

UNIVERSITI TEKNOLOGI MARA

A STUDY ON JOURNALING FOR PARENTS TO COPE WITH AUTISTIC CHILDREN

NUR SAIYIDATUL HAJAR BINTI ZAINI

Thesis submitted in fulfillment of the requirements for **Bachelor Degree (Hons) in Graphic Design**

Faculty of Art & Design

February 2022

CONFIRMATION BY EXAMINER

I certify that an examiner has met on 6th February 2022 to conduct the final examination of Nur Saiyidatul Hajar Binti Zaini on her Bachelor Degree (Hons) in Graphic Design thesis entitled "A Study on Journaling for Parents To Cope With Autistic Children" in accordance with Universiti Teknologi MARA Act 1976 (Akta 173). The examiner undersigned recommends that the student be awarded the relevant degree.

Columbia Columbia

Zamrudin Bin Abdullah, PhD

Dr.

Senior Lecturer

Faculty of Art & Design

Universiti Teknologi MARA

Cawangan Melaka

(Internal Examiner)

Date: 6 February 2022

Azahar Harun, PhD

John Ham

Assoc. Prof. Dr.

Academic Writing Coordinator

Faculty of Art & Design

Universiti Teknologi MARA

Cawangan Melaka

Date: 6 February 2022

AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti

Teknologi MARA. It is original and is the results of my own work unless otherwise indicated or

acknowledged as referenced work. This thesis has not been submitted to any other academic

institution or non-academic institution for any degree qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for

Undergraduate, University Teknologi MARA, regulating the conduct of my study and research.

Name of Student

: Nur Saiyidatul Hajar Binti Zaini

Student I.D. No.

:2020989509

Programme

: Bachelor Degree (Hons) in Graphic Design - AD241

Faculty

: Art & Design

Thesis Title

: A Study on Journaling for Parents to Cope With Autistic Children

Signature of Student:

Date: 6 February 2022

3

ABSTRACT

Raising a child is hard but it is even harder when you cannot understand them and it can be even harder with autistic children with their unique way of perceiving the world and what they deemed as normal which is different from the rest of the society. That is why this study is conducted as an attempt to find a solution to help parents with autistic children handle the new challenge in their family and how they can understand and empathize with their child.

Based on research and experience, recording the journey of learning about autism and their children in a journal was recommended as a coping mechanism for the parents and family to assist them in their personal odyssey. To determined whether this method can work for parents, interviews were conducted with carefully selected parents with autistic children of their own. Together with the research done about journaling and parents' struggles with autistic children, this paper aims to bridge the two subjects and create a solution by comparing these researches and interviews with specific respondents.

The result from our primary data shows that there is a possibility that journaling works well with certain people while others may have their own way to cope and learn. But sharing your own stories in a certain group was shown to help parents a lot in learning about autism and how other parents deal with the condition. With that being said, understanding and learning about your child is deemed important in the journey of parenthood.

TABLE OF CONTENTS

ACKNOWLEDGEMENT 5 TABLE OF CONTENTS 6 LIST OF FIGURES AND TABLES 8 CHAPTER 1: INTRODUCTION 10 1.0 Research Background 10 1.1 Problem Statement 13 1.2 Research Objectives 13 1.3 Research Questions 14 1.4 Significant of Study 14 1.5 Scopes and Limitations 15 CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 16 2.0 Introduction 16 2.1 Stress Among Parents With Autistic Children 16 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 20 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 27 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah 27 Parent: Mr. Sorliza Binti Hasan 27	ABSTRACT	4
LIST OF FIGURES AND TABLES 8 CHAPTER 1: INTRODUCTION 10 1.0 Research Background 10 1.1 Problem Statement 13 1.2 Research Objectives 13 1.3 Research Questions 14 1.4 Significant of Study 14 1.5 Scopes and Limitations 15 CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 16 2.0 Introduction 16 2.1 Stress Among Parents With Autistic Children 16 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 20 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 27 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah 27 Parent: Mrs. Norliza Binti Hasan 20 Child: Ahmad 'Ainul Yaqin bin Zaini 30 Parent: Dr.	ACKNOWLEDGEMENT	5
CHAPTER 1: INTRODUCTION 10 1.0 Research Background 10 1.1 Problem Statement 13 1.2 Research Objectives 13 1.3 Research Questions 14 1.4 Significant of Study 14 1.5 Scopes and Limitations 15 CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 16 2.0 Introduction 16 2.1 Stress Among Parents With Autistic Children 16 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 20 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 27 4.1 Introduction 27 4.2 Interview 27 Parent: Mrs. Khairul Abdullah 27 Parent: Mrs. Norliza Binti Hasan 20 Child: Ahmad 'Ainul Yaqin bin Zaini 30 Parent: Dr. Seriaznita Mat Said 34 Child	TABLE OF CONTENTS	6
1.0 Research Background 10 1.1 Problem Statement 13 1.2 Research Objectives 13 1.3 Research Questions 14 1.4 Significant of Study 14 1.5 Scopes and Limitations 15 CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 16 2.0 Introduction 16 2.1 Stress Among Parents With Autistic Children 16 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 20 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 27 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah 27 Parent: Mrs. Norliza Binti Hasan 26 Child: Ahmad 'Ainul Yaqin bin Zaini 30 Parent: Dr. Seriaznita Mat Said 31 Child: Aisyah Nabiihah Binti Yusri 34	LIST OF FIGURES AND TABLES	8
1.1 Problem Statement 13 1.2 Research Objectives 13 1.3 Research Questions 14 1.4 Significant of Study 14 1.5 Scopes and Limitations 15 CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 16 2.0 Introduction 16 2.1 Stress Among Parents With Autistic Children 16 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 27 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah 27 Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini 30 Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	CHAPTER 1: INTRODUCTION	10
1.2 Research Objectives 1.3 Research Questions 1.4 Significant of Study 1.5 Scopes and Limitations 15 CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 2.0 Introduction 16 2.1 Stress Among Parents With Autistic Children 16 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	1.0 Research Background	10
1.3 Research Questions 1.4 Significant of Study 1.5 Scopes and Limitations 15 CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 2.0 Introduction 16 2.1 Stress Among Parents With Autistic Children 16 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 27 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	1.1 Problem Statement	13
1.4 Significant of Study 1.5 Scopes and Limitations CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 2.0 Introduction 16 2.1 Stress Among Parents With Autistic Children 16 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 27 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	1.2 Research Objectives	13
1.5 Scopes and Limitations CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 2.0 Introduction 16 2.1 Stress Among Parents With Autistic Children 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 27 4.2 Interview Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	1.3 Research Questions	14
CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK 2.0 Introduction 2.1 Stress Among Parents With Autistic Children 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 27 4.2 Interview Parent: Mr. Khairul Abdullah Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	1.4 Significant of Study	14
2.0 Introduction 2.1 Stress Among Parents With Autistic Children 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 27 4.1 Introduction 29 August Augu	1.5 Scopes and Limitations	15
2.1 Stress Among Parents With Autistic Children 2.2 Journaling as a Coping Mechanism and Learning Experience 17 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah 27 Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	CHAPTER 2: LITERATURE REVIEW/THEORETICAL FRAMEWORK	16
2.2 Journaling as a Coping Mechanism and Learning Experience 2.3 Journaling for Parents With Autistic Children 18 CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	2.0 Introduction	16
2.3 Journaling for Parents With Autistic Children CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 2.0 3.1 Type of Research 2.0 3.2 Design & Development Process 2.0 CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 2.7 4.2 Interview 2.7 Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	2.1 Stress Among Parents With Autistic Children	16
CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS) 3.0 Introduction 20 3.1 Type of Research 20 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah 27 Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	2.2 Journaling as a Coping Mechanism and Learning Experience	17
3.0 Introduction 3.1 Type of Research 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 4.2 Interview Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 20 21 22 23 24 25 26 27 27 27 27 27 27 27 27 27	2.3 Journaling for Parents With Autistic Children	18
3.1 Type of Research 3.2 Design & Development Process 20 CHAPTER 4: RESULTS & DISCUSSION 27 4.1 Introduction 27 4.2 Interview 27 Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	CHAPTER 3: METHODOLOGY, RESEARCH METHOD (DESIGN PROCESS)	20
3.2 Design & Development Process CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 4.2 Interview Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 20 27 28 29 20 27 28 29 29 20 27 27 28 29 29 20 20 20 20 20 21 22 23 24 25 26 27 27 28 29 20 20 20 20 20 20 21 22 23 24 25 26 27 27 28 29 20 20 20 20 20 20 20 20 20	3.0 Introduction	20
CHAPTER 4: RESULTS & DISCUSSION 4.1 Introduction 4.2 Interview Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	3.1 Type of Research	20
4.1 Introduction 4.2 Interview Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 27 28 29 29 20 21 21 22 23 24 25 26 27 27 28 29 20 20 20 20 20 20 20 20 20	3.2 Design & Development Process	20
4.2 Interview Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 27 28 29 20 21 21 22 23 24	CHAPTER 4: RESULTS & DISCUSSION	27
Parent: Mr. Khairul Abdullah Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	4.1 Introduction	27
Parent: Mrs. Norliza Binti Hasan Child: Ahmad 'Ainul Yaqin bin Zaini Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	4.2 Interview	27
Child: Ahmad 'Ainul Yaqin bin Zaini 30 Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34	Parent: Mr. Khairul Abdullah	27
Parent: Dr. Seriaznita Mat Said Child: Aisyah Nabiihah Binti Yusri 34		
Child: Aisyah Nabiihah Binti Yusri 34	-	30
•		21
T.5 Design Output	•	_
4.3.1 Posters 37		