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EFFECTS OF PARENTAL EDUCATION ON POSITIVE PARENTING ON PSYCHOLOGICAL WELL BEIN AND ACADEMIC ACHIVEMENT OF HIGH SCHOOL GIRLS

Salmenaz Azimi and *Saifollah Aghajani

Department of Clinical Psychology, Ardabil Branch, Islamic Azad University, Ardabil, Iran

**Author for Correspondence*

ABSTRACT

The purpose of this study was to evaluate the effect of parental education on positive parenting on psychological well-being and educational attainment was a high school female students. Semi-experimental research method used in the pre-test and post-test design with a control group, The population consisted of all the parents and girl students of secondary education in a region of the province (4346 = n). Using available sampling method sample of 40 parents with children (20 in the experimental group and 20 subjects in the control group) were evaluated intervention and Using questionnaire data Psychological well-being and parenting questionnaire Bamrynd Diana was collected, To the psychological well-being questionnaire was completed by students and parental questionnaire reportedly children. Data using multivariate analysis of variance (MANOVA) analysis was used a The results showed that parental education on positive parenting, psychological well-being and academic achievement improves.

Keywords: *Parental Education on Positive Parenting, Psychological Well-being, Educational Development*

INTRODUCTION

Humans have to learn things at different stages of his life without them is not possible, socially learns how to speak to a gathering of etiquette and respect. The following teaches moral good and evil they recognize that the learning needs of the environment and especially parents. Because it is a permanent and positive learning about different people different. During the entire person is involved in the physical aspect, the characteristics of mental goals and desires of the individual, how they relate to each other the whole personality is, they do. Since each person physically, psychologically different from others. The learning process is different. In addition to personality, learning opportunities through effective learning, to learning situations, circumstances and conditions that influence the learning process. Under normal conditions, such as weather, lighting, seating and abnormal conditions such as learners tend to learn things, his view of the teacher, want the teacher to make learning opportunities during the learning impact (Abbaszadeh, 2009; quoted by Ebadi, 2012). The achievement of progress in the education system as one of several definitions have been provided to one person's achievement in school learning -that is of course as dictated by tests and math as measured - the Knows (Seyf, 2011). According to the executive arm for psychological interventions in children and adolescents most appropriate parents. As operator of the parents in the child's behavior Multiple use There. Because of the characteristics of parents Unique in the treatment of attention. Education Positive parenting program collection of measures that the purpose of education, behavior modification techniques are taught to parents of children at home . Parents are familiar with the principles of learning and then run it in house Pass. Involving parents in the treatment process can is likely to change the behavior of children or adolescents increase (Barkley, 1987; Firth quoted by, 2002). One of the benefits of positive parenting program to reduce destructive behavior in children and adolescents and to improve relations with the child's parents and other family members. In fact, teaching parents learning new skills. Parents who receive training - they feel more self-sufficiency and a better way, and the ability to command the obedience of children to permanently strengthen them. Application of this method can reduce children's behavioral problems and parental behavior improved and the pressure is less tolerated. The self-esteem and feelings of inadequacy

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parents in managing the behavior of children in the study were examined. The significant number of studies, parental self-esteem, quality child care and the mental health of the mother affects and improving interaction between mother and child (Moharrari, 2009).

Definition of psychological well-being of a person trying to realize their true potential ability of the calls. These models consider the integration of a variety of personal growth (Such as the theory of Maslow's self-actualization and the full Rogers) and adaptive functioning (such as positive mental health theory) formed and expanded (Compton, 2001). Wising and Van-Eeden (1997; quoted by Arya Puran, 2011) An overall psychological well-being have identified it as a combination of a special quality, such as a sense of solidarity, life satisfaction, affect balance and general attitude towards optimism or positive orientation towards life descriptions.

Ryff pattern formed on the psychological well-being of the six factors: self - acceptance (Having a positive attitude to their own) positive relations with others (Warm and friendly relations and the ability to empathize with others), autonomy (A sense of independence and ability to stand in the face of social pressures), purpose in life (having a purpose in life and meaning to it) personal growth (Sense of continuous growth) and environment mastery (ability to manage the environment) (Rif and Keys, 2002). Thus, with respect to its stated aim of this study was to investigate the effects of parental education on the basis of you agree in positive parenting on psychological well-being and academic achievement High school students are girls.

If young people in today's world is increasingly competitive with all the features that are successful that academic progress is undeniable and vital expression of their inherent power and at the same time be provided so that of psychological ready to BMD have challenges of life. Unfortunately, this has not always been the case, the result is a waste of human potential erosion leads (Luther and Cichetti, 2000; Ebadi quoted by, 2013). Academic achievement among the topics in educational environments, especially schools, is important. It seems that variables such as aggression, depression and psychological well-being have an important role in this research are discussed. Another issue examined in this study, psychological well-being of students. As a reflection of the thinking and emotional reactions to life events defined positive feelings (Bartram and Bonayol, 2007; quoted by Michaeli, 2009). In recent years, a group of researchers in the field of mental health, inspired by the positive psychology perspective, theoretical approach to explain the different research and study of this concept have chosen. They are functionally equivalent to positive mental health and psychological well-being as chair in terms of psychological conceptualization have.

The team having the disease to feel well, do not know enough, but believe that a sense of life satisfaction, the development of adequate, efficient and effective engagement with the world, creating positive energy, links together community and develop a positive relationship desired characteristics healthy individual (Michaeli, 2009).

Moltafet and Kheyr (2012) during the study examines the relationship between students' perception of psychological well-being of their life with their parents, the results showed that teachers in a negative light control all components of psychological well-being predicts. The perception of elements of independence, personal growth and positive environment is expected to dominate. The results of the study suggest that parents who marked intimate vary the extreme harassment on the health of children and adolescents' mental health Family is important to recognize (Hosseini, 2004). Psychological well-being as a syndrome is shown. Mental health, such as when disease appears is a set of symptoms in a specific area for a specified period of time, the present and the health of action distinct understanding of the brain and social practices intersect. To study psychological well-being, researchers have for the operational health as a sign of mental health symptoms and take steps. Various factors have changed the psychological well-being researcher found that non-personal factors also affects the psychological well-being. He said people with high general psychological well-being of young people A healthy, educated, high income, extrovert, I approach between, no worries, religious, meta push higher self-esteem and mood and happy, having high intelligence and are humble (Khorshidi, 2002). The present study sought to answer the question: Is parental education on positive parenting and psychological well-being affect student achievement?

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MATERIALS AND METHODS

Method

The sample and method sample conclusion: This semi-experimental study with pretest - posttest control group was used. To the week of Tuesday session 90 after seven sessions (from November 2014 to January 2015) by therapists trained in the center's parenting and the control group received no training. It should be noted that the first meeting was a follow-up tests. After completion of the period to evaluate progress, then the test as the test was performed in all subjects. Data Software spss were analyzed and the results of the effectiveness of parenting education were the psychological well-being. The population in this study, all the parents that their child as a student in high school in the city of Ardebil in years 2014 has been studying 4346 have been selected as they are. Due to the nature of the quasi-experimental and quasi-experimental research projects each Must be at least 15 (Delavar, 2011). In this study the possibility of loss of 20 subjects were selected for each group. Methods the sampling method was available so that the parents were invited to volunteer to participate.

Educational Achievement

Test Welfare Smooth Cognitive This 54-item scale by Ryff (1998) Made to measure psychological well-being dimensions (self-acceptance, autonomy, environmental mastery, personal growth, positive relationship) used. Responding to the items in the Likert scale of 7 degree of "strongly disagree = 0" to "strongly agree" is used. This means the first time by Zanjani Tabasi (2004 Iran was translated and validated. In this study, the Cronbach's alpha test 0.94 and its subscales between 0.62 Up to 0.90 have been reported. Content validity, construct, convergent and divergent this tool is ideal. In another study armor Lu, Rostami and the validity of this instrument, the internal consistency of its subscales 0.43 Up to 0.60 Reported. Cronbach's alpha coefficient of this tool in the study 0.96 Obtained.

Information Analysis

Test Welfare Smooth Cognitive It measures 54 by material Ryff (1998) made to measure psychological dimensions (self-acceptance, autonomy, environmental mastery, personal growth, positive relationship and Purpose life) used. The response to the article in the Likert 7 point scale from "strongly disagree = 0" to "strongly agree" occurs. This means the first time by Zanjani Tabasi (2004 Iran was translated and validated. In this study, the Cronbach's alpha test 0.94 and its subscales between 0.62 Up to 0.90 Reported. The validity of the content, structure, convergent and divergent this tool is ideal. In another study armor Lu, Rostam Abadi victory also confirmed the validity of this instrument, the internal consistency of its subscales 0.43 Up to 0.60 Reported. In this study, Cronbach's alpha coefficients tool 0.96 Obtained.

Information Analysis

The first is described as mean, standard deviation, etc., and to check the hypothesis of the study, univariate analysis of variance (MANOVA).

Results

To check out the pre-test and post-test in the study statistic, paired comparisons were used.

RESULTS AND DISCUSSION

Descriptive Findings

Table 1: The mean component Parenting in advance Test and post Test Group Test and control

Parenting		Examination group		Groups	
		Average	Standard deviation	Average	Standard deviation
Style authority	Pre- Test	4.9800	68.00	40	0
	Post-Test	5.38	1.55	40	0
Authoritarian practices	Pre-Test	1.72	2.00	40	0
	Post-Test	2,500	3.00	40	0
Tolerant way	Pre-Test	2.00	1.00	40	0
	Post-Test	3.00	2.00	40	0

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Same as Table 1 shows, the mean (SD) total score before Parenting in the test group, 71 (71) and is equal to the test 10.88 But the test scores of parenting in the control group of 120 (0) and in the case of 120 (0) is.

Deductive Findings

Table 2: Summarizes the test results on the box Assumption Equality of variance two groups, parenting and psychological well-being

Test box	F	The first degree of freedom	The second degree of freedom	Significance level
13:45	12.687	5	3.576	0.01

Before using multivariate analysis of variance parametric test for compliance with the presumption it tests the box and Leven was used. As shown in Table (4, 5)observed , Based on the test box for any of the variables means There was not a condition of homogeneity of the matrix Variance / covariance is properly respected (0.01 = P ,12.687 = F , 13:45 = BOX).

Table 3: Test results significant on multivariate analysis of variance of the variable scores parenting The experimental and control groups

	Exam Name	Deal	F	Hypothesis df	Error df	P	Chi Eta df
Model	pilie effect	23%	20.123	2.00	23:00	0.001	0.540
	Lambda Wilkes	3%	20.123	2.00	23:00	0.001	0.540
	Effect Hetling	48.307	20.123	2.00	23:00	0.001	0.540
	The root of the error	48.307	20.123	2.00	23:00	0.001	0.540
Group	pilie effect	0.564	53.649	2.00	23:00	0.001	0.987
	Lambda Wilkes	0.232	53.649	2.00	23:00	0.001	0.987
	Effect Hetling	8.23	53.649	2.00	23:00	0.001	0.987
	The root of the error	8.24	53.649	2.00	23:00	0.001	0.987

Results Table 3 shows That significant levels of all test The use of multivariate analysis of variance allowed Counts. The results show that the Group Studied at least one of the dependent variables there is ($p < 0.001$, 53.649 = F, 0.540 = Lambda Wilkes). Chi Eta shows the dependent variable is the difference between the two groups with respect to the total amount of the difference is significant and analysis Lambda Wilkes Approximately 90 percent to 90 percent of the variance in the dependent variable is the difference between the two groups of interaction.

Table 4: The results of the multivariate analysis of Variance (MANOVA) to compare the difference Test - after parenting overall scores in the experimental group and control

	Related variable	SS	df	MS	F	P
Model	Parenting	2201.546	2	2201.400	115.934	0.001
	Psychological well-being	2083.345	2	2083.400	39.507	0.001
	Achievement	2484.300	2	2484.300	157.709	0.001
Group	Parenting	2201.540	2	2201.633	115.934	0.001
	Psychological well-being	2083.333	2	2083.333	39.507	0.001
	Achievement	2484.300	2	30.400	132.489	0.001
Error	Parenting	538.733	2	18.234		
	Psychological well-being	1475.533	2	52.235		
	Achievement	441.067	2	15.752		

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Results Table 4 shows The mean scores of parenting ($F=231.868$) and psychological well-being ($79.014 = F$) And educational attainment ($F=290.198$), The Group There is a significant difference between test and control ($P < 0.001$) In other words, the commitment and the development of component-based training Parental education, parenting, psychological well-being and academic achievement has improved significantly.

Conclusion and Discussion

Findings Research showed that in the experimental group and the control difference Parenting is a significant rate, and considering the significant level You are less than 5%are Parental education reform can be said that positive parenting is effective. The study investigated the hypothesis Place. This finding results By Rhine consistent year (2008) reports Positive parenting practices that parents improve parenting skills, satisfaction and efficiency of parents in child rearing, reduce differences and problems related to child rearing by parents (Rieghn 2008). As well as with research Ryff (2007) and relation to the investigation in 2007 found that social class than the way of family education, a better predictor of academic performance and educational management provides a positive relationship with the family academic achievement of children (Ryff, 2007). Eyvazi (2009) of the title (Relationship between parenting styles of mothers with their children aggressiveness) 97 students and their mothers, but the relationship between authoritarian behavior and aggression landscape mothers their sons did not. But the behavior of the firm and reassuring mothers their sons' inverse correlation with aggression there, the determination of maternal aggression in children was reduced. A researcher in the year (1890) the relationship between academic achievement motivation and parenting style points. He said, the expected academic progress of the children's parents and the family structure (hierarchy of power within the family) with regard to girls' achievement motivation (Ryff, 1890). A researcher in the year (2000) the relationship between parenting styles and adolescent academic progress report There, in a way that the amount of support and responsiveness of parents and higher education is the way, the children are also high academic qualifications (Spolding, 2000). Wolford (2003) by examining two methods of parenting and family atmosphere to the conclusion that adolescent's authoritarian parenting style with anxiety and depression there. This by Sanders and Christenen (1985) took place in which to compare the parenting and positive child management training Deals. The study was conducted on parents of children 2 to 7 years old who had severe behavioral problems. The results showed that both methods, a significant reduction in severe problems for children and mothers annoying behavior and increase targeted approach is followed. Connel *et al.*, (1997) for ten weeks with this program taught parents of children with behavioral problems. The results indicate efficacy parents, parenting inefficient lower levels, low levels of anxiety, depression and stress in women, and reduce behavioral problems in children. Track 4 months of the same notes as the results of this study at the beginning of intervention, after the intervention of psychological well-being mean score of the experimental group was less than in the control group, did not change. Obviously addition, according to the parents and the relevant measures, according Authorities also remarkable parents in education is essential. Rahmani (2011) With methods - Parenting and family emotional atmosphere in children with generalized anxiety disorder and children without comprehensive results showed that in parenting styles between healthy and distressed family emotional atmosphere there and the difference between the two groups of healthy and anxious to more and more apparent A. Navabakhsh (2011) the study of parenting practices and children's social adjustment and the results of this study showed that: four types of parenting styles in families that parents exercise over their children include: 1) authoritarian style 2) Educational decisive manner. 3) Style LAX 4) negligent parenting style. Each of these methods ruling training that parents apply for bringing up children, has implications for social adaptation of children involved. Zabihi (2011) To investigate the role of mediation in relation to self-esteem, parenting style and rush to the conclusion that authoritative parenting style, while the effect on self-esteem and positive self-esteem and parenting style and aggressive negative. Study by Sanders and Christensen Deals. The study was conducted on parents of children 2 to 7 years old who had severe behavioral problems. The results showed that both methods, a significant reduction in severe problems for children and mothers annoying behavior and increase

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targeted approach is followed. Research by Friman *et al.*, (1993) was performed. In this study, parents whose children had significant behavioral problems, trained result showed that classical training is beneficial for parents and children's behavioral problems decreased. Connel *et al.*, (1997) for ten weeks with this program taught parents of children with behavioral problems. The results indicate efficacy parents, parenting inefficient lower levels, low levels of anxiety, depression and stress in women, and reduce behavioral problems in children. Track 4 months showed similar results. Buri (1991) the relationship between the way Parenting and self-esteem of the children studied, the results show that a high positive correlation between logical authority of parents and children is self-esteem. In this study, the relationship between parenting style and self-esteem of children found setter free. Bronstein (1994) conducted a study entitled "The interactive patterns of parent- child of Mexican families" want to do and it was realized that the patterns of interaction between parent and child in the family Mexican examine the way in parenting, cultural and social environment, social and emotional development of children see family. The research showed the way parenting support and warm their behavior and self-expression means there is a child. The parents' behavior and the punishment restricting passive behavior and anger child relationship was permanent.

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