

# An Overview On Children With Autism

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**Abstract.** This paper aims to explore the psychological status of autistic children through the relationship between parenting style and autism, the relationship between birth order and autism and the conclusion of autism research. The most important relationship between the parenting styles and the autism is an important aspect of this study. The study investigated how different parenting styles affect the development and mental health of children with autism. By studying parents' behaviors and responses to children with autism, the researchers aimed to identify patterns and correlations between parenting styles and the severity of autism symptoms. The conclusion of this study will assist guide parents and professionals in implementing effective parenting tactics. In addition, this paper explores the relationship between birth order and autism. Previous research has suggested there may be a link between birth order and the likelihood of developing autism. By analyzing the birth order of these children, the researchers aimed to determine if there was a consistent pattern indicating that children in certain birth orders were at higher risk for autism. In addition to exploring the relationship between parenting style and birth order and autism, this paper also reviews previous research on autism. By thoroughly analyzing existing studies, the researchers aimed to identify common themes, methodological limitations, and gaps in the current understanding.

## 1 . Introduction

### 1.1 Parenting Styles

Parenting styles play a important role in the development and well-being behavior of all the teenagers, including those with autism spectrum disorder (ASD). Autism spectrum disorder (ASD) is a generalized developmental disorder that is commonly used in children. Symptoms include abnormal language skills, abnormal communication skills, narrow interests, and stubborn behavior patterns [1].

### 1.2 Authoritarian Parenting Style

Authoritarian parenting style is characterized by strict rules, high demands, and low responsiveness. Parents with this style tend to have high expectations and enforce discipline through punishment rather than reasoning. For autistic children, this parenting style may lead to increased anxiety and fear due to the rigid structure and lack of flexibility. They may struggle to understand the reasons behind the rules and feel overwhelmed by the strictness, which can hinder their social and emotional development.

### 1.3 Permissive Parenting Style

The style of indulge, on the other hand, is characterized by less demands and high sympathetic. Parents accept

this style often have fewer rules and allow their children to do as they please. While this parenting approach might provide a sense of freedom and independence, it can also lead to difficulties for autistic children. The amorphousness and consistent boundaries maybe contribute to increased challenge in self-regulation with impulse control.

### 1.4 Authoritative Parenting Style

Authoritative parenting style blow the balance between strictness and responsiveness. Parents who use this style set clear expectations and rules when maintaining a warm and sustaining environment. They encourage independence and offer the explanations for their rule, fostering autonomy and understand their children. For autistic children, authoritative parenting style can be beneficial in promoting their social and emotional development. The consistent structure offers a sense of stability, while the nurturing environment encourages communication and problem-solving skills [2].

### 1.5 Impact of Parenting Style on Autistic Children's Progress

Research suggests that an authoritative parenting style tend to be yield the most positive outcome for the autistic children. This style provides a balance between structure and support, promoting their social, emotional, and cognitive development. Autistic children raised in authoritative households tend to exhibit better adaptive

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skills, improved communication, and increased self-esteem compared to those raised in authoritarian or permissive environments [2].

In conclusion, different parenting styles can have varying effects on autistic children. The style of authoritative, which combines structure with warmth and support, generally leads to positive outcomes. Understanding the great influence of different parenting styles really can help the parents and caregivers to create a bring up environment that supports the development of autistic children [1].

## **2. Influence of Birth Order on Autism Severity**

The influence of birth order on the severity of autism spectrum disorder (ASD) has been an important topic of interest between researchers and clinicians. Several studies have explored the potential relationship between birth order and the severity of ASD symptoms in children. Understanding this correlation can provide valuable understanding into the factors that may contribute to the development and progression of the disorder [3].

Previous research suggests that birth order may play an important role in the severity of ASD symptoms. Some studies have found that first-born children with ASD tend to exhibit more severe symptoms compared to their younger siblings. This observation has led researchers to investigate potential explanations for this association.

One possible explanation is the difference in parental attention and resources available to each child. Parents of first-born children often dedicate more time and attention to their child's development, as they are embarking on the journey of parenthood for the first time. As a result, these children may receive more focused intervention and early intervention services, which can positively impact their overall development and potentially lead to milder ASD symptoms [4].

Additionally, the increased stress experienced by parents after receiving an ASD diagnosis for their first-born child may also contribute to differences in severity. Parents may become more knowledgeable about the disorder and its symptoms, leading to earlier interventions and support for subsequent children. This early intervention can help mitigate the severity of ASD symptoms in later-born children.

However, it is really important to note that not all studies have found a significant relationship between the order of birth and ASD severity. Some of researchers argue that birth order alone maybe cannot be a reliable predictor of severity, as other factors like genetic predisposition and environmental influences may play a more prominent role [5].

Despite the mixed findings, studying the influence of birth order on ASD severity is crucial for understanding the complex nature of the disorder. Identifying any potential patterns or trends can aid in the development of targeted interventions and support strategies for individuals with ASD.

Furthermore, it is essential to consider the different of individuals within families and characteristic circumstances that may impact the severity of ASD symptoms. Factors such as socioeconomic status, parental mental health, and access to healthcare resources can also contribute to variations in the presentation and severity of ASD.

In conclusion, the relationship between birth order and the severity of ASD symptoms remains an area of ongoing research. While some studies suggest a potential association, more research is needed to provide conclusive evidence. Understanding the influence of birth order can help inform early intervention strategies and support services for children with ASD. Researchers and clinicians must continue to investigate this relationship to improve the understanding of the disorder and enhance the lives of individuals on the autism spectrum.

## **3. Methodologies Employed in Studying Autism**

In the field of autism research, various methodologies have been employed to investigate the complex characteristics and causes of Autism Spectrum Disorder (ASD). Researchers have adopted different study designs, data collection methods, and statistical analyses to gain a deeper understanding of the disorder. This section discusses some of the common methodologies used in studying autism [6].

One frequently used approach in ASD research is the observational study design. This involves systematically observing and recording behaviors and characteristics of individuals with autism in naturalistic settings or controlled laboratory environments. Observational studies allow researchers to closely examine interactions, communication patterns, and other behaviors exhibited by autistic individuals. By directly observing individuals with autism, researchers can gather valuable information about their social, cognitive, and emotional functioning.

Another commonly employed methodology is the use of questionnaires and surveys. Researchers often develop questionnaires to collect many information from the parents, teachers and caregivers, about the behavioral, emotional, and developmental traits of individuals with ASD. These questionnaires may focus on specific domains such as communication skills, social interaction, and repetitive behaviors. By collecting data through these surveys, researchers can gain insights into the various symptoms and characteristics of autism.

In addition to questionnaires, researchers also utilize standardized assessment tools to evaluate individuals with ASD. These assessments provide a structured framework for measuring and quantifying specific aspects of autism. These tools help researchers in diagnosing autism and assessing the severity of symptoms.

Genetic studies have also played a crucial role in understanding the etiology of ASD. Researchers use various genetic methodologies, just like "genome-wide association studies (GWAS)" and whole-genome

sequencing, to identify the genetic factors associated with autism. To comparing the genetic profiles of the individuals with autism to these without disorder, researcher can recognition the genetic variations that may contribute to the development of ASD [7].

Furthermore, neuroimaging techniques have been widely used to investigate the underlying neural mechanisms of autism. These techniques allow researchers to examine brain activity and connectivity patterns to better understand how the brains of individuals with autism differ from typically developing individuals.

Lastly, intervention studies and bedside trials were conducted to evaluate the efficacy of different treatment approaches for individuals with ASD. These studies employ various methodologies, include the "randomized control trials (RCTs)", to assess the availability of the behavioral therapies and medical interventions. By using rigorous study designs and objective outcome measures, researchers can determine the best treatment strategies for managing and improving the symptoms associated with autism [7].

In conclusion, the methodologies employed in studying autism are diverse and encompass a range of approaches such as observational studies, questionnaires, standardized assessments, genetic studies, neuroimaging techniques, and intervention studies. Each methodology offers unique insights into different aspects of autism, providing researchers with a comprehensive understanding of the disorder. By combining these methodologies, researchers hope to unlock the mysteries surrounding autism and ultimately improve the lives of individuals with ASD.

#### **4. Behavioral and Psychological Traits of Autistic Children**

Autism Spectrum Disorder (ASD) is characterized by a range of behavioral and psychological traits that can vary greatly among individuals. Understanding these traits is essential in developing effective interventions and treatment strategies for autistic children [7].

One of the key behavioral traits commonly observed in autistic children is impaired social interaction skills. These children often struggle with understanding and interpreting social cues and nonverbal communication. They may have difficulty maintaining eye contact, understanding emotions, and engaging in reciprocal conversation. As a result, they may experience challenges forming and maintaining meaningful relationships with others [8].

Another prominent characteristic of autistic children is restricted and repetitive behaviors. They often attract in the repetitive movements, like hand flapping or body rocking. They maybe also developing the rigid routine and the ceremony and have a strong preference for familiarity and predictability. Additionally, some children with autism may exhibit intense interests in specific topics and objects, often displaying extensive knowledge in those areas [8].

Communication difficulties are also common among autistic children. They may have delayed speech and language development or struggle with understanding and using spoken language effectively. Some children may rely on alternative forms of communication, such as gestures, signs, or assistive technology devices, to express their needs and thoughts. Moreover, they may have difficulty with pragmatic language skills, such as taking turns in a conversation or understanding sarcasm and figurative language.

Sensory sensitivities and atypical responses to sensory stimuli are frequently observed in autistic children. They may be hypersensitive to certain sensory inputs, such as noises, lights, textures, or smells, causing them to become overwhelmed or distressed. Conversely, some children may be hyposensitive to sensory inputs and seek out sensory stimulation. These sensory challenges can significantly impact their daily functioning and may contribute to behavioral difficulties.

In addition to these behavioral traits, autistic children often experience a range of psychological challenges. They may exhibit high levels of anxiety, which can manifest as excessive worry, fear, or avoidance behaviors. Some children may also have difficulties with emotional regulation, leading to frequent emotional outbursts or meltdowns. Attention and executive function difficulties, such as problems with attention span, planning, and organization, are also commonly observed in autistic individuals.

It is really important to noted that seriousness and incorporation of these traits can vary from each person to person, highlighting the heterogeneity of ASD. Some individuals may have mild symptoms and excel in certain areas, while others may have more significant impairments that affect multiple aspects of their lives. Understanding these individual differences is crucial in tailoring interventions and providing appropriate support to meet the unique needs of each autistic child.

In conclusion, autistic children exhibit a wide range of behavioral and psychological traits. These include impaired social interaction skills, restricted and repetitive behaviors, communication difficulties, sensory sensitivities, and various psychological challenges. Recognizing and understanding these traits is essential in developing effective interventions and treatments to support the development and well-being of autistic children.

#### **5. Overview of Autism Treatment Approaches**

Autism spectrum disorder (ASD) is a complex neurodevelopmental condition that affects individuals across various domains, included social interaction, communication, and behavior. As such, effective treatment approaches for autism must be comprehensive and tailored to address these specific challenges faced by individuals with ASD. In this section, the author will provide an overview of different treatment approaches that have shown promise in supporting the development and well-being of autistic children [9].

### **5.1. Applied Behavior Analysis (ABA)**

Applied Behavior Analysis is a really widely recognized and evidence based approach to treating autism. ABA focuses on understanding and modifying behavior through systematic and data-driven methods. ABA emphasizes individualized programming and involves intensive one-on-one therapy sessions.

### **5.2. Early Intervention Programs**

Early intervention programs target children in their early developmental stages, usually between the ages of 0 to 3 years. These programs aim to identify and address developmental delays and challenges associated with ASD as soon as possible. Early intervention incorporates a range of the therapeutic methods and interventions customized to the specific need of every child, including speech therapy, occupational therapy, and physical therapy. The goal is to promote skill development, improve communication, and enhance social interactions.

### **5.3. Speech and Language Therapy**

This therapeutic approach focuses on enhancing communication skills, both receptive and expressive, in children with ASD. Speech and language therapy can include various techniques just like using visual support, augmentative and alternative communication (AAC) strategies, and social communication interventions. The ultimate aim is to enable individuals with autism to effectively express their needs, thoughts, and emotions, as well as understand and respond to others [9].

### **5.4. Occupational Therapy**

Occupational therapy addresses the challenges faced by individuals with ASD in daily occupations and activities. This approach targets the development of fine and gross motor skills, sensory processing skills, and self-care abilities. Occupational therapists may provide interventions to support sensory integration, motor coordination, and adaptive skills, enabling autistic individuals to participate more independently in everyday tasks and improve overall functioning.

### **5.5. Social skills training**

Social skills training focuses on enhancing social interactions and promoting the development of appropriate social behaviors among individuals with ASD. This approach typically includes structured group sessions where autistic children learn and practice skills such as initiating conversations, interpreting social cues, taking turns, and dealing with emotions. Social skills training aims to improve the quality and frequency of social interactions, leading to better social integration and relationships with peers.

### **5.6. Medication**

While not a primary treatment for autism itself, medication can be specified to manage specific symptoms or co-occurring conditions relevant with ASD. Medications may be used to address challenges such as hyperactivity, aggression, anxiety, depression, or sleep disturbances. It is very important to note that the use of medication should be really carefully assessed and detection by healthcare professionals who specialize in treating individuals with autism [9].

It is worthy to noting that the effectiveness of those treatment approaches can vary depended on the individual's unique needs, strengths, and challenges. Thus, a comprehensive and individualized approach that combines multiple strategies is often recommended. Moreover, treatment plans should be regularly evaluated and adjusted based on the progress and specific requirements of the autistic child [9].

In conclusion, there are various treatment approaches available for the individuals with autism range disorder. These approaches encompass a range of interventions targeting different areas of development, communication, behavior, and social interaction. By utilizing a combination of evidence-based approaches, customized to meet the specific needs of each individual, it is possible to enhance the overall operation and quality of people's life for children with autism.

## **6 . Evaluate the Effect of the Medical Intervention in Autism Treatment**

Evaluating the effect of the medical interventions in autism treatment is crucial in determining the effectiveness of various approaches to managing the symptoms and strongly improve the overall well-being of the children with autism spectrum disorder (ASD). In recent years, there was been a growing interest in understanding the impact of medical interventions on centre symptoms of autism, such as social communication difficulties, repetitive behaviors, and sensory sensitivities [10].

One of the commonly studied medical interventions is medication. Psychotropic medications, including selective serotonin reuptake inhibitors (SSRIs), atypical antipsychotics, and stimulant medications, have been used to target specific symptoms associated with ASD. For instance, SSRIs are often prescribed to address anxiety and depression, while antipsychotics can help manage aggression, irritability, and self-injurious behaviors.

Several research studies have examined the effect and the safe of these medications in the children who with ASD. These studies typically employ randomized controlled trial designs to determine whether the medication produces significant improvements in targeted symptoms compared to a placebo. Some studies have reported positive outcomes, showing reductions in problem behaviors and improvements in social functioning and adaptive skills. However, it is very important to note that medications maybe not effective for those individuals with ASD, and they can also be

associated with side effects such as weight gain, sedation, and gastrointestinal problems.

In addition to medication, other medical interventions have also been explored in the treatment of ASD. For instance, dietary interventions have gained attention, particularly the use of gluten-free and casein-free diets. The rationale behind these diets is based on the theory that certain dietary components, such as gluten and casein, may exacerbate the symptoms of autism in some individuals. However, the evidence supporting the efficacy of these diets is limited and inconsistent, with some studies reporting positive effects while others show no significant improvements.

Furthermore, complementary and alternative therapies, such as acupuncture, chiropractic care, and hyperbaric oxygen therapy, have been evaluated for their potential benefits in managing autism symptoms. However, the evidence regarding the efficacy of these interventions is still inconclusive, with limited research and mixed results.

Overall, evaluating the efficacy of medical interventions in autism treatment is a complicated process that requires careful factors to consider of various factors, including specific symptoms targeted, the ages and developmental level of the individual, and the potential risks and benefits associated with the intervention. It is essential to conduct rigorous research studies using robust methodologies to provide reliable evidence on which interventions are most effective for specific individuals with ASD.

## 7. Conclusion

Throughout the research, the author provide valuable knowledge about the complexity of autism and its impact on children's mental health. Exploring such a sensitive and important subject has offered a better understanding and empathy for people with autism. There are many factors that affect the onset of autism, and the way parents educate their children and the order of birth also have a great influence on the degree of autism. In addition, the present study would like to advise all parents to pay more attention to the psychological development of their children, pay more attention to the daily life of their children, and let them have a healthy mental state. Finally, the function of this paper is to sound the alarm for parents, so that more parents can pay attention to their children's psychological conditions, and more people can pay attention to autistic children and take care of them. It is hoped that the findings of all of the study will help a little bit to improve the development of interventions and strategies to enhance the mental health of children with autism.

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