

The RELATIONSHIP BETWEEN PARENTING PRACTICES AND PROCEDURES TO DEAL WITH THE STRESS OF SCHOOL KNOWLEDGE

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ABSTRACT

The purpose of this study was to determine the relationship between parenting practices and ways of coping with high school students in the 92-91 academic year Eghlid. Methods: This study is descriptive. The population of this study was Eghlid all high school students in 265 patients (115 boys and 150 girls) were selected randomly. Data Bamarind's parenting style questionnaire (1973) and ways of coping Carver (1989), respectively. The reliability of the questionnaire, Cronbach's alpha, respectively, 85/0 and 78/0 which is approved. Data using descriptive statistics (mean, standard deviation, minimum and maximum) and inferential statistics (Pearson) was used with the help of software SPSSv.20. The results showed that between parenting practices and ways of coping with stress, there is a significant relationship (05/0> P). Between parenting practices and social support, coping methods, there is a significant relationship (05/0> P). The authoritarian style and emotion-focused coping and there is a significant positive correlation (05/0> P). There was no significant correlation in the rest of the way. Between any of parenting practices and coping methods, there is a significant correlation. Only of autocratic style and cognitive coping methods and significant negative correlation (05/0> P). In other ways there was no significant correlation. Parenting practices and ways of coping with stress, there was no significant difference between male and female students.

KEY WORDS: parenting practices, ways of coping, social support, coping methods, authoritarian style, emotion-focused coping methods.

INTRODUCTION

Every family has special tools for personal and social education of their children to the job, this is called parenting styles are influenced by various factors, including cultural factors, social, political, economic, etc (Hardy and et al., 1993).

Baumrind (1991) in their study reveals that three characteristics of effective parenting methods are not very effective in separating these three characteristics: 1) accept and close 2) Regulators of. 3) Dadn.az the independence of the interaction of these three characteristics, authoritative style of acceptance and close relationships, adaptive control techniques and independence appropriate to be determined.

People have to deal with the stress of coping strategies they use. Select the appropriate coping strategies for stress can decrease the effect of pressure on the mental health of the individual and thus lead to greater consistency (Charlie hopes and Hussain, 2008). Addressing two main functions: The relationship between a person's usual - the deal is oriented to individual efforts in addressing the source of emotional stress or emotion-oriented coping refers including coping efforts and to decrease the uncomfortable emotions and creating a climate of psychological satisfaction of the processing applied to the data (according to the Solatifar Dehkordi and colleagues, 2005).

According to some researchers, the ways in which young people are used to cope with stressful events are acquired through socialization process in the meantime quality of the parent-adolescent relationship that plays an important role. For example: Some studies have reported that there is an intimate relationship between mother and child from the negative reaction that prevents kids deal with stress (Jrome and et al., 1994). Due to the stressful conditions of

adolescents with a variety of issues ranging from everyday life events are facing a great interactive way to deal with stress is important for parents with children (Compas, 1987).

Mujtahedi (1999) in their study has shown that the main sources of stress among female high school students, unreasonable expectations of parents in comparison with others, economic problems, illiterate parents, family population, down from family members; parents neglect their children's beliefs. Cheraghi (2011) investigated the relationship - a child with ways to deal with stress in adolescents found that the relationship was - a child is better, one more problem-focused coping and emotion-focused and avoidance techniques use less of it.

Some researchers believe that the way to deal with stress can be obtained through the process of socialization. They emphasized the role that parenting practices (Julie Guy, 1995). Nijhof and Engels (2007) in their study found that students with authoritative parenting style and landscape more effective coping strategies such as seeking support and problem solving are and the authoritarian style of parenting Coping strategies are less effective. When speaking of stress and ways of coping with them about youth social environment that includes family environment must be taken into consideration (Compas, 1987). One important aspect of children's coping strategies that little research has been done on the role of parents in children's business practice. Therefore, a considerable lack of research that the relationship between parenting style and children's coping strategies are analyzed in there (Hardy and et al., 1993). Considering the importance of the quality of relationships with parents, children and their impact on children's coping abilities, in this study of parenting practices as independent variables and coping strategies of children, Against stress as the dependent variable being studied. The purpose of this study was to determine the relationship between parenting practices and ways of coping with high school students in the 92-91 academic year Eghlid.

MATERIALS AND METHODS

The research is descriptive statistical population included all high school students in the academic year 92-91 is Eghlid unit. Of which there are 850 people who, according to Cochran formula with 5% error level 265 high school students were selected by simple random sampling Eghlid. That was the selection of schools for boys and girls in all schools randomly selected randomly from among the students were 60 boys and 40 girls. Data included parenting Rynd Baum (1973) and Czech Lists coping skills Carver et al. (1989). Rynd parenting questionnaire Baum (1973): A questionnaire learned three ways of parenting (landscape, authoritarian and authoritative) measures. This question has been studied in several research and its reliability and validity have been reported in satisfactory condition. Blond (1991) retest reliability of the instrument to the mothers and fathers in order to landscape mode 81/0 and 77/0, 86/0 and 85/0 arbitrary manner and authoritative manner 78/0 and 88/0 has reported. He also reported the diagnostic validity of the questionnaire is valid. Esfandiari's (1374) to determine the validity of the questionnaire was translated and it has taken the necessary reforms. Reliability and validity of this questionnaire is ideal. The study also reported reliability by Cronbach 85/0. The Czech list by Carver et al (1989) Lazarus model of stress and behavioral self-regulation model has been developed. Model of stress and coping model of self-regulation of behavior has been prepared in 4 18. The method of coping strategies, social support, coping with emotions, coping problem-focused coping and cognitive measures. The reliability of this scale by Carver et al (1989) through a retest of two samples, the first consisting of 89 students and 8 weeks after the second sample of 116 students was evaluated after 6 weeks. The reliability coefficients for adjustment of seeking social support (76/0) and the lowest coefficient of reliability for the scale of non-conflict behavior (42/0) were reported. Convergent and discriminative validity of the scale was determined by measuring the correlation with other similar tests which show the desired validity of the scale for measuring coping with stress. In Iran Ebrahimi et al. (1371) interpret this test and its validity was confirmed by 4 psychiatrists and psychologists. Retest reliability coefficient of 20 male and within two weeks the students were determined by the highest reliability for the scale turning to religion (95 / 0r =) and lowest for non-conflict behavior scale (63 / 0r =) respectively. In this study, the reliability coefficient was calculated by Cronbach 78/0 is approved.

RESULTS

Of the total sample of 265 patients, 115 (40/43%) males and 150 (60/56%) were girls. Typical age range 15 to 18 years with a mean standard deviation was 56/17. 78 (43/29%) in the first year, 95 (85/35%), sophomores, and 92 (34/34%) in the third year of studying. Table 1. Descriptive statistics such as mean, standard deviation, minimum and maximum variables shown

Table 1: Descriptive findings parenting style and coping strategies Baastrs

The maximum	At least	Standard deviation	The mean	Count	Variable
45	31	3.22	30.26	265	Ex cathedra
46	14	6.33	30.63	265	Arbitrary
46	18	6.06	32.03	265	Landscape
28	17	2.98	24.86	265	Coping and social support
28	18	2.46	23.16	265	Emotion-focused coping
26	15	2.60	20.35	265	Problem-focused coping
25	17	1.94	20.97	265	Cognitive coping

As Table 2 indicates that the correlation between parenting practices and social support, coping methods, there was a significant correlation ($0.05 > P$). In the style of parenting, authoritative ($0.266 / 0 = r$), landscape ($0.237 / 0 = r$) and authority ($0.219 / 0 = r$), respectively, by way of coping and social support (due to a significant level of which) are strongly correlated.

Table 2: Correlation between parenting style and social support, coping style.

Significant	The value of r	Variables
0.017	-0.0237	Landscape
0.028	-0.219	Arbitrary
0.007	0.226	Ex cathedra

Table two shows that all three methods of parenting, coping style, social support, meaningful relationship. Authoritative style, coping style, social support has a positive and significant relationship with the landscape and arbitrary practices have a negative relationship.

Table 3: Correlation between parenting style and emotion-focused coping

Significant	The value of r	Variables
0.614	0.051	Landscape
0.021	0.231	Arbitrary
0.813	0.024	Ex cathedra

Table 3 shows the results of the authoritarian style and emotion-focused coping significant correlation is observed.

Table 4: Correlation between parenting style and problem-focused coping

Significant	The value of r	Variables
0.631	0.049	Landscape
0.956	-0.006	Arbitrary
0.954	0.006	Ex cathedra

The results in Table 4 show that the method of coping is no significant relationship with any of the parenting style.

Table 5: Correlation between parenting style and cognitive coping methods

Significant	The value of r	
0.666	-0.044	Landscape
0.051	-0.196	Arbitrary
0.889	0.014	Ex cathedra

Seen in Table 5, which are only of autocratic style and cognitive coping and there is a significant negative correlation ($0.05 > P$).

DISCUSSION AND CONCLUSION

The present study aimed to determine the relationship between parenting style and ways of coping with high school students in Eghlid done. After analyzing the data, the results showed that social support, coping style and parenting style landscape and a significant negative relationship is a powerful means to increase scores and authoritarian parenting style landscape, methods of coping and social support decreases authoritative parenting style direct relationship with social support, coping style and there is a significant increase in the score means that the authoritative parenting style, social support, coping style score decreases. Peruvian style authoritarian parenting style and problem-focused coping strategies, cognitive significant negative relationship, but positively correlated with emotion-focused coping and this means that there is a significant reduction of authoritarian parenting practices emotion-focused coping strategies, but also increases. But in other ways, parenting and parenting style has a significant relationship been found. The results of this study may be the result of crime and colleagues (1994), Valintayner and et al (1994), Julie Guy (1995), Mojtehed (1378), and Cheraghi (1389) is consistent. This finding means that the parents of a style with more freedom in the upbringing of their children that higher levels of emotional support to adopt laws and regulations impose relatively little for their children to be mature behavior. Children also can choose how to deal with stress more mature and behave. In other words, whatever the level of support and responsiveness of parents of children more effective coping strategies to employ.

Looks at the factors that influence adolescents' coping skills can be a family environment or in other words the relationship with the children's parents. Previous studies have shown that young people who are warm and friendly family environment, discipline, communication, understanding and support is able to control the negative effects of stress on health (Dubois, 1992). Since one of the problems in today's society, the problem of the gap between generations and it also takes parenting practices, with the development of higher education and raise the level of knowledge of the population, this gap can be alleviated. This gap can be reduced to improve the relationship between parents and children, affect. Training sessions and justification by schools and institutions in order to familiarize parents with parenting style and parental problems by consulting with children and the knowledge to improve the health of children and awareness of useful strategies for coping with stress in children and parents is the appropriate way.

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