Study on the Parenting Stress of the Parents with School Aged Children

Jae-Young Kim*, Sung-Je Cho**

* Dept of Education at Dongbang Culture Graduate University, kji0526@daum.net
** Dept of Education at Dongbang Culture Graduate University, chosj715@daum.net

Abstract. The purpose of this study is to understand the parenting stress of the parents with school aged children. The target group of this study is parents who have school aged children living in Seoul. The analysis of actual proof in this study was done at a significance level of 5% and the statistical analysis was conducted using SPSS/WIN 18.0 program. As a result, it is found that the parenting stress level is higher for the parents with school aged children. The implication of this study is for the preparation of the fundamental information for improvement of parenting stress for the parents with school aged children.

Keywords: Parents, Parenting stress, Children, School age

1 Introduction

With the recent changes in family structures, the participation of females in the society has become active. As a result, the females are now given with various roles other than the classical role as mothers, so they are experiencing more difficulties in raising their children. Raising children not only give the parents the psychological and social stability and the opportunity to reflect their own lives, but also allows them to have new curiosities and interests through the interactions with their children. However, the role also accompanies with the responsibilities and the pressure, which attributes to the parenting stress on the parents [1].

The parenting stress is what the majority can experience and expect when they become parents, so it may be considered as a trivial stress compared to other major life incidents. However, the parenting stress can not only negatively influence the development of children, but also become a threat to the psychological health of the parents themselves [2-3]. Therefore, in this study, the parenting stress of the parents with school aged children is investigated.
2 Theoretical background

2.1 Necessity of Study

With the rapid changes of the modern society and the rapid increase in number of dual-income families, lots of stresses are burdened on the parenting in nuclear families. The preceding studies on parenting stress show that the parenting stress of a mother has a positive correlation with the anxiety and negative correlation with the affection, negative and positive parenting attitude and psychological wellbeing of both general and disabled children. Compared to the mothers of disabled children, the mothers of general children tend to have more positive parenting attitude and higher psychological wellbeing, whereas the mothers of disabled children tend to have higher parenting stresses than the mothers of general children. Moreover, the object relations and parenting stress of the mothers showed a positive correlation, whereas its correlation with the parenting efficacy showed a negative correlation. Participation of the fathers in parenting is found to have positive influence on the development of the sociality of the children, as well as to reduce the parenting stress of the mothers. It is found that the parenting stress of the mothers plays a role as a mediator variable in the process of the fathers’ participation in parenting influencing the development of sociality of the children. In other words, the participation of the father in parenting uses the parenting stresses of the mothers as a mediator to indirectly influence the development of sociality of their children. According to the results of the bootstrap method, the mediator effect of the mothers’ parental stresses is found to be valid [4-6].

There are many existing preceding studies on the parenting stress of the parents with general and disabled children, but the studies on the parenting stress of the parents with school aged children are very insufficient. Therefore, the purpose of this study is to investigate the parenting stress of the parents with school aged children.

2.2 Research Questions

First, what are the demographical traits of the parents?
Second, what are the influences of the parenting stress of parents?

3 Research Method

3.1 Research Target

For this study, survey was conducted against a group of parents with school aged children in Seoul city. Before conduction of the survey, a detailed explanation on the
purpose and how to fill in the forms are provided to the surveyees. Then the surveyees were to select a question under each category to answer in a fill-in method.

3.2 Research Tools

The demographical traits were subdivided into 9 divisions to conduct a frequency analysis [7]. The investigation tools of parenting stress are arranged into 20 different terms [8].

3.3 Research Method

3.3.1 Method of Data Analysis

For the data analysis, the following procedure of statistical process was followed. In order to investigate the demographical traits of the parents, a t-test was conducted. Then a statistical analysis on the parenting stress of the parents with schooled aged children was carried out. All analysis on the actual proof in this study was done at a significance level of 5% and SPSSWIN 18.0 program was used for statistical analysis.

4 Result of the Study

4.1. What are the demographical traits of the parents?

The demographical traits of the parents were as following. First, there were more mothers than fathers. In terms of the source of income, there were more dual-income parents, single-income parents, others and commuting parents, in that order. Second, the age groups with larger proportions were 40s, 30s and 50s in that order. Third, the majorities of the surveyees had no religion, then there were more Christians, Buddhists and Catholics in that order.

4.2. What are the influences of the parenting stress of parents?

The parenting stress was higher for the parents with school aged children according to the factors of pain of the parents, delicate children and dysfunctional interactions, in that order.
5 Conclusion and Discussion

In this study, the psychological status of the parents with school aged children was analyzed. The results of this study are as following. First, from the demographical view, there were more females than male parents with school aged children. Most of the parents have dual-income, are in age of 40s and have no religious belief. Majorities were the university graduates and most of the parents are found to be having one child. Second, pain of the parents, delicate children and dysfunctional interactions, in that order, were the most influential factors on the parental stress of the parents with school aged children. The implication of this study is that it provides the fundamental information for finding the solutions to release the parenting stress of the parents with school aged children.

There is a necessity for more succeeding studies on the effect of the parenting stress on the depression of the parents with school aged children.

References