


**INNER STRENGTH OF PARENTS OF CHILDREN  
WITH SPECIAL NEEDS**



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## ABSTRACT

Title of the Research: **INNER STRENGTH OF PARENTS OF CHILDREN WITH SPECIAL NEEDS**  
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This study was conducted to look into the inner strengths of parents of children with special needs and to know their lived experiences. This also aims to explore rewarding and difficult experiences by the parents in nurturing their children with special needs. It focused on the life of being parents of children with special needs and what strengthens them to fulfill their duties as parents.

The study used the phenomenological approach with eight parents of children with special needs from upland and lowland Cavite as co-researchers. The study used unstructured interview, allowing the co-researchers to answer freely.

Themes were formulated based on the responses of the co-researchers such as: 1) parents were strengthened by the help they received from the family, significant people and community, 2) parents were strengthened by their faith in God, 3) parents were strengthened by the presence of their children with special needs and 4) parents were

strengthened by their lived experiences and struggles in raising their children with special needs.

Parents experienced discrimination from other people, but in spite of it, parents were able to surpass the challenges brought upon by the external factors as their love for their children is transcendental. With their experiences, parents were accompanied by the love and support of their family members and the community. Parents were always reminded that their children with special needs were gift from God and no struggles they cannot overcome without God's intervention. Parents were able to appreciate that their children with special needs are what sustains and strengthens them amidst life uncertainties and difficulties.

As results of the study, parents of children with special needs must deepen their relationship to their family members, to actively participate with the different organizations in the community, to strengthen their support and advocacies in helping their children with special needs. The Guidance Counselors may assist and guide the parents through counseling, support system and stress management for them to gain self-respect and their significance in spite of their situation.