LIFE TRANSITION AND FAMILY DYNAMICS: A MEDIATING ROLE OF SOCIAL SUPPORT NETWORK IN MOTHERS RAISING CHILDREN WITH AUTISM SPECTRUM DISORDES (ASD) AND INTELLECTUAL DISABILITY (ID).

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ABSTRACT

ABSTRACT

The present study examined the relationship between life transitions, family dynamics and the intervening role of social support networks among mothers raising children with Autism Spectrum Disorder (ASD) and Intellectual Disability (ID)**.** A correlational research design was employed and 250 mothers aged 25-50 years were recruited through purposive sampling from healthcare centers and support organizations. Data were collected using the Life Transition Scale (LTS) Communication Patterns Questionnaire (CPQ) and Social Provisions Scale (SPS) to measure life transitions, family relationships and social support networks. It was hypothesized that (a) life transitions and family dynamics are significantly related, (b) social support mediates the relationship between life transitions and family dynamics, and (c) demographic factors such as age, education, and marriage type significantly influence these relationships. Descriptive statistics Pearson Product Moment Correlation Coefficient**,** hierarchical regression analysis and structural equation modeling (SEM) for mediation analysis were used to analyze the data. Independent t-tests and one-way ANOVA were performed for demographic comparisons. Findings indicated strong positive correlations between life transitions and family dynamics with social support serving as a significant mediator**.** Wandering and accepting were significant predictors of life transitions while denying and despairing were not. Mothers in joint family systems reported higher acceptance and social support. Younger mothers (5-10 years of marriage) experienced greater denial and distress, whereas older mothers (20+ years of marriage) reported higher social support and stable family dynamics. The mediation model provided a strong fit confirming that life transitions impact family dynamics both directly and indirectly through social support**.** These findings highlight the importance of strengthening social support systems to ease life transitions

and enhance family cohesion among mothers raising ASD-ID children. The study provides practical insights for designing family-centered interventions that promote maternal well-being and resilience.

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List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
ASD	Autism Spectrum Disorder
ID	Intellectual Disability
DSM-V	Diagnostic and Statistical Manual of Mental Disorders-V
SPSS	Statistical Package for the Social Sciences
LT	Life Transition
FD	Family Dynamics
SPS	Social Provisional Support

List of Symbols

Symbol	Full Form
α	Alpha Cronbach's Index of Internal Consistency
β	Standardized Coefficient
f	Frequency
M	Mean
SD	Standard deviation
%	Percentage
r	Correlation Coefficient
P	Significance

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