



De La Salle University – Dasmariñas

A Case Study of Adolescents Having An Autistic Sibling

**An Undergraduate Thesis
Presented To
Behavioral Sciences Department
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**In Partial Fulfillment
Of the Requirements for the Degree
Bachelor of Arts in Psychology**

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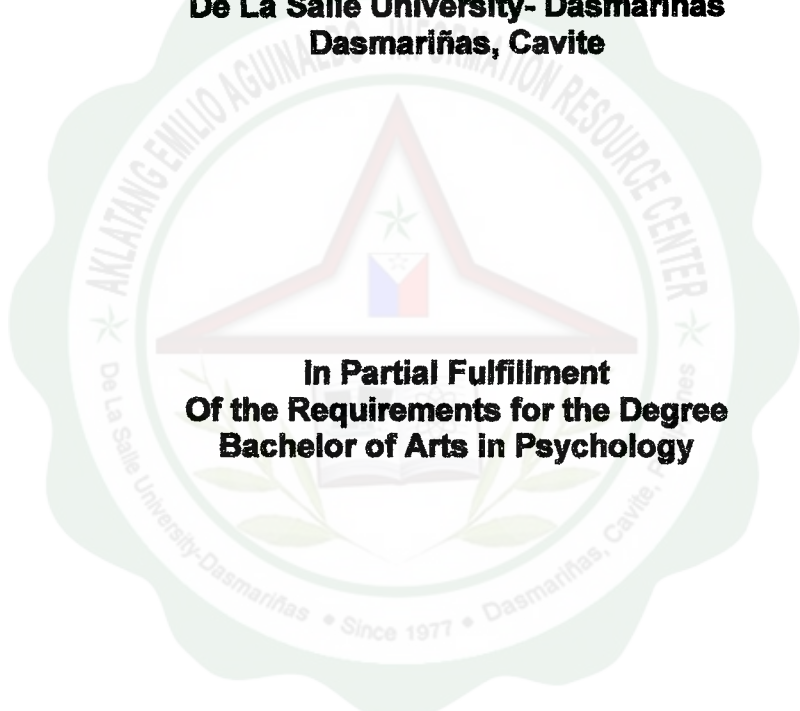




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ABSTRACT

Name of Institution: De La Salle University-Dasmariñas

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Objectives of the Study:

a. General

The purpose of this study is to promote awareness of the feelings of individuals who have autistic sibling.

b. Specific

1. To be able to know the feeling, behavior, and attitude of the siblings towards the autistic child.
2. For the parents, to be able to understand the feelings of the unimpaired child, to be a basis on how to treat their children equally.
3. To serve as a guide and reference for future studies.



Scope and Limitation

This study was focused on the emotions and interactions towards the autistic sibling. The respondents are limited to nine (9) individuals who are adolescents ranging from 13-19 years old and must be living with their autistic sibling, who is capable of answering the questions of the researchers.

Furthermore, the attitude toward the autistic sibling, and consequently, their coping mechanisms were also focused on. The findings of the study were not generalized to all the rest of individuals who have autistic sibling. This is primarily due to the small sample taken for the study.

Methodology

The researchers used the case study method in which they investigated the effects of having an autistic sibling in the family.

The researchers used the purposive sampling in choosing the respondents. The subjects of the study are the siblings of selected autistic children from SPED schools within Cavite area. The chosen subjects for the study are nine adolescent individuals who are capable of answering the interview with the use of the self-made guide questions, age's ranges from 13-19 and presently living with their autistic sibling. The researchers interviewed the participants using the self-made questionnaire containing specific and



answerable questions designed to elicit the answers to the problems of this study such as the emotion, interaction, attitude, and coping mechanism.

The researchers looked for SPED schools within Cavite area. They visited these schools to find autistic children who have unimpaired siblings who are competent for the interview. The researchers talked to their parents and presented a letter stating the purpose of the study. Then they made an agreement to allow their children to be the subjects of the study. They set the dates for each interview. Then, the researchers visited the respondents in their homes and conducted an interview. Guide questions were used during the interview in order to know the effects of having an autistic sibling.

Major Findings

The siblings felt sympathy towards their autistic brother/sister. Annoyance and shame occurred during tantrums and whenever unruly behavior arises. Further, the unimpaired children gave what their autistic siblings desire in order to avoid tantrums.

Conclusion

1. The siblings felt sympathy towards their autistic brother/sister and wished that they were normal like other kids.



2. Shame and annoyance were noted on the respondents when their autistic siblings show tantrums and unruly behavior thus, leading the respondents to feel irritable and almost lose their patience.
3. In terms of the coping mechanisms, doing or giving what the autistic sibling desired was very much common among them. It was done to appease their siblings' unruly behavior and to avoid arguments with them.
4. Despite of the unpleasant feelings, the respondents still strive to maintain good relationship with their autistic siblings. They are impelled to do petty things to please them, and also to give what their siblings desire only to avoid conflicts with them. The respondents have learned to become kind and generous to their siblings. Further, they have learned to overlook negative emotions like annoyance and shame when their autistic siblings show unruly behavior.

Recommendation

1. For the siblings of children with autism, they must be the next from their parents to manifest acceptance and live to their autistic brother/sister. They should attend seminars to enlighten their minds and help them find clues in dealing with autistic brother/sister. They should not envy them, instead, they must help them reach out to



their wants and aspire to enhance their partnership with their parents. It is best to find and adapt a good coping mechanisms or techniques that are suited to the situation of each impaired sibling to avoid conflict.

2. For the parents, they must treat their children equally to avoid misunderstanding because sometimes the unimpaired child or children think that they are being neglected whenever the parents show too much attention to the special child. They should also attend seminars or workshops wherein they have opportunity to loosen up from their burdens and weariness.
3. For the counselors, they should have knowledge on various studies on how to deal properly with the siblings of autistic children.
4. For the researchers who want to continue this study, they should give importance on how the strategies performed by the respondents work in coping with the difficulties they encountered to be able to know if the strategies are effective or not.
5. In addition, future researchers could get ideas from the said study to have a deeper and more thorough research on this topic.
6. Finally, a more extensive study on their subject should be pursued in order to arrive at a more generalized result. Probably, the researchers would include a wide number of respondents since this study have a minimal number of respondents. The researchers



suggest that they could consider other respondents with autistic sibling, maybe the younger or the older sibling. They could also extend the boundary of their setting. With this, they will be able to have a more comprehensive study on the topic.

