



The Effectiveness of Positive Parenting Training on Children's Aggression and Educational and Cultural Performance of the Family among Female Householders

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Abstract

The present study was conducted with the aim of investigating the effectiveness of positive parenting training on children's aggression and the educational and cultural performance of the family among female householder. The statistical population included all the female householders under the guardianship of the Khomeini Relief Committee of Shiraz city in 2022. Thirty mothers were selected by convenient sampling procedure and then randomly assigned in two experimental and control groups. The research method was experimental of pre-test and post- test with control group one. To collect data, Aggression Questionnaire of Bass and Perry (1992) and Babaiifard (2021) Family Educational and Cultural Performance Questionnaire were implemented. The experimental group underwent nine group therapy sessions of the positive parenting training program 70 minutes each, twice a week. The control group received none. Data were analyzed by applying multivariate covariance analysis and univariate covariance analysis. The results showed that positive parenting training significantly reduced children's aggression and improved family educational and cultural performance.



Extended abstract

Introduction: The importance and position of the family as primary social institution in the cultural and educational spheres of a society is obvious. The family is the smallest and most sacred social institution that is formed by the sacred contract of marriage. By taking into account the effects of the family on the upbringing of children, Islam considers the health of the society and the culture of the society to be dependent on the healthy family and considered it to be an important cornerstone of social life. Children's behavioral, social and moral patterns are first formed through the family and based on the parents' culture. Parents, especially mothers, instill religious, cultural and social values in their children to be effective in the moral education of the child and raise children with a healthy personality. The women householders are responsible for the tolerant responsibility of managing the family and taking care of the family members, and psychological problems could arise not only in these women, but also in the children of these families due to the difficult living conditions. Concerning such conditions the present study was conducted with the aim of investigating the effectiveness of positive parenting training on children's aggression and the educational and cultural performance of the family among female householder.

Method: The statistical population included all the female householders under the guardianship of the Khomeini Relief Committee of Shiraz city in 2022. Thirty mothers were selected by convenient sampling procedure and then randomly assigned in two experimental and control groups. The research method was experimental of pre-test and post-test with control group one. To collect data, Aggression Questionnaire of Bass and Perry (1992) and Babaiifard (2021) Family Educational and Cultural Functioning Questionnaire were implemented. The experimental group underwent nine group therapy sessions of the positive parenting training program 70 minutes each, twice a week. The control group received none. Data were analyzed by applying multivariate covariance analysis and univariate covariance analysis.

Results: The results showed that positive parenting training significantly reduced children's aggression and improved family educational and cultural performance.

Conclusions: The results of the data analysis showed that positive parenting had a significant effect on the aggression of the children. In explaining the reducing effect of training program on the aggressive symptoms of children, it was possible to emphasize and also encourage mothers in the context of frequent use of positive parenting strategies and techniques and recording behaviors in the until the undesirable behavior reaches the lowest level till the symptoms of their children's problems gradually decreased. The results also indicated that positive parenting training program improved educational and cultural performances. In explaining the results, it could be said that parenting methods are very valuable due to parents' sensitivity to parenting methods. The supervision of parents over children has become flexible. The role of positive parenting methods is important in order to improve the relationship between parents and their children. According to the results of the present study, it is suggested that centers such as relief committees, welfare centers, and health and treatment centers prepare, compile, and implement educational packages based on positive parenting education for female householders.



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