

SUMMARY

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Proactive coping with stress of mother of disabled children

Stress related issues and stress management are one of the fields of study that arouse much research interest. This interest reflects the importance of these phenomena in the context of the quality of psychosocial and physical functioning of individuals. Many scholars have attempted to explicate the mechanisms of stress in parents raising disabled children, with its causes, consequences, management techniques and correlates. These numerous studies base on a more traditional understanding of management seen as efforts made by the subject towards stress that is already experienced or towards its consequences. There is still little research into stress management for parents of disabled children which would be proactive and situated in the area of preventive techniques, that would also be anticipatory in nature towards potentially stressful events and situations.

The following study undertakes the issue of proactive stress management for mothers raising disabled children. General information concerning the concept constitutes an introduction to the issues of individual research, which utilized the PCI questionnaire in order to determine proactive competences. The main part of the study comprises of a quantitative and qualitative analysis of the results obtained from a group of mothers of disabled children and from a reference group of mothers of able-bodied children. In the conclusion of the article certain issues calling for further exploration of the issue are signalled.