

**Research Article**

## **THE EFFECTIVENESS OF EDUCATING THE PARENTING SKILLS ON MOTHERS' HAPPINESS AND PSYCHOLOGICAL WELFARE IN DISTRICT 10 OF TEHRAN**

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### **ABSTRACT**

This study investigates the effect of parenting skill group training on the psychological well-being and its components (purposeful life, positive relationships with others, self-acceptance, personal growth) and the happiness and its components (self-esteem, life satisfaction, positive mood) on mothers. This research is semi-experimental and has the pre and post-test type with control group. The statistical population of this research consists of the mothers in education District 10 of Tehran City and they are selected using the multistage cluster sampling. The research sample includes 30 ones selected according to the convenience and simple random sampling and put in both experimental and control groups (each one with 15 individuals). Eight training sessions of parenting skill training are held for mothers in experimental group and the adolescents in the control group received no training. The Oxford Happiness Inventory (OHI) and the Ryff's Scale of Psychological Well-Being (RSPWB) are the applied tools in this study. The data analysis is performed by the analysis of covariance (ANCOVA). The results indicate that the parenting skill group training has a significant positive effect on the happiness and psychological well-being and their components. In other words, after implementing the training course, the experimental group received higher scores than the control group in total scores of psychological well-being and happiness and their components.

**Keywords:** *Parenting Skill Training, Happiness, Psychological Well-Being*

### **INTRODUCTION**

The family provides the first and most important social context for individual growth. The family members' emotional climate and the way of their relationship and attitudes are essential as well as their opinions about each other, and their feelings and interest. The family members' opinions about each other, and their feelings and interest in each other and the way of their involvement or non-involvement in others' works and their cooperation or competition with each other show their relationship (Shariatmadari, 1988).

Saunders and Mak (2000) have indicated that the positive parenting course affects the parental stressors and reduces the factors such as depression, anger, anxiety and high levels of stress through improving the parenting skills (Jafari *et al.*, 2010). The parenting skill training has initially made an important part of Adler's theory. Adler supported the efforts to prevent the mental disorders through education programs for parents. Adler emphasized that the elimination of incorrect training techniques applied to children is very difficult in adulthood. The main aim of training course for parents based on Adler's theory was to eliminate the false cycle of incorrect training techniques transferred from one generation to another (Hedayati *et al.*, 2008). The mental health is one of the most important issues affecting the development of family and community. The World Health Organization (2004) defines the mental health as a well-being state in which the individual recognizes his ability and uses them effectively and productively and is useful for community. In general, the mental health means to create the psychological health by preventing the mental illnesses, controlling the factors affecting its emergence, early diagnosis, preventing the factors resulted from the relapse of mental illnesses, and creating the healthy environment in establishing the proper human relationships (Milanifard, 2007).

On the other hand, according to Ryan and Desi (2001), the welfare refers to the optimal psychological performance under which the pleasure-oriented psychologists consider the welfare equivalent to the

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personal happiness and associated with the experience of pleasure against the experience of unhappiness. Such this perception of well-being is called the personal well-being (Niknam, 2011). The happiness is not the unstable feeling and joy or much wealth and related to the religious beliefs, but our concept of happiness even refers to the sadness and bad mood times. In this study, the happiness refers to the way of life which enables us to actualize our talents and it is a stimulus for development towards a better life (Franklin, 2013). Given the importance and necessity of subject, this research is seeking to investigate the effectiveness of parenting skill training on the mothers' psychological welfare and happiness in District 10 of Tehran.

**MATERIALS AND METHODS**

This research is semi-experimental and has the pre and post-test type with control group. The statistical population of this research consists of the mothers in education District 10 of Tehran City and they are selected using the multistage cluster sampling. The research sample includes 30 ones selected according to the convenience and simple random sampling and put in both experimental and control groups (each one with 15 individuals).

Eight training sessions of parenting skill training are held for mothers in experimental group and the adolescents in the control group received no training. The Oxford Happiness Inventory (OHI) and the Ryff's Scale of Psychological Well-Being (RSPWB) are the applied tools in this study. The data analysis is performed by the analysis of covariance (ANCOVA).

**RESULTS AND DISCUSSION**

**Results**

*Data Analysis*

The parenting skill training affects the mothers' happiness and psychological well-being in District 10 of Tehran City.

**Table 1: The results of analysis of covariance for the first hypothesis**

Sources of variation		Dependent variable of happiness and psychological welfare post-test					
		Total square	Degree of freedom	Mean square	F	Significance level	Eta coefficients
Covariance effect	Happiness	21762.133	1	21762.133	2079.185	0.000	0.987
	Psychological welfare	549994.800	1	549994.800	21608.776	0.000	0.999
Group (Experimental/control)	Happiness	874.800	1	874.800	83.580	0.000	0.749
	Psychological welfare	16054.533	1	16054.533	630.767	0.000	0.857
Error	Happiness	293.067	28	10.467			
	Psychological welfare	712.667	28	25.452			
Total	Happiness	22930.000	30				
	Psychological welfare	566762.000	30				

According to the data of table above, since  $F=83.58$  with degrees of freedom ( $df = 1$  and  $df = 28$ ) is significant at the significance level of  $\alpha=0.05$ , the null hypothesis is rejected and the research hypothesis is confirmed at the confidence level of 95%. In other words, the parenting skill training affects the mothers' happiness in District10 of Tehran City. According to ETA Coefficient, 74.9% of variance in mothers' happiness is resulted from the parenting skill training. Furthermore, the comparison of experimental with control groups indicates that the individuals' mean scores of happiness are enhanced in experimental group at the posttest stage.

Furthermore, according to the data of table above, since  $F=630.76$  is significant at the significance level of  $\alpha=0.05$ , the null hypothesis is rejected and the research hypothesis is confirmed at the confidence level of 95%. In other words, the parenting skill training affects the mothers' psychological well-being in

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District 10 of Tehran City. According to ETA Coefficient, 85.7% of variance in mothers' psychological well-being is due to the parenting skill training. Furthermore, the comparison of experimental with control groups indicates that the individuals' mean scores of psychological well-being are enhanced in experimental group at the posttest stage

**Sub-hypotheses**

1. Parenting skill training affects the mothers' happiness (life satisfaction) in District 10 of Tehran City.

**Table 2: The results of analysis of covariance for the first sub-hypothesis**

Dependent variable of life satisfaction post-test							
Sources of variation	Total square	Degree of freedom	Mean square	F	Significance level	Eta coefficients	
Covariance effect	5227.200	1	5227.200	906.451	0.000	0.970	
Group (Experimental/control)	213.333	1	213.333	36.994	0.000	0.569	
Error	161.467	28	5.767				
Total	5602.000	30					

According to the data of table above, since  $F=36.994$  is significant at the significance level of  $\alpha=0.05$ , the null hypothesis is rejected and the research hypothesis is confirmed at the confidence level of 95%. In other words, the parenting skill training affects the mothers' happiness (life satisfaction) in District 10 of Tehran City.

According to ETA Coefficient, 56.9% of variance in mothers' happiness (life satisfaction) is resulted from the parenting skill training.

2. Parenting skill training affects the mothers' happiness (self-esteem) in District 10 of Tehran City.

**Table 3: The results of analysis of covariance for the second sub-hypothesis**

Dependent variable of self-esteem post-test							
Sources of variation	Total square	Degree of freedom	Mean square	F	Significance level	Eta coefficients	
Covariance effect	2632.033	1	2632.033	336.004	0.000	0.923	
Group (Experimental/control)	93.633	1	93.633	11.953	0.002	0.299	
Error	219.333	28	7.833				
Total	2945.000	30					

According to the data of table above, since  $F=11.953$  is significant at the significance level of  $\alpha=0.05$ , the null hypothesis is rejected and the research hypothesis is confirmed at the confidence level of 95%. In other words, the parenting skill training affects the mothers' happiness (self-esteem) in District 10 of Tehran City. According to ETA Coefficient, 29.9% of variance in mothers' happiness (self-esteem) is resulted from the parenting skill training.

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3. Parenting skill training affects the mothers' happiness (positive mood) in District 10 of Tehran City.

**Table 4: The results of analysis of covariance for the third sub-hypothesis**

Sources of variation	Dependent variable of positive mood post-test						Eta coefficients
	Total square	Degree of freedom	Mean square	F	Significance level		
Covariance effect	572.033	1	572.033	291.570	0.000	0.912	
Group (Experimental/control)	28.033	1	28.033	14.289	0.001	0.338	
Error	54.933	28	1.962				
Total	655000	30					

According to the data of table above, since  $F=14.289$  is significant at the significance level of  $\alpha=0.05$ , the null hypothesis is rejected and the research hypothesis is confirmed at the confidence level of 95%. In other words, the parenting skill training affects the mothers' happiness (positive mood) in District 10 of Tehran City. According to ETA Coefficient, 33.8% of variance in mothers' happiness (positive mood) is resulted from the parenting skill training.

4. Parenting skill training affects the mothers' psychological well-being (self-acceptance) in District 10 of Tehran City.

**Table 5: The results of analysis of covariance for the fourth sub-hypothesis**

Sources of variation	Dependent variable of self-acceptance post-test						Eta coefficients
	Total square	Degree of freedom	Mean square	F	Significance level		
Covariance effect	28274.700	1	28274.700	2690.388	0.000	0.990	
Group (Experimental/control)	572.033	1	572.033	54.430	0.000	0.660	
Error	294.267	28	10.510				
Total	29141.000	30					

According to the data of table above, since  $F=54.43$  is significant at the significance level of  $\alpha=0.05$ , the null hypothesis is rejected and the research hypothesis is confirmed at the confidence level of 95%. In other words, the parenting skill training affects the mothers' psychological well-being (self-acceptance) in District 10 of Tehran City. According to ETA Coefficient, 66% of variance in mothers' psychological well-being (self-acceptance) is resulted from the parenting skill training.

5. Parenting skill training affects the mothers' psychological well-being (positive relationships with others) in District 10 of Tehran City.

**Table 6: The results of analysis of covariance for the fifth sub-hypothesis**

Sources of variation	Dependent variable of post-test for positive relationships with others						Eta coefficients
	Total square	Degree of freedom	Mean square	F	Significance level		
Covariance effect	40480.133	1	40480.133	3858.751	0.000	0.993	
Group (Experimental/control)	1952.133	1	1952.133	186.086	0.000	0.469	
Error	293.733	28	10.490				
Total	42726.000	30					

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According to the data of table above, since  $F=186.086$  is significant at the significance level of  $\alpha=0.05$ , the null hypothesis is rejected and the research hypothesis is confirmed at the confidence level of 95%. In other words, the parenting skill training affects the mothers' psychological well-being (positive relationships with others) in District 10 of Tehran City. According to ETA Coefficient, 46.6% of variance in mothers' psychological well-being (positive relationships with others) is resulted from the parenting skill training.

6. Parenting skill training affects the mothers' psychological well-being (purposeful life) in District 10 of Tehran City.

**Table 7: The results of analysis of covariance for the sixth sub-hypothesis**

Dependent variable of purposeful life post-test							
Sources of variation	Total square	Degree of freedom	Mean square	F	Significance level	Eta coefficients	
Covariance effect	27603.333	1	27603.333	4197.466	0.000	0.993	
Group (Experimental/control)	616.533	1	616.533	93.752	0.000	0.670	
Error	184.133	28	6.576				
Total	28404.000	30					

According to the data of table above, since  $F=93.752$  is significant at the significance level of  $\alpha=0.05$ , the null hypothesis is rejected and the research hypothesis is confirmed at the confidence level of 95%. In other words, the parenting skill training affects the mothers' psychological well-being (purposeful life) in District 10 of Tehran City. According to ETA Coefficient, 67% of variance in mothers' psychological well-being (purposeful life) is resulted from the parenting skill training.

7. Parenting skill training affects the mothers' psychological well-being (personal growth) in District 10 of Tehran City.

**Table 8: The results of analysis of covariance for the seventh sub-hypothesis**

Dependent variable of personal growth post-test							
Sources of variation	Total square	Degree of freedom	Mean square	F	Significance level	Eta coefficients	
Covariance effect	42488.033	1	42488.033	6191.872	0.000	0.995	
Group (Experimental/control)	1140.833	1	1140.833	166.256	0.000	0.586	
Error	192.133	28	6.862				
Total	43821.000	30					

According to the data of table above, since  $F=166.256$  is significant at the significance level of  $\alpha=0.05$ , the null hypothesis is rejected and the research hypothesis is confirmed at the confidence level of 95%. In other words, the parenting skill training affects the mothers' psychological well-being (personal growth) in District 10 of Tehran City. According to ETA Coefficient, 58.6% of variance in mothers' psychological well-being (personal growth) is resulted from the parenting skill training.

**Discussion**

According to the investigation of first hypothesis, it can be concluded that the parenting skill group training has a positive impact on the mothers' psychological well-being and happiness. Based on the second hypothesis of study, the parenting skill training variable has affected the happiness variable in

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subjects of experimental group at the posttest stage and increased their happiness. The study of the third research hypothesis indicates that the parenting skill training affects the mothers' happiness (life satisfaction) in District 10 of Tehran City. According to the fourth research hypothesis, the parenting skill training affects the mothers' happiness (self-esteem).

The fifth hypothesis suggests that the training skill parenting affects the mothers' happiness (positive mood) in District 10 of Tehran City.

The sixth hypothesis suggests that the training skill parenting affects the mothers' psychological well-being (self-acceptance) in District 10 of Tehran City.

The seventh hypothesis suggests that the training skill parenting affects the mothers' psychological well-being (positive relationships with others) in District 10 of Tehran City.

The eighth hypothesis suggests that the training skill parenting affects the mothers' psychological well-being (personal growth) in District 10 of Tehran City.

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