

عنوان مقاله:

Investigating the Relationship between Mindful Parenting and Behavioral Problems with Parenting Stress, Quality of Mother-Child Relationship and Health

محل انتشار:

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نویسنده:

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خلاصه مقاله:

This study aimed to investigate the mediating role of parenting stress, quality of the mother-child relationship, and maternal mental health in the relationship between mindful parenting and behavioral problems of preschool children. This research was carried out spatially in Ardabil and in terms of time in the fall of ۲۰۲۰. The type of research is descriptive-correlation. The statistical population of the study is ۴۳۳ mothers of preschool children in Ardabil schools. The sample size was ۲۰۴ people and they were selected by simple random sampling. Five questionnaires including general health, child-parent relationship, stress-parenting, child behavioral checklist, and mindful parenting questionnaire were distributed among the research samples. The results show that the relationship between mindful parenting with parenting stress, mindful parenting with maternal mental health, and also mindful parenting with the quality of the mother-child relationship is significant ($\text{sig} < 0.05$).

کلمات کلیدی:

Parenting, mother-child relationship, maternal mental health, Ardabil

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