

Social Support, Help-Seeking Intention, Psychological Well-being of Parents of Children with Disabilities

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This study investigates the relationship between social support, psychological well-being, and help-seeking intentions among parents of children with disabilities. Using a quantitative approach, data were collected from 115 parents of children with disabilities from Cavite National High School and Ladislao Diwa Elementary School to examine their perceived sources of support, levels of well-being, and tendencies to seek help. Results revealed that biological mothers were most often identified as the primary parental figure, and neurodevelopmental disorders such as autism and ADHD were the most common diagnoses. Parents reported high levels of emotional support from family members and educational institutions, while support from local government units was perceived as moderate. Psychological well-being was generally average, with environmental mastery scoring highest and personal growth and purpose in life scoring lower. Although many parents expressed a strong intention to seek help from close relationships, formal help-seeking through professional services remained low, suggesting barriers such as stigma and limited awareness. Mediation analysis showed that while social support positively influenced help-seeking intentions, it did not significantly mediate psychological well-being, indicating the influence of other factors like cultural norms and personal resilience. The study underscores the importance of strengthening informal and formal support systems and offers practical recommendations for parents, educators, practitioners, and policymakers. Limitations and suggestions for future research are also discussed.

Keywords: Parents of Children with Disabilities, Psychological well-being, Social Support, Help-Seeking Intention

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