one ” P5

Theme 4 Culture , stigma, and support social

Theme This discuss influence external from culture local, community stigma, and role support social to method moms face challenges. Sub-themes covers.

Subtheme 1 Pressure tradition local and family advice

A number of Mother face pressure from environment culture, especially in form recommendation practice considered traditional can save child. This is put they in dilemma between logic, trust, and respect to family.

“There was a time when I ordered do ... after Friday prayers child beaten prayer mat in the section his mouth ... was ordered The same family husband is rich in scrapes gold on his tongue ... we as child son in law ... no Want to We accept ... But Because We Afraid “ P3 ”

Subtheme 2 Social stigma and support limited

The stigma of public still become challenge big in reception child. Misunderstanding to condition autism create distance between children and the environment social.

"*Friend Work I think that autism is down syndrome*". P7

Mistake This strengthen feeling No understand what is experienced mother. Meanwhile, the exclusion child by neighbor show impact social from the stigma that has not been decompose.

"... of course he's like trapped like that it's like being exiled that's it although go out right neighbors too want to play together he ...". P9

Subtheme 3 Role communities and organizations in coping

Community become room safe for Mother For share and earn strength emotional. Through meeting with fellow parents, they feel validation and support that is not found in the environment general.

"*Join ... like group autism according to I am the most help ...*". P3

Community No only give information, but also become source spirit. Another quote shows how does togetherness feel give energy new.

"*I joined the community ...at school child I am autistic this is all Mother mother who has child in need special ... we can strength from sharing with each other*". P5

Subtheme 4 Support husband and nuclear family

Support from couples and nuclear families are very determine stability emotion mother. Role husband become important, good in form presence direct and also attention emotional.

"*Husband I Work from if from that morning until the afternoon even night, so I Alone with they are at home*". P1

Statement This show that part Mother feel must carry burden myself. However in story others, strong support from my stepfather precisely give strength outside normal.

"*Alhamdulillah received even Far more What yes his stepfather 's behavior was beyond from father womb alone. More dear, for your attention Because I think so autism This sensitive his feelings are sensitive very much*". P9

"... support family support from family is number one one ...". P8

Theme 5 Transformation self and reflection parenting

Theme final This showing the reflective process of mothers in live it up experience as a parent child autism. They No only survive, but also develop and change method view to self and life. Subtheme related covers.

Subtheme 1 Learning and wisdom in journey

Experience nurse child autism bring

change deep in life mother. This process No only about survive, but also grow become more personal strong and reflective.

" Nurturing child The crew needs it an extraordinary struggle regular and continuous to be continued until until life until life Already revoked ma'am I will Keep going Study until second this is " P5

Same meaning present in another quote that shows How presence child considered as method Lord to form personal more mother Good.

" I believe child This given to me , because Lord want to I am a person becoming more of a person Good moment I go home supplies I already have enough " P7

Meaning positive to self also appears in narrative following, which indicates existence significant mental growth compared to the past.

"... Formerly right his mentality is a cracker mentality , well, he has that hafiz his mentality Already strong can ward off talk people's talk is not No easy to get down like that .." P9

Subtheme 2 Regret and meaning repeat the past

In the process of reflection, some Mother disclose regret on perceived past treatment not enough right. This is become point come back For repair self and way nurse to front.

"... love watch youtube ... I think the important thing is not to cry , that 's what I

think regret really ... him not enough stimulation like that " P2

Regret This become gate going to awareness new. In case others , heavy mental pressure even had time bring mother in almost critical condition separated hope in a way extreme.

" Apparently I ... almost stressed too almost kill self I'm Miss..." P6

Subtheme 3 Spiritual motivation as form transformation

Motivation and spiritual support are one of the source energy new for Mother For rise from fatigue and emotion negative. Advices religious nuances help Mother find return direction and hope.

" Now as it happens I have a friend close , her husband a Ustadz . If I 'm I Again melo I to there can advice he convey paragraph verses like that , so that I more tough more strong ... get solution I ..." P8

Subtheme 4 Feel isolated

Behind visible strength and toughness, partly Mother still keep the feeling of loneliness. No everyone around capable understand What is they fight for it, so that a feeling of alienation arises.

"... I feel like I 'm walking in a quiet alley , which is n't there are people out ...so i Alone just ". P9

Subtheme 5 The lack of support formal organization

Even though make religion as handle

alive, no all Mother connected with organization formal religious. The absence of connection This show existence lack in system more spiritual support structured.

" I do not Once follow if organization religious I I don't really know either" P3

Subtheme 6 Challenge physical and emotional in parenting

Besides spiritual and social challenges, parenting child autism is also draining power in a way physical and emotional. Fatigue This often appears in various form, start from disappointment until concern will safety child.

" Tired of physical and mental must Be patient Oh my gosh toilet training now yes right must Be patient chapter there come here ...ah never mind that's a challenge biggest " P7

Quote This show that routine daily become consistency and resilience. In experience other, action extreme child make Mother forced let child express himself while still supervise secretly.

" Already I keep quiet Just he Want to to bang head on the wall yes hit Just like that , he Want to angry . But Still I steal steal view lah For supervise if for example excessive " P9

" That's me personal feel heavy very Because sometimes if he anger can reach I Once bitten ... continue poked , his eyes ..." P2

The results of this study revealed five main themes that reflect the spiritual

experiences of mothers in carrying out parenting. The five theme the covering search meaning spirituality, response emotional and dynamic acceptance, spiritual coping strategies and practices daily, influence culture and support social, as well as transformation self in the process of parenting.

Conceptual Framework of Spiritual Coping Strategies

The conceptual framework developed from this study suggests that spiritual coping among mothers of children with autism is shaped by psychosocial, religious, and environmental factors. These influences can lead to both positive and negative forms of coping.

Positive coping includes surrendering to God, seeking inner peace, and obtaining religious support. Negative coping may include anger toward God, passivity in the face of problems, and withdrawal from the community.

At the center of this framework is the search for meaning. Life challenges arising from psychosocial, religious, and environmental pressures can disrupt existing meanings of life, but they may also encourage a deeper search for meaning. In crisis situations, mothers engage in coping processes aimed at forming or preserving new meaning. These processes are not purely personal; they are also shaped by the social and cultural contexts in which mothers live. Supportive communities and

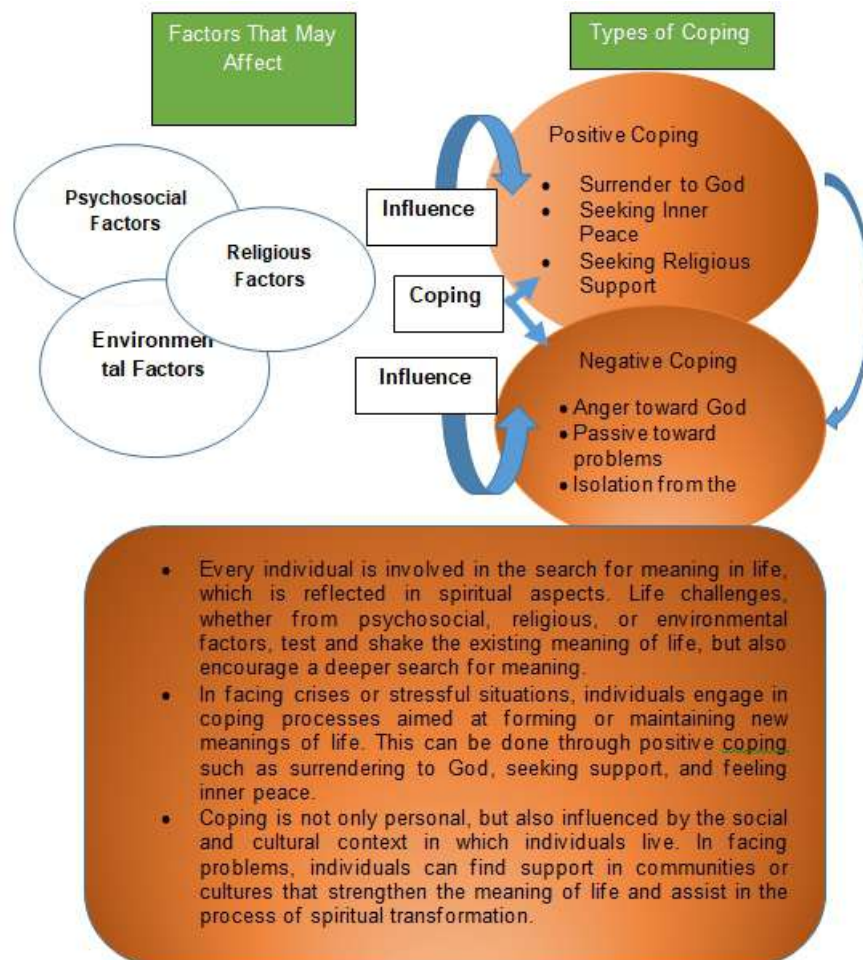


Figure 1. Conceptual framework of spiritual coping strategies for mothers with autistic children

cultural environments can strengthen meaning-making and facilitate spiritual transformation. This study found that mothers' spiritual coping in caring for children with autism is shaped by environmental, psychosocial, and religious influences, aligning with the eight assumptions of Pargament's religious coping theory (14). Mothers reframe their children's condition as a divine test or trust, leading to a shift in meaning and identity. When previous hopes for normative development are disrupted, mothers

undergo meaning tension (Assumption III) and seek new meaning through religious practices (Assumption IV), resulting in a transformation of values and increased spiritual resilience (Assumptions V-VI).

Positive coping responses include prayer, joining religious communities, and viewing caregiving as a divine responsibility, contributing to inner peace and emotional stability (15,16). Conversely, negative coping such as spiritual withdrawal or despair is linked to lack of support, stigma, and psychological pressure, highlighting the

role of social context (Assumption VII) (17). Spirituality in this study is not merely conceptual but is embedded in routine practices, such as prayer and religious teaching, which function as coping mechanisms and parenting strategies (3,18). These practices help mothers regulate emotions, reinforce values, and foster a stronger bond with their children. Mothers' spiritual reflections also suggest identity growth and emotional maturity, in line with Assumption VIII, where coping leads to spiritual transformation (14). This supports previous findings that religiosity reduces stress and helps reframe crises into opportunities for growth (17,19,4). Parenting a child with autism thus becomes not only an emotional challenge but also a spiritual journey that fosters personal and religious wholeness (20,21).

CONCLUSION AND RECCOMENDATION

This study shows that the spiritual coping strategies of mothers of children with autism constitute a dynamic, multidimensional, and complex process that is shaped by cultural and social contexts. Spirituality emerged as a major source of strength in dealing with emotional pressure, fostering acceptance, and supporting psychological and spiritual self-transformation. Internal factors such as faith and prayer, together with external support from family, community, and religion, appeared to strengthen mothers' resilience as they navigated the challenges of

caregiving. It is recommended that spiritual approaches be integrated into mental health services, educational settings, and public policy to support mothers of children with autism. Community strengthening, spirituality-based training, and cross-sector collaboration among health professionals, religious leaders, and nongovernmental organizations should be encouraged to create a comprehensive and contextually appropriate support system. Future research could broaden the scope by examining the role of other family members and by developing culturally appropriate instruments for measuring spiritual coping.

REFERENCES

1. WHO. Autism. 2023; <https://www.who.int/news-room/fact-sheets/detail/autism-spectrum-disorders>
2. TIM PPID Ditbalnak. Kajian Epidemiologis, Anak dengan Autisme di Indonesia [Internet]. 2024. Available from:<https://www.orangtuahebat.id/kajian-epidemiologis-anak-autisme/>
3. Rahmanawati FY, Subandi, Khilmiyah A. Religion and Spirituality in Society. <http://www.studycountry.com/guide/GH-religion.htm> [Internet]. 2022;13(1). http://ijn.cgpublisher.com/product/pub.200/prod.127/m.2/fid=1515942/N13_41127_Virtue_OnlineFirst.pdf
4. Appiah S, Appiah E. International Journal of Africa Nursing Sciences “ People keep staring at you in public for no reason ” : Experiences and coping

- strategies of parents WITH autistic children in Accra , Ghana. *International Journal of Africa Nursing Sciences*. 2023;18(October 2022):100536. <https://doi.org/10.1016/j.ijans.2023.100536>
5. Moorthy SD, Carlstedt AB, Fischl C. Mothers' participation in family gatherings and social events with their children with autism spectrum disorder: A scoping review. *Australian Occupational Therapy Journal*, 2023;70(4):500–13. <https://doi.org/10.1111/1440-1630.12876>
 6. Wang X, Zhai F, Wang Y. Interplay between Tradition and Modernity: Stress and Coping Experiences among Parents of Children with Autism in Beijing, China. *Behavioral Sciences* [Internet]. 2023 Oct;13(10):814. <http://10.0.13.62/bs13100814>
 7. Kalalo RT, Setiawati Y. Stress Coping Strategies in Parents of Children With Autism Spectrum Disorder. *International Journal of Psychosocial Rehabilitation*. 2020;24(09):2727–39.
 8. Papanikolaou K, Ntre V, Gertsou IM, Tagkouli E, Tzavara C, Pehlivanidis A, et al. Parenting Children with Autism Spectrum Disorder during Crises: Differential Responses between the Financial and the COVID-19 Pandemic Crisis. *Journal of Clinical Medicine*. 2022 Feb; 11(5). <https://doi.org/10.3390/jcm11051264>
 9. de Diego-Cordero R, Ávila-Mantilla A, Vega-Escaño J, Lucchetti G, Badanta B. The Role of Spirituality and Religiosity in Healthcare During the COVID-19 Pandemic: An Integrative Review of the Scientific Literature. *Journal of Religion and Health* [Internet]. 2022;61(3):2168–97. <https://doi.org/10.1007/s10943-022-01549-x>
 10. De Diego-Cordero R, Iglesias-Romo M, Badanta B, Lucchetti G, Vega-Escaño J. Burnout and spirituality among nurses: A scoping review. *EXPLORE* [Internet]. 2022;18(5):612–20. <https://doi.org/10.1016/j.explore.2021.08.001> <https://www.sciencedirect.com/science/article/pii/S1550830721001749>
 11. Acharya S, Sharma K. Lived Experiences of Mothers Raising Children with Autism in Chitwan District , Nepal. 2021;2021.
 12. WHO. The WHO Special Initiative for Mental Health (2019-2023): Universal Health Coverage for Mental Health. 2023;
 13. Kemenkes R. Buku Pedoman Penyelenggaraan Kesehatan Jiwa di Fasilitas Kesehatan Tingkat Pertama. Direktorat Promosi Kesehatan Kementerian Kesehatan RI [Internet]. 2020;5–23
 14. Pargament KI. *The Psychology of Religion and Coping*. New York: The Guilford Press; 1997.
 15. Diana GN, Pratiwi CS, Afrianty D. Differences in Spiritual Coping Strategies of Mothers with Autism Children in Developed and Developing

- Countries : A Qualitative Systematic Review. 2025;18(1):138–50. <https://doi.org/10.23917/bik.v18i1.7889>
16. Shokouhi-Tabar M, Maarefi M, Abbasi Yazdi E, Hassanvand-Amouzadeh M, Alimadadi E, Taheri-Kharameh Z. Influence of spirituality and religiosity on perceived social stigma among Iranian caregivers of children with autism spectrum disorder. *BMC Psychology*. 2025;13(1). <https://doi.org/10.1186/s40359-025-02749-2>
 17. Al-Oran H, Khuan L, Ying LP, Hassouneh O. Coping Mechanism among Parents of Children with Autism Spectrum Disorder: A Review. *Iranian Journal of Child Neurology* 2022;16(1):9–17.<https://doi.org/10.22037/ijcn.v16i2.31518>
 18. Rahayu A, Ika Mariyati L. The Relationship between Sosial Support and Religiosity with Parenting Stress for Mothers who have Children with Spesial Needs [Hubungan antara Dukungan Sosial dan Religiusitas dengan Stress Pengasuhan pada Ibu yang memiliki Anak Berkebutuhan Khusus]. 2023;1–12. <https://doi.org/10.21070/ups.2849>
 19. Jayanti DMAD, Sanjiwani AAS, Wati NMN, Wahyudi H. Buku Ajar Psikosial Budaya Dalam Keperawatan. Pertama. Malang: CV. Literasi Nusantara Abadi; 2022. 162 p.
 20. Acharya S, Sharma K. Lived Experiences of Mothers Raising Children with Autism in Chitwan District, Nepal. *Autism Research and Treatment*. 2021;2021:6614490. https://doi.org/10.1155/2021/6614490?urlappend=%3Futm_source%3Dresearchgate.net%26utm_medium%3Darticle
 21. Natrah W, Yaacob W. A Journey towards Resilience : Coping Strategies Adopted by Parents with Children Having Autism Spectrum Disorder in Northeast Malaysia. 2022; <https://doi.org/10.3390/ijerph19042458>