

CHILD PARENTS RELATIONSHIP ASSOCIATION WITH YOUNG CHILDREN MENTAL WELL BEING

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Abstract

The study examined the child parent's relationships meditation with children mental well being. A Sample of educated parents young children (N=300) was selected by applying non purposive sampling technique, research design was cross sectional and used survey method for data collection. The children complete mental well being scale, parents filled child parents relationship scale for measuring study purpose. Children inclusions age range was 10-15 and exclusion was less than ten years and greater than 15 years old. In present research child parents good relationships positively associate with their children mental well being, while child parent's negative relationships inversely associate with children mental well being. Correlation, regression, independent t test and ANNOVA were applied to address the objectives of research. There was evaluated child parent good relationships enhance mental well being of children. Parent closeness positively relates with positive mental well being of children and conflict relationships indirectly inter link with mental well being of children with gender, regional significant differences at $p < .05$. Research outcomes indicated mental well being was better of parent children close relations as compare to parent's conflict relationship children. This study equally scope able for educational, community, clinical psychologist. Positive mental approach of parent's and child can reduce it's problem.

Keys words: parents child relations, mediation, mental well being, closeness, conflict, racial.

Introduction

The different ways that parents adopt for their youngsters affect their mental well being. Inside the scientific point of view, a significant part of the experimental work connecting parental conduct to formative results in youngsters has been delivered by those working in brain science, human science and criminology.

Good parents child relationships manage all risk factors of mental health likewise poverty and environment (Newman et al., 2008). Parent child relationships are very vital role in psychological development and psychological well being of children. Many studies have proved parenting is an important risk factor for psychological problems in clinical sample. Child parent's relationships mostly influence the children psychological well being (Blatt & Homann, 2015).

By using Medical research council national survey health and development data wellbeing was measured by using Warwick Edinburg scale and was observed. Parental bonding and parental care were major contributors of psychological wellbeing. High wellbeing was consistently linked to positive parental care and warmth (Diana et al., 2015).



Studies show that a model of bidirectional investigation showed adolescences parents relations not more important for determine the mental health of adolescences. While child parents relations more important for determining the psychological health of the children (Bugental & Happaney, 2004).

When at age of four years, the scientists found that children formal mental health was lower. Positive parenting is associated with the wellbeing of their kids rather than negative parenting. Gasparand and Matos (2017) explained parenting practices playing important role in children psychological wellbeing and global mental health. Sample of the study was consisting of 2256 parents and children respectively from 7th and 5th grade. The explanatory analysis of the principal variables, parenting practices, subjective wellbeing and gender and age differences showed.

Hayat and Zafar (2015) study evaluated the relationships between coping strategies and psychological wellbeing and parents with Down syndrome children. The participants comprised of 120 parents (60 fathers, 60 mothers of diagnosed 60 children with Down syndrome) collected through purposive sampling. The research was an exploratory and co relational was research design. Finding showed significant links between psychological wellbeing and coping strategies whose parents relied more on active avoidance coping reported lower level of wellbeing as compared to those who relied on problem focused coping strategies.

Child rearing practices play enormously role in youngsters' emotional wellbeing and psychological wellness. The sample comprised on 2256 parents and children from grade fifth and 7th. It is noticed a regression Model that delineates the solid effect of child rearing practices in theoretical wellness, sex and age contrast in this connection (Abadi et al., 2011).

Kerestes et al. (2011) parent child conflict to psychological wellbeing of parents of young adolescences. Parents psychological wellbeing was conceptualized within Ryff's multidimensional model, which comprised on six dimensions: Autonomy, Self acceptance, environmental mastery, Self Acceptance, Environmental mastery and positive relationships with others and purpose in life. Participants were Croatian mothers (N=356) and fathers (N=328) whose child was transitioning to adolescence. On the whole patterns of associations between the studied predictors and psychological wellbeing dimensions were same for mothers and fathers.

Rational of the study

Tami and Videon (2005) used national representative sample (add health) of grade 7th - 12th students living in intact homes. Multivariate analyses reveal that father children relationship has an independent impact on children psychological well being behind the mother relationship.

Gaspar and Matos (2017) argued Parenting practices play an important role in children's subjective wellbeing and global mental health.

Child rearing practices assume an imperative part in youngsters' emotional well being and worldwide psychological wellness It is exhibited a Regression Model that delineates the solid effect of child rearing practices in abstract well being, and the sex and age contrasts in this connection (Abadi et al., 2011).

Bireda and Pillay (2017) this investigation looks at the connection between parent child correspondence and four youngster's prosperity measures (gloom, confidence, substance use and school alteration). The members comprised of 809 youths, for the most part male (52.9%), and had a mean age of 16.8 years (SD = 1.58). The kids finished a battery of instruments that deliberate apparent correspondence, gloom side effects, school change issues, substance utilize and confidence. Connections, relapse and t-tests were utilized to address the targets of the investigation. We found that female members saw the idea of correspondence with the two guardians as more open than young men did. We additionally discovered huge relationship between kids' view of correspondence with the two guardians and their subjective prosperity. Discoveries of this investigation point to the significance of open parent youngster correspondence to youths' mental wellbeing.

Wenk et al. (1999) explored father and mother involvement in children childhood and teenage influence the children wellbeing. Parental behaviour and emotional involvement found equal important for guys and girls.

Previous literature consistent with that parent child relationships have impact on children stress, anxiety, depression, guilt and low level of life satisfaction. Worsen child parent relations increased mental sufferings and psychological wellbeing decreased of the children (Gray & Holden, 1999 & Abbeduto et al., 2004).

Arnold (2017) parents and children stress relation have indirect link with internalizing and externalizing problems of the children. More stress experience of children in life extent the psychological distrust, stress and depression among children than those children have good child parent realtions.

Ryan et al. (2017) identified the parents and child relationships influence on children mental well being. Closeness parent child relations enhance mental well being of children and conflicts and dependence parent's child relations negatively reduce the mental well being of the children.

Hypotheses

H1: Mental well being of male young children will differ to female in terms of Child parent's conflicts relationships.

H2: Mental well being of male young children will different to female in terms of Child parent's closeness relationships.

H3: Mental well being of male young children will different to female in regards of Child parent's dependence relationships.

H4: Mental well being of male young children significantly will different to female in respect of child parents relationships.

H5: Child parent's conflict relationships have indirect relationship with children mental well being.

H6: Child parent's dependence relationships have inverse association with children mental well being.

H7: Child parent's closeness relationships have direct relationship with children mental well being.

Method

Cross sectional research design and survey method was used for the present study.

Participants

Purposive sampling was used to select 300 participants (parents=150 and children=150) from different institutes and residential areas of Haripur city, between the ages of 10-15 years. All participants were enrolled in different schools.

Inclusion criteria

Only those children were included living with their parents and school going to 7th years, and their parents also educated age must have to be 10-15 years old

Exclusion criteria

Those participants whose age was less than 10th years and were not school going from 7th years, not living with their parents and their parents were not educated were not included in research as participants.

Instruments

Child parent's relationship scale

Founder of Child parent relationship scale Robert and piñata, which consist on 30 items, and three sub scales of this scale, closeness, conflict and dependence, it's scale separately measure both parents mother and father relationship with their children. Conflict measuring items are 2,12,14,17,18,19,21,23,24,25,27 and 28 positive aspects of relationship closeness are 1,3,5,8,10,13,16,22,29,30 dependence measuring items are 6,9,11 and 26. Scoring sum the items score from 1-5 to establish mean range for mother and father Mother closeness mean 37 and for conflict mean value 15-16. Father closeness mean 35-36 and conflict mean range is 14-15 in child parent relationship scale (Pianta, 1992).

Mental wellbeing scale

This scale was constructed by the university of Warwick and Edinburg scientists with the help of NHS funding. This scale was comprised on 14 items for subjective wellbeing and functioning. The scale is scored by accumulating responses to each item responses on a 1-5 likert scale. Minimum score for wellbeing scale was 14 and maximum scores were 70. This scale was developed for 13yrs-15yrs age children (Warwick & Edinburgh, 2006).

Procedure

Initially official permission was acquired from respective academic institutes. The children were approached in their institutes for data collecting; parents were accessed in parents meetings and in their residencies. Students and parents were informed about the purpose of study. There were assured that their personal identities would not be revealed, their information would be kept confidential, it would be used only for the research purpose. Informed consent was acquired from participants before administering the scales. Before instructions verbal narratives were given so as to enhance genuine filling of the questionnaire. In the end, respondents were generously thanked for their cooperation and participations in the research. The results were analyzed by using statistical package for social sciences (SPSS).

Results

Table 1

Parent's Child Relations Frequency Distribution (N=300)

Variables	Parents		f	%	P
	Mothers	Fathers			
Dependence	23	42	65	21.67	.000
Closeness	100	95	195	65	.000
Conflicts	15	25	40	13.33	.000

Note. $p < .001$, f = Frequency, % = Percentage

Table I indicated the parent's child relations distribution mother parents close relation with child were higher and father close parent's child relations were recorded lower. Dependence parent's child relations also were higher among father than mothers; conflict child parent's relations were seen more great among fathers than mother's. Closeness parent's child relations were revealed higher with 65% and dependence parent's child relations with 21.67 % was second most influencing relationship among children and conflicts parents' child relation had noticed least dominant among participants.

Table 2

Mental Wellbeing among Children Different Parents Child Relation Wise

Variables	Dependence		Closeness		Conflict		F(3,297)	n2
	M	SD	M	SD	M	SD		
Mental well being	23.97	2.598	57.47	11.109	15.28	2.460	569.443	,19

Note. $p < 0.01$, $p < 0.001$, M= Mean, SD= Standard Deviation, p= Probability

Table II shows significant difference in children psychological well-being within different parents child relationships explained more psychological well being of closeness relationships of children with their parents ($M=57.47$, $SD=11.109$). However, dependence relation parent's children psychological well being was recorded moderate with mean scores ($M=23.97$, $SD=2.598$). Psychological well being while, conflict parents children relationship children psychological wellbeing notified lower with low mean values were ($M=15.28$, $SD=2.460$), $F(3,297) = 569.443$, $p < .001$.

Table 3

Comparison of Parents Child Conflicts, Closeness and Dependence Relationships with Mental Well Being among Male and Female Children

	Male (n=175)	female (n=125)		
Variables	M(SD)	M(SD)	t(df)	p
Conflicts	24.88(2.880)	45.36(3.000)	-60.320(298)	.000
Closeness	50.49(5.982)	19.53(7.454)	39.673(298)	.000
Dependence	5.38(2.290)	18.06(1.788)	53.451(298)	.000
Mental well being	48.65(9.874)	21.93(5.291)	29.206(298)	.000

Note. $p < 0.001$, M=Mean, SD= Standard Deviation, p=probability, CI= class interval

Table III illustrated significant difference in parents child relationship among male and female children explained more conflicts relationships female children with their parents with (M=45.36, SD=3.00) mean values. However, close relation of male children noticed more with their parents than counterparts female, thus mental well being also higher among male children with these numerical values (M=48.65, SD=9.874) $t(298)$ 29.206, $p < .001$. Dependence child parents relationship was higher among female children with (M=18.06, SD=1.788) than male children.

Table 4

Parents Relationships Dependence, Closeness and Conflict Predicators of Children Mental Well Being

Predictors	B	SE	p	Mental well being	
				95% CI	
				LL	UL
(Constant)		8.216		56.555	88.892
Dependence	-.267	.190	.000	-1.848	-.716
Closeness	.107	.098	.000	-.067	.319
Conflicts	-.429	.288	.000	-1.848	-.716
R ²	.607				
Adjusted R ²	.603				
P<.001					

Note. B= standardized regression coefficient, SE=standard error of measurement, CI= confidence interval, UL=upper limit, LL= lower limit

Table IV illustrated dependence, closeness and conflict child parents relationships between parents and children were significant predicators of mental well being among children. The predictor variable parents children relationship closeness (B = .107) has significant positive effect on mental well being among children as $p < .001$ significance. The R² of .607 shows 60% variation in mental well being in terms of relationship with child parent relationships .

Discussion

The intend of the research to make comparison of children wellbeing in respect of child parent's relationships. In the context of current study, it was observed that child parent's relationships significantly contribute in mental well being of children. While, the Nighat and co authors had remained on the conclusion that child parent's relationships affect the mental wellbeing of children. Child parent's conflict relations negatively affect the mental wellbeing of children. High child parent's conflicts lower the level of mental wellbeing of children, thus closeness of child parent relations enhancing the mental wellbeing among children. Dependence parent's child relations were lowers the mental wellbeing of the children.

These previous researches clearly support the comparison of this study that female conflict child parent's relations higher among children and mental wellbeing were lower in female parent's child

conflict relations children. Male parent's child conflict relations were seen less among male population and mental wellbeing was observed higher among male children. Closeness children parent's relations were revealed more among male children and noticed lesser among female children. Dependence was also found more among female child parent's relations, which indirectly lower the children mental wellbeing. Wenk, Constance et al. (1999) explored father and mother involvement in children childhood and teenage influence the children wellbeing. Parental behaviour and emotional involvement found equal important for boys and girls. However, the difference of opinion between different studies existed on the intensity of the associations of the child parents relationships with children mental wellbeing. Hypothesis conflict relations of child parents negatively associate with mental wellbeing of children. This assumption proved true through previous studies parents child relations are the key factors for mental improvement and some investigations have presented problematic child rearing is an essential hazard factor for mental health (Blatt & Homann, 1992; Enns et al. 2002). Numerous investigations have caught parent child connections along two chief measurements. The parental care measurement mirrors a continuum from loving, warm, responsive child rearing to cool and lethargic child rearing. The demanding or control measurement mirrors the degree to which the parent requests and screens benchmarks for their child's lead (Baumrind, 1991)

Stafford et al. (2016) we examined parent child relationship quality and positive mental wellbeing by using Medical Research Council national Survey of health and development data. Improved mental wellbeing was observed in children with more care parents controlling for maternal care and parental behaviour and psychological control, childhood social class, parental separation, mother's neuroticism higher well-being were consistently related to paternal care. This suggests that both mother child and father child relationships may have short and long term consequences for positive mental wellbeing (Blatt & Homann, 1992).

Melchior and Waerden (2016) found parents influence the children mental health in respect of positive and negative side as well. Good parents and child relations put good impact on children mental wellbeing and worse parent's children relationships badly influence the mental wellbeing of children

Kerestes et al. (2011) parents child links main risk factor of mental wellbeing of children with other demographic variables. Mothers and father's relation with children and their parenting practices commonly affect the children mental wellbeing.

Limitations and Future Directions


This study has various limitations. This only focused on child parents relationships. While, the mediating variables of child parent relationships were not included in study. This study is cross sectional, however longitudinal study could be held to test the hypotheses. Third, the research sample comprised on only educated children and parents, non-educated children and parents have to be included in future study. This study paves the way for another direction at extent level conduct in future.

Conclusion

We conclude present research is essential for highlighting the point child parent relationships affect the mental wellbeing of children. Conflict child parent's relationships have inverse relationship with mental wellbeing. Closeness in child parent's relationship more increases children mental wellbeing while child parent's dependence relationships decrease mental wellbeing. Male children relations were good with their parents than female children as well female children mental wellbeing was lower than male children.

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