



اَوْنِبُوْ سَيِّدَاتِيْ تَيْكُونُوْ لُوْ كِيْ مَارَا
UNIVERSITI
TEKNOLOGI
MARA

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.



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
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

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 determine 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

ABSTRACT	4
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: Mrs. Norliza Binti Hasan	
Child: Ahmad ‘Ainul Yaqin bin Zaini	30
Parent: Dr. Seriaznita Mat Said	
Child: Aisyah Nabiihah Binti Yusri	34
4.3 Design Output	37
4.3.1 Posters	37