

**PSYCHOLOGICAL WELL-BEING DIFFERENCES IN WORKING AND
NON-WORK MOTHERS WHO HAVE AUTISTIC SPECTRUM
DISORDER CHILDREN**

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ABSTRACT

In this research, the psychological health of moms of autistic children was compared between those who worked and those who did not. This study's 84 participants were chosen using a purposeful selection methodology. This research aims to determine if the psychological well-being of working moms and non-working mothers differs. In this investigation, a quantitative technique called the independent sample T-test was applied. The significance threshold, according to the study results, is 0.374% ($p > 0.05$). Thus, it can be said that there is no difference between working moms and non-working mothers in terms of psychological wellbeing.

Keywords: Psychological well-being, Autism Spectrum Disorder (ASD)