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Parenting stress and parenting styles in mothers of ADHD with mothers of normal children

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Abstract

This paper aims to compare parenting stress among Mothers with ADHD children and normal children. The causal-comparing method was used. The statistical community included 5 to 12 years old children who were referred to child professional psychiatry clinics (Ibn-e-sina and Shaykh Doctor Hospitals). All Mothers of normal children (5 to 12 years old) were selected in primary and preschools in the fourth district area of Mashhad by available 50 parents with ADHD children and 80 Mothers with normal children were selected by cluster sampling. The instruments composed of parenting styles Diana Baum scale and index parenting stress (PSI). Data was used from statistical T-test styles in independent groups by, two ways of ANOVAs analysis. Results showed that there was a significant difference between parenting stress in Mothers of ADHD children and mother of normal children. And there was a significant difference between parenting styles among Mothers of ADHD children and mother of normal children. Also there was a significant difference between parenting stress level and parenting styles in Mothers of ADHD, children and mother of normal children. And parenting stress level had an effect on selecting parenting styles with ADHD children. In the other words the higher parenting stress is, the more arbitrary parenting styles will be.

Keywords: parenting stress, parenting styles, ADHD;

1. Introduction

One of the most common and the best known psychological disorders in school children and young adults is Attention deficit hyperactivity disorder (ADHD). This disorder is defined as "consistent pattern of attention defect or hyperactive and impulsive behaviour" which is more severe in younger children and similar development level (Sadock, Sadock, 2000). ADHD children have more educational problems than their peers, and they are rejected from the society and or will have antisocial behaviours during post-school years and they will confront a lot of problems in the coming years (Sonuga, Daley & Thompson, 2001). Since the behavioural problems of ADHD children are high, their parents have more stress than normal children parents (Anastopoulos, Guevremont, Shelton & Dupaul, 1992). Stress in the family context, especially when stress is chronic and present early in development,

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has detrimental effects on the well being of parents, children and parent-child relationship (Abidin, 1990; Deater-Deckard, Scarr, 1996). Parenting stress is a set of process that leads to aversive psychological and physiological reactions arising from attempts to adapt to the demands of parenthood (Mattow, 2006).

Study by Beck. (1990) analyzed PSI reports from mothers whose boys were hyperactive in certain situations and compared them to reports from parents whose boys' pervasive hyperactive reported significantly more overall stress, compared to mothers of situational hyperactive and no hyperactive children (Beck, Young & Tarnowski, 1990).

Mesh and Johnston (1983) believe that parenting stress is significantly high in all domains in the mothers of ADHD children especially in the mothers of preschool children and they find that the parents of smaller children have more parenting stress than the parents of older children and this stress causes child-parent relationship disturbances which is a determining subject for studying ADHD (Mash & Johnston, 1983). Parents child raising and parenting is considered one of the most important factors for evolving and behavioural problems persistence in children (Conger, Conger, Elder et al., 1992; Diaz, 2005). Baumriand (1991) introduces the parenting style as parents controlling performance which is divided into three styles as authoritative, authoritarian and permissive (Baumrind, 1991).

According to Baumriand (1997) in authoritative parenting style parents control their children in a proper way that respect their personality along with inspiring social values and also in this style, parents have high rate of intimacy with their children (Mash & Johnston, 1983). And in authoritarian parenting style parents have high emphasis on controlling their children and they also emphasis on obeying their orders by children (Papalia, wendkos & Duskin, 2006). And this style includes using direct punishment strategies (Qurido, Warner & Eyberg, 2002). Also in permissive parenting style, parents have a low control and in fact they pamper their children (Papalia, wendkos & Duskin, 2006). they have low demands from their children and they use low limitations in relation to their children behaviours (Qurido, Warner & Eyberg, 2002). Diverse approaches to understanding parenting stress have shown multiple associations with negative parenting attitudes and parental well-being, as well as negative parenting behaviour (Crnic, Gaze & Hoffman, 2005).

Studies by Cunningham and Barkley (1979) and Mash and Johnston (1982), for instance, showed mothers of ADHD children to be more commanding, less rewarding, and less interactive than mothers of controls. In turn, their children were less compliant and more negative (Wood, 2007).

Much as is the case with apparent on parenting, parenting stress has been found to be associated with a range of negative outcomes for children including insecure attachment and behaviour .As critics have pointed out, however, much of the research in the relation between stress and child behaviour problems is based on maternal report (Fischer, 1990). Again, it may be that mothers who are more stressed perceive their children's behaviour as more negative, or that mothers with more difficult children experience more stress. in reviewing ADHD children interaction with their children, it is observed that in the conditions of conducting assignments, the conflict between parent and child increases and child compliance and mother responsiveness decrease and mothers become more negative and act more in a punitive way (Barkley, Fischer, Edelbrock & Smallish, 1990).

So from all above researches it can be concluded that the mother of ADHD children have more parenting challenges than mothers of normal children and parenting stress affects on mothers punitive methods so the aim and subject of the present study is to review and compare parenting stress level and parenting styles of the mothers of ADHD children and the mothers of normal children. So the aim of this research is to determine parenting stress levels and effective factors and their effects on the parenting styles of the mothers who have ADHD children.

2. Method

2.1. Participants

This research is from causative-comparative kind which is conducted in order to compare parenting stress level and parenting styles of the mothers who have ADHD children and the mothers who have normal children so statistical community includes the mothers of 5-12 years old preschool children of district 4 of Mashhad and the mothers of 5-12 years old hyperactive children who were referred to child psychiatry extra-specialized clinics in Ibn-e-Sina and Dr. sheikh hospitals which 50 mothers of hyperactive-attention-defect children were selected by available sampling and 80 mothers of normal children were selected by the method of stepwise cluster sampling.

2.2. Measures

Parenting stress index. This a questionnaire on the basis of self-report which evaluates the stress significance in parent-child system and includes 120 items which comprises both childhood (47 items) and parenthood (54 items) domains plus an optional scale as life conflicts (19 items) (Abidin, 1990; Stora, 2006). scaling method also is done by Likert method in terms of 1 to 5 responses (from I agree absolutely to I disagree absolutely) in the field of psychoanalysis of this questionnaire, instrument internal similarity reliability coefficient was obtained 0.93 for total scale in a group of American mothers and for its domains 0.86 (child domain) and 0.83 (parents domain) were obtained respectively in Dadsetan, Azghandi and Hassan Abudy (2006) researches, instrument internal similarity reliability coefficient was 0.88 for total scale and retest reliability coefficient was 0.94 by a 10 days' time interval (Dadestan, Ahmadi Azghandi & Hasan Abadi, 2006).

Parents parenting styles scale. This questionnaire was designed by Diana baumriand in 1972 and it includes 30 items which evaluates three parenting styles as: authoritative, authoritarian and permissive styles. The questions responding pattern follows a 5 degrees Likert scale from I totally agree "to" I totally disagree Boory in 1991 reported the mentioned questionnaire reliability by using retest method between mothers 0.81 for permissive style, 0.86 for authoritarian style 0.78 for authoritative style and between fathers 0.77 for permissive style, 0.85 for authoritarian style and 0.88 for authoritative style respectively. Moreover, Esphandiari (1374) also reported test reliability in a retest method and in a one week interval on a sample of 12 mothers for permissive style (0.69) authoritarian style (0.77), and decisive and assuring style (0.73) respectively (Malkpour, 2002). After completing the questionnaire by the mothers, the obtained information was analyzed by using descriptive and perceptive statistical methods as independent t-test groups and two-way variance (ANOVAs) analysis.

3. Results

To compare parenting stress level in the mothers of ADHD children and the mothers of normal children, independent groups t-test was used (Table 1).

Table 1. Comparing Mean, SD, and Student's t-test for (PSI)

Variable	Normal(N=80) M(SD)	ADHD(N=50) M(SD)	t(df=128)	P
Parent domain	105.4(16.05)	127.04(24.79)	6.02**	0.000
Child domain	115.12(18.53)	150.94(22.49)	9.86**	0.000
Parents-Child domain	220(29.39)	227.98(43.1)	9.02**	0.000

Note: n=130, (PSI) = Parenting stress Questionnaire activity system

* p<0/05

**p<0/01

The results of table 1 show that there is a significant relationship between the mothers of ADHD children and the mothers of normal children in parent domain, child domain and child-parent domains, p<0.05) For comparing mothers of ADHD children parenting styles and the mothers of normal children, independent groups t-test was used (table 2).

Table 2. Comparing Mean, SD, and Student's t-test for parenting styles

Variable	Norma(N=80) M(SD)	ADHD(N=50) M(SD)	t(df=128)	P
Authoritarian	29.584.79()	22.42(7.78)	6.73**	0.000
Authoritative	14.82(5.64)	21.64(9.05)	5.03**	0.000
Permissive	17.31(4.79)	17.36(5.59)	0.05	0.95

Note: n=130

* p<0/05

**p<0/01

The results of table 2 show that there is a significant relationship ($p<0.05$) between authoritative and authoritarian styles but a difference is not observed between both groups of mothers in permissive parenting styles. In order to review the differences between parent-child stress levels in parenting style of both groups of mothers, two-way variance analysis is used which its results are shown in table 3.

Table 3. ANOVAs For difference level of parenting stress in parenting styles

Variable	F _s	M _s	F	df	P
Parenting style	5675.91	2837.59	2.32	2	0.0102
Parenting stress	28190.86	28190.86	23.12	1	0.000
Parenting stress. styles	7824.48	3912.24	3.20	2	0.044
Error	151185.01	1219.23		124	
Total	7916133.00			130	

* p<0/05

**p<0/01

Two way variance analysis shows that there is a significant difference ($p<0.05$) between parenting styles (authoritative, authoritarian and permissive) in both mothers of hyperactive children and mothers of normal children ($p<0.05$) and also a significant difference was observed in the parents stress level effect ($p<0.05$) between the mothers of ADHD children and the mothers of normal children and also there was a significant difference ($p<0.05$) in the parents stress level effect (parent-child) in parenting styles (authoritative ,authoritarian and permissive) that signify parenting stress level (parent-child) can affect on parenting styles.

4. Conclusion

In the present research, by considering the importance of this new problem in the field of childhood mental disorders, parenting stress level and parenting styles of the mothers of the ADHD children and the mothers of normal children were compared. The results of this research show that ADHD of the children causes the parenting stress in the mothers of ADHD children and also causes that mothers for controlling children use punishment methods, the review of stress resulted from child domain shows that testable scores of the mothers of the ADHD children are in a higher level than the mothers of normal children in other words, it can be supposed that some of child traits share as main factors in increasing the child-parent system and this suggests that parent stress of the mothers whose children are affected by ADHD is more than other mothers and this stress also always has a relationship with behavioural disturbances and ADHD severity, it means that the more the hyperactive traits in a child, the more parenting stress of the mothers will be these results conform with other researchers reviews such as (Mash & Johnston, 1983; Breen, Barclay, 1988; Beck, Young & Tarnowski, 1990; Barkley, Fischer, Edelbrock & Smallish, 1990; Barkley, Fischer, Edelbrock & Smallish, 1990; Anastopoulos, Guevremont, Shelton & Dupaul, 1992; Pisterman, Fireston & MC Garth, 1992; Baker, 1994; Baldwin, Brown & Milan, 1995; Johhstoh & Mash, 2001; Harrison & Sofronoff, 2002; Wood, 2007; Jennifer, 2010) Theses researches in their surveys show that ADHD children traits result in family stress. This research suggests that parent stress may worsen the children existence problems and also the results show that authoritative parenting style average of the mothers of ADHD children is more than the mothers of normal children, and authoritative parenting styles average of mothers of normal children also was more than the mothers of ADHD children, which suggests that since an ADHD child is in a family, the probability of confronting him/her with an authoritative style by parents is low. These findings approve Barkley view (1988) that parents negative, demanding and critical behavioural are as reactions against ADHD

disorder: these results conform with the results of other researchers researches such as (Anastopoulos, Guevremont, Shelton & Dupaul, 1992; Baker, 1994) These researches in their researches show that there is a significant relationship between authoritarian parenting style and a child who is affected by ADHD the mothers of ADHD children relationship with their children becomes more negative, the mothers of ADHD children are often autocratic and show less inclination toward solving the problems. The reviews of the cooperation of ADHD children show that the child behavioural stimulates the tensions which affects on parent behavioural and cooperation between parent and child. While reviewing of the cooperation of these children with their parents, it is determined that in the conditions of conducting assignments, the conflict between parent and child increases, and child obedience and mother responsiveness decrease, and mothers become more negative manner (Fischer, 1990). Some results also are obtained in the field of parenting stress and parenting styles. These results conform to other researchers results such as (Wood, 2007; Belsky, 1995; Crnic, Gaze & Hoffman, 2005). These researches show in their studies that parenting stress can have an effect on the parenting styles.

On the basis of Johnston (1992) findings, the parents who have ADHD children show more negative reactions towards their children and takes less positive methods (Breen & Barclay, 1988). In a research Barkly and Kanigham (1990) show that the mothers of ADHD children, had a more controlling and more critical manner and also they had less social correlative relationship and they less were responsive towards their children (White, 1991), and the findings of this research also suggest that the parents of ADHD children in order to control their children hyperactivities order them a lot, and use more punishments and the result of this research was that there is a correlative effect between parents stress level and parenting styles of mothers of ADHD children and the mothers of normal children. Since it is clear that because the mothers of ADHD children are facing more parenting challenges they also have more stress than the mothers of normal children parenting stress, influence mothers punishment methods so that this punishment directly increase children aggressive and appositive behaviours.

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