Parenting practices in Iran

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Abstract

The purpose of this study is meta-analysis of research conducted in the fields of parenting practices in Iran, in order to achieve coordinated and constant findings of various studies and to determine the actual effect size and its significant level with variables of anxiety, depression and mental health. The study statistical population was derived from studies conducted in the field of different parenting practices in Iran. According to the method used in this research that only research projects and theses which were approved in terms of methodology had to be under the meta-analysis, so the sampling was not used, and thus 8 research projects, papers and theses of 28 research were included in the research sample, that were performed in terms methodological and the meta-analysis was conducted on them. The mean and standard deviation of the effect size relating to the relationship between the predictor variable (parenting style) and criterion variable (anxiety) was equal to 0.4 that according to the table of interpretation of Cohen’s effect size, it was evaluated appropriate and high. The mean and standard deviation of the effect size relating to the relationship between the predictor variable (parenting style) and criterion variable (depression) was equal to 0.5 that, in accordance with the table of interpretation of Cohen's effect size, it was evaluated appropriate and high. The mean and standard deviation of the effect size relating to the relationship between the predictor variable (parenting style) and criterion variable (mental health) was 0.23 that, in accordance with the table of interpretation of Cohen's effect size, it was evaluated appropriate and moderate.

Keywords: parenting, permissive style, authoritative style, authoritarian style, uninvolved or neglectful style, mental health.
Introduction

Family is the base and foundation of the community and the human life making cell, in the widest concept of the word; it's the origin of its members and their shelter, the shelter in which the first human experience takes place to learn social, cognitive, emotional, mental skills. It's the family of which person gets up and to which it turns to calm down a group to which it has a close and intimate connection. In fact, family is the first training base, and certainly the first and the most important center of regeneration proper training and the flourishing of children's talents. A major part of proper intellect and emotion training that constitutes the basis and foundation of human happiness and bliss is undertaken by the parents that should begin from childhood (Bovasky, 2010). Educational, controlling and managing methods by parents are undoubtedly one of the most important factors in the development of behavioral and social problems, as well as the development of children's personality (Creswell and Wiltz, 2009). Most parents have no sufficient information and they are not familiar enough in the field of how to treat and train their children and this is due to cultural and educational poverty of parents, inadequate supervision of a parent, family disorders or parents' quarrel and divorce. Children, in the process of socialization, experience love and compassion, sacrifice and forgiveness, anger and hatred, jealousy, suspicion and revenge beside their parents and siblings. Family members depend on each other so that any problems of a member directly affect the life of other members. For years, psychologists developing special methods have tried to clarify the influence of the family on the personality development (Ahadi, Jomhouri, 2002). At first, the baby is an incapable being dependent on others, and the parents are those who must meet their physical and mental needs and requirements. But with physical, mental and emotional development, the child slowly and changes its attachment and dependency, rely only on itself rather than the other (Seif Narghi, Naderi, 2002). The relationship between parents and children is of the important items that have been considered by the education experts and professionals for years. Family is the base that links the child and the family and it has an important place within the society institutions frameworks, it's the only institution which plays an important role in transforming biological organism and converting it into human being. Family, through the establishment of its behavioral and educational patterns as well as playing various social roles and in one sentence through the socialization practices via different methods by which parents interact their children, has important implications for adolescents' social-psychosocial adjustment. The child learns basic notions about the world in family, grows physically and mentally, learns the ways of speaking, learns the basic norms of behavior and ultimately its attitudes, ethics and spirits are formed and in other words, it would be socialized (Oghlidos, quoted by Heibati, 2002). We can observe a series of cognitive, emotional and social changes in the natural development of each child. Almost all children during their growth and adapting to these changes will face some problems, and the stress and conflict followed by can lead to behavioral-emotional and learning problems in them. The majority of children's behavioral problems reflect complex interpersonal situations of family members, especially. In other words, children's behavioral problems are as family members' defective relationships with each other that are associated with improper parenting practices and their defective interactions with children. Developmental psychologists have always been interested in studying that how parenting practices affect children's cognitive, emotional, and
social development. One of the most important topics in this area is called "parenting" (Darling and Steinberg, 1993). Parenting is a complex activity including special methods and behaviors that separately or interacting with each other influence the child's development. In fact the base and foundation of parenting style reflects the parents' efforts to control and socialize their children (Baumrind, 1991). In other words, every family applies special practices in personal and social training of children; the practices called parenting practices are influenced by various factors, including cultural, social, political, economic factors and parents' attitudes and etc. (Hardy et al., 1993). Parenting practices are as a set of behaviors that describes interactions of parent-child over a wide range of situations and it is assumed that creates an affecting interactive atmosphere. Parenting practices is a decisive and influential factor playing an important role in psychopathology and child development. Therefore, discuss any of children's problems regardless parenting attitudes, behaviors and practices is almost impossible (Mehrabizadeh Honarmandet al., 2001). Parenting practices play an important role in mental-physical development of adolescents, their family relationships, academic success, ability to make decisions and self-confidence (Rahmani, 2011). Child's appropriate support by parents and parental warmth and strength is directly related to positive outcomes in adolescence. So, the family as the first center interacting with other factors such as environment and individual characteristics plays an important role in the formation of child's character, healthy and developed family training good children ensures the community health and welfare. Thus, for the community development and excellence, we have to think of family growth and promotion (Khodapanahani, Aminabadi and Dehghani, 2011). One of the major problems that parents often face is the lack of awareness of how to use appropriate parenting practices to children, though in recent years we have witnessed the abundant enthusiasm and interest of those involved in the education in the family training and their awareness towards educational issues in effective psychological dimension son their children development. But if parents know what effects the proper parenting practices and attitudes would have on their children's upbringing, they will certainly do more efforts in learning proper parenting practices and attitudes. The issue of parenting has been no time as influential as today in families' success. How to educate children forms the present generation behavior, and determines the future performance and thus will affect the world around us (Supplee et al, 2004). According to the importance and role of parents in the education of children and children's modeling, parents' acquaintance with the proper parenting practices and how to deal with children in relation to mental health of family and find parents' interaction and relationship with their children, also, due to the fact that the meta-analysis and reviews is one of the important approaches of research in today's world, we decided to, further investigating these patterns, assist families in the proper parenting process, because the improvement of parenting practices is not only as an educator, but it also positively affect the comprehensive development of children particularly children's behavior and mental health. Considering the items mentioned and various studies that had been conducted in this area, the need for an information holistic and meta-analysis review that has been collected was observed. So the review and meta-analysis was performed.

Mehrafza (2003) in a study entitled as "the relationship between parenting practices with creativity and academic achievement" achieved the results that there is a positive and significant
relationship between permissive style with child's creativity and academic achievement. There is a negative and significant relationship between authoritarian style and academic achievement but he found no significant relationship between the completely free parenting practices with academic achievement.

Seifi Gandmani, Safarinia and Kalantari Meybodi (2014) in a study entitled as "family parenting typology (combination of parents' parenting style) and its effect on tendency to use drugs trends in boys adolescent" concluded that having powerful parents will lead the best results and it has the least tendency to use drugs, and on the other hand the most tendency to use drugs could be seen in classes where both parents are permissive or at least they include one permissive parent. The results reflect high importance of parental control in adolescents' tendency to use drugs.

Yaghoubi Doust and Enayat (2014) in a study entitled as "the relationship between parenting practices with domestic violence towards children in Ahvaz" concluded that there was a significant positive correlation between permissive parenting style and authoritarian parenting style with domestic violence towards children, but there was a significant negative correlation between logical parenting style (authoritative) and domestic violence towards children. Finally, except the dimension of permissive parenting style with physical violence, there is a significant correlation between all parenting practices with aspects of domestic violence (physical, emotional and neglect) towards children. Interpretation of stepwise multiple regression analysis showed that the variables of authoritarian, logical parenting style and permissive parenting style have explained 48.35 percent of dependent variable changes.

The research conducted by Steinberg (2001) entitled as "some things we know: relationships between teens with parents in retrospect and future prospect «indicated a positive relationship between mother’s emotional accountability style with children’s' competencies and pleasant behaviors. The research results by More, Wally &Sigman (2004) in England on 102 15 to 18-year-old patients showed how the anxiety caused by a lack of satisfaction with romantic relationships in the early years of growth prepares the child to express the anti-social responses toward next pressures. More evidence suggests that the non-satisfaction of the child in terms of love and affection will lead to severe psychological effects or at least the child's anxiety and bad-temper in subsequent years of growing up.

The research results by Roelofs & Meesters & Huurn(2006) indicate that mothers' negative behaviors are related to internalized symptoms in boys and girls, especially behaviors such as rejection and stressful training of boys and too support and rejection of girls are positively correlated with anxiety. Also mothers’ anxious behaviors are related to depressive symptoms in children. Boon study (2007) entitled as "Australian high school students more or less access to parents, motivation and academic achievement «which took place on Australian guidance school students, suggests that in contrast with a significant relationship between higher demand and accountability, that are the characteristics of authoritative parenting, and higher academic achievement of children, high accountability and low demand, that are the uninvolved parenting characteristics, are correlated with low academic achievement of children. Boon findings have
also shown that high level of parenting dimension (accountability and demand) is important in the educational socialization of children, because the lower academic achievement of children can be seen in both permissive and authoritarian parenting styles that one of the parenting dimension is in a low level; while the levels of parenting dimensions are completely different from each other in these two styles. So it seems common intermediate variables to play a role here. It looks like both styles (permissive and authoritarian) influence the reduction of students' feeling of self-efficacy that low feeling of self-efficacy will provide low academic achievement.

Lamborn et al (2008) in a study entitled as "patterns of competence and adjustment among adolescents from authoritative to authoritarian, indulgent, and family neglect" have confirmed positive relationship between powerful parents with children' levels of self-concept including practical, emotional, social, family and physical self-concept.

Research hypotheses

1. There is a relationship between parenting practices with anxiety.
2. There is a relationship between parenting practices with depression.
3. There is a relationship between parenting practices with mental health.

Research Method

The purpose of this study is meta-analysis of research conducted in the field of parenting practices in Iran, in order to achieve coordinated and constant findings of various studies results and to determine the actual effect size and its significance level with variables of anxiety, depression and mental health. The statistical population for this study was derived from studies conducted in the field of different parenting practices in Iran. According to the method used in this research that only research projects and theses which were approved in terms of methodology had to be under the meta-analysis, so the sampling was not used, and thus 8 research projects, papers and theses of 28 research were included the research sample, that were performed in terms methodological and the meta-analysis was conducted on them. A check list of content analysis has been used to gather data regarding the keywords of hypotheses and research questions for the content analysis of articles and studies on the effect of parenting practices. According to the fact that in meta-analysis studies of the analysis unit, the final report of the research done is on the subject of study. The check list has been used to examine and select research conducted for meta-analysis.

Research Findings

1. There is a relationship between parenting practices with anxiety.

Table 1: the mean and standard deviation of the effect size of independent studies on the relationship between parenting practices with anxiety
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<table>
<thead>
<tr>
<th>Z</th>
<th>The standard error of effect size $SE_r$</th>
<th>The standard deviation of effect size $SD_r$</th>
<th>The mean of effect size $R$</th>
<th>Number of studies $N$</th>
<th>Statistical indicators</th>
</tr>
</thead>
<tbody>
<tr>
<td>34.78</td>
<td>0.0115</td>
<td>0.0230</td>
<td>0.4</td>
<td>4</td>
<td>Anxiety</td>
</tr>
</tbody>
</table>

The information in Table 1 shows the mean and standard deviation of the effect size of the relationship between parenting practices with anxiety. Based on the above table, the best estimation of the relationship between the predictor variable (parenting practices) and criterion variable (anxiety) in the society is equal to 0.4, that according to the table of interpretation of Cohen's effect size, it was evaluated appropriate and high. The results of this study are in line with the research conducted by Mo'meni and Delavar (1997), Eyvazi (2000), Akbari (2004), Sadrolsadat, Seyed Jalaleddin et al. (2006), Halahan et al (2003), More, Wally & Sigman (2004), and Roelofs & Meesters & Huurn (2006).

2. There is a relationship between parenting practices with depression.

Table 2: the mean and standard deviation of the effect size of independent studies on the relationship between parenting practices with depression

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<tr>
<th>Z</th>
<th>The standard error of effect size $SE_r$</th>
<th>The standard deviation of effect size $SD_r$</th>
<th>The mean of effect size $R$</th>
<th>Number of studies $N$</th>
<th>Statistical indicators</th>
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<tr>
<td>92.19</td>
<td>0.251.0</td>
<td>0.434.0</td>
<td>5.0</td>
<td>3</td>
<td>Depression</td>
</tr>
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The information in Table 2 shows the mean and standard deviation of the effect size of the relationship between parenting practices with depression. Based on the above table, the best estimation of the relationship between the predictor variable (parenting practices) and criterion variable (depression) in the society is equal to 0.5, that according to the table of interpretation of Cohen's effect size, it was evaluated appropriate and high. The results of this study are in line with the research conducted by Taghavi and Kalantari (2007), and Roelofs & Meesters & Huurn (2006).

3. There is a relationship between parenting practices with mental health.

Table 3: the mean and standard deviation of the effect size of independent studies on the relationship between parenting practices with mental health
The information in Table 3 shows the mean and standard deviation of the effect size of the relationship between parenting practices with mental health. Based on the above table, the best estimation of the relationship between the predictor variable (parenting practices) and criterion variable (mental health) in the society is equal to 0.23, that according to the table of interpretation of Cohen's effect size, it was evaluated appropriate and moderate. The results of this study are in line with the research conducted by Akbari (2004), Mehfafza(2005), Sohrabi and Hassani (2007), Yousefi (2008), Boon (2007), Martins and Garcia (2008), and Dansmore et al (2009).

**Discussion and Conclusion**

The results of this study and previous studies verify an undeniable and very effective role of the family, particularly parenting practices, on children’ mental health, anxiety and depression. Parents can use the proper parenting practices and provide a rich environment of love and emotions to ensure the present and future mental health of their children and prevent many mental disorders, including anxiety disorders and depression in their children. According to the results of present study, several important points must be pointed out: first "parenting style, along with other variables, influence children's mental health, anxiety and depressive disorders. Parenting practices may be selected by parents voluntarily or they may be applied unconsciously. The important issue that due to the effect of parenting style on children’s mental health, parents are not only required to voluntarily adopt parenting style but they also need to choose the the most appropriate one. The results of this study and previous studies verify an undeniable and very effective role of the family, particularly parenting practices, on children' mental health, anxiety and depression. Parents can use the proper parenting practices and provide a rich environment of love and emotions to ensure the present and future mental health of their children and prevent many mental disorders, including anxiety disorders and depression in their children. According to the results of present study, several important points must be pointed out: firstly "parenting style, along with other variables, influence children's mental health; anxiety and depression disorders. Parenting practices may be selected by parents voluntarily or they may be applied unconsciously. The important issue that due to the effect of parenting style on children's mental health, parents are not only required to voluntarily adopt parenting style but they also need to choose the most appropriate one.

Secondly, "the best parenting style may be a function of the social, cultural, economic and scientific situations. What the research has shown was that at the present and in accordance with the present conditions of families’ culture and society circumstances, the most appropriate parenting style is indeed the authoritative style. Both authoritarian and permissive styles negatively
affect the results of upbringing and cause parenting objectives to meet the deviation, while the authoritative style will cause the child facing with success. In authoritative style parents, in addition to being warm and intimate with their child, are controller and powerful. This style helps children to better adapt to social norms and it has also little effect on individual freedoms of children. The children are qualified, realistic, self-confident, active, self-ordered and responsible. Thus, in the modern upbringing, not to indulge in control (authoritarian style) neither its negligence style (permissive) are not correlated with the goals of children's health and success. While in authoritative style, children in accordance with their facilities and opportunities, have the right to intervene in housekeeping affairs and comment on various issues. In this family, following a rational style forms the basis of work. The main feature of this family is the family members' respect towards each other. These families have discipline with a specific situation. Parents having an authoritative parenting style give credit to both autonomous and disciplined behavior. Their encourage verbal relationships, an authority that is on the basis of a reasonable concern for the welfare of the adolescent is not usually accepted by him/her, democracy does not mean unlimited freedom in the family environment. Authoritative parents response the children's efforts to support and care and they use more positive reinforcement. Accordingly, these parents are always trying to conduct children's activities and in a rational manner, to encourage verbal relationships and make the child aware of the reason and logic behind in their approach. Parents, who follow this style, expect and attempt to bring up independent children, to do their own personal work without the help of others. They also expect their children to learn and carry out activities like exercise, entertain themselves, do hard works and etc. So they try to encourage their children to learn these things. Also, mothers who follow the style emphasize learning skills related to personal matters at home such as their children eating, brushing and sleeping. Authoritative and democratic parents implemented rules seriously, will not surrender to the child's understanding, confront the wanton child, show dissatisfaction and discomfort in response to bad behavior of children, support the child's constructive behavior, impart the rules clearly, consider the child's desires are ask for its ideas, show the way to the child, they are kind and responsive, expect child an independent and mature manner appropriate to the age of the child, plan cultural situations and common activities, and consider cultural criteria and implement them. Children grown with participatory management are self-confident, self-control, they have a lot of energy, they are lively, have friendly relationships with their peers, they are far-sighted and goal-oriented, feel that they are in progress. The kids can be communicate others at school well and they won't face any problem in terms of emotional, they are ready to cooperate with their friends and others' disagreement is normal to them, because they frequently listen to and tolerate many different comments at home. Bias can be seen less among these children. Children of parents with participatory parenting style in the scales such as being active, self-belief, and independence vote or self-control appropriate high ranks. These children are described realistic, qualified and pleased.
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