EFFECTS OF CHILD-PARENT RELATIONSHIP THERAPY ON MATERNAL PARENTING STYLE AND CHILDREN’S BEHAVIOR PROBLEMS IN TEHRAN, IRAN

SHAHLA ALIZADEH

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EFFECTS OF CHILD-PARENT RELATIONSHIP THERAPY ON MATERNAL PARENTING STYLE AND CHILDREN’S BEHAVIOR PROBLEMS IN TEHRAN, IRAN

By

SHAHLA ALIZADEH

Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia, in Fulfillment of the Requirements for the Degree of Doctor of Philosophy

August 2012
DEDICATION

To My Family:

To my Mother and late Father whom I indebted my whole life to them,

To my love, my Husband “Bahram” who inspired me to reach my goal and believed in my vision even more than I did,

To my elder brother, “Ali” and younger sister “Shaghayegh” for all the good times and the wonderful memories,

And

To my Mentor, my dear Psychoanalyst “Dr. Gohar Homayoupour”, who has created a new Self in me
Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of Doctor of Philosophy

EFFECTS OF CHILD-PARENT RELATIONSHIP THERAPY ON MATERNAL PARENTING STYLE AND CHILDREN’S BEHAVIOR PROBLEMS IN TEHRAN, IRAN

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August 2012

Chairman: Mansor Abu Talib, PhD

Faculty: Human Ecology

There is much evidence to prove the effectiveness of some positive training on changing parenting style and children’s behavior problems. However, parenting style and children’s behavior problems and application of positive training for family have received little attention and research interest in Iran. Therefore, the current research is necessary and timely. Thus, the major purpose of this current study is to investigate the relationship between parenting style and children’s behavior problems and the effect of child-parent relationship therapy (CPRT) on parenting style of mothers and children’s externalizing and internalizing symptoms. CPRT is a positive training based on the concept of play therapy in which parents learn the basic principles for communicating with their children.
This study was performed in two stages. The first part was a survey research to determine the relationship between parenting style and children’s behavior problem. Respondents consisted of 681 mothers of children in primary school who were identified through their children selected by random sampling. The second part was an experimental research with mothers of authoritarian an permissive who had children with internalizing and externalizing problems that they selected by random assignment (50 mothers in experimental and 50 in control group). Then CPRT as a training program was conducted on the experimental group for 10 sessions. Instruments for data collection included Parent Authority Questionnaire, PAQ (Buri, 1991) and children’s behavior checklist; CBCL (Achenbach, 1991) and intervention in the form of CPRT (Landreth & Bratton, 2006) were applied in the experimental stage.

The results of the present study in the first stage indicated that there were significant inversely relationships between authoritative style of mothers with internalizing and externalizing behavior problems in their children. Also permissive and authoritarian style of mothers had positive significant correlation with internalizing and externalizing behavior problems in their children. In the experimental stage, the result showed that there were significant differences of permissive and authoritarian level of mothers between the pre and post experimental groups. In addition, there were significant differences of children’s internalizing and externalizing symptoms between pre and post in the experimental group.
The findings of the present study highlighted significant relationships between the parenting styles of Iranian mothers in Tehran with children’s behavioral problems. Also the results demonstrated CPRT as a treatment in the experimental group was effective and led to a significant change in permissive and authoritarian maternal parenting style toward authoritative style and reflected by a decreased level at internalizing and externalizing symptoms of children. In conclusion, the mothers in the CPRT program learned to improve their understanding and attitude toward their children, and made the effort to reflect on their children’s feelings by playing with them according to CPRT’s rules. The mothers became more tolerant, had more realistic perceptions and developed feelings and sensitivity toward their children’s self-responsibility.

The Iranian government should organize practical programs such as workshops, training, or seminars to inform parents about CPRT’s program. It can also consider to decrease children’s internalizing and externalizing symptoms throw modification of parenting styles in CPRT training. When a training program such as CPRT has been found to have significant effects on children’s behavior problems as a result of parenting styles, then counselors and psychologists can adopt and implement this program to reduce behavior problems in children.
Abstrak Tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

KESAN TERAPI HUBUNGAN IBU BAPA- ANAK TERHADAP CARA GAYA KEIBUBAPAAN IBU DAN TINGKAH LAKU BERMASALAH KANAK-KANAK DI TEHRAN, IRAN

Oleh

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Terdapat pelbagai bukti yang boleh menyokong keberkesanan sesetengah latihan positif dalam mengubah cara gaya keibubapaan dan tingkahlaku bermasalah kanak-kanak. Tetapi, kurang perhatian dan kajian berkenaan cara gaya keibubapaan dan tingkah laku bermasalah kanak-kanak dilakukan di Iran. Oleh itu, kajian ini adalah perlu dan tepat pada masanya. Tujuan kajian ini adalah untuk mengkaji hubungan antara cara gaya keibubapaan dan tingkah laku bermasalah kanak-kanak dan kesan terapi hubungan ibu bapa-anak (CPRT) terhadap gaya keibubapaan ibu dan simptom luaran dan dalaman kanak-kanak. CPRT merupakan latihan positif berkonsepkan terapi bermain dimana ibu bapa belajar prinsip asas berkomunikasi dengan anak mereka.

Kajian ini dilakukan dalam dua tahap. Bahagian pertama merupakan kajian tinjauan untuk mengenalpasti hubungan antara cara gaya keibubapaan dan tingkahlaku...

Keputusan kajian bagi tahap pertama menunjukkan terdapat hubungan signifikan yang songsang antara cara gaya autoritatif ibu dengan tingkahlaku bermasalah dalaman dan luaran anak-anak mereka. Selain itu, caraya gaya permissif dan authoritarian ibu menunjukkan korelasi signifikan yang positif dengan tingkahlaku bermasalah luaran dan dalaman anak-anak mereka. Pada tahap eksperimen, kajian menunjukkan bahawa terdapat perbezaan yang signifikan terhadap tahap permissif dan authoritarian ibu antara kumpulan eksperimen *pre* dan *post*. Tambahan pula, terdapat perbezaan signifikan terhadap simptom dalaman dan luaran kanak-kanak antara ujian *pre* dan *post* dalam kumpulan eksperimen.

Hasil daripada kajian ini menekankan hubungan signifikan antara cara gaya keibubapaan ibu di Iran, Tehran dengan tingkahlaku bermasalah kanak-kanak. Juga, hasil
menunjukkan CPRT berkesan sebagai rawatan dalam kumpulan eksperimen dan menyebabkan perubahan signifikan dalam cara gaya keibubapaan permissif dan autonarian ibu menjadi cara gaya autoritatif dan ianya dapat dilihat dengan berkurangnya tahap simptom dalaman dan luaran kanak-kanak. Kesimpulannya, ibu-ibu di dalam program ini belajar untuk meningkatkan pemahaman dan sikap terhadap anak mereka, dan berusaha untuk memahami perasaan anak mereka dengan bermain dengan anak mereka mengikut peraturan program CPRT. Ibu-ibu menjadi lebih bertoleransi dan mempunyai persepsi yang lebih realistik dan wujud perasaan dan kepekaan terhadap tanggungjawab kandir anak-anak mereka.

Kerajaan Iran perlu menganjurkan program praktikal seperti bengkel, latihan atau seminar untuk memberitahu kepada ibubapa mengenai program CPRT. Mereka juga boleh pertimbangkan untuk mengaplikasikan program intervensi CPRT untuk mengurangkan simptom dalaman dan luaran kanak-kanak melalui modifikasi terhadap cara gaya keibubapaan. Apabila program latihan seperti CPRT telah didapati mempunyai kesan signifikan terhadap tingkah laku bermasalah kanak-kanak sebagai kesan perubahan caragaya keibubapaan, seterusnya kaunselor dan ahli psikologi boleh terima pakai dan mengaplikasikan program ini untuk mengurangkan masalah dalam kanak-kanak.
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As I find myself at the end of this journey, I thank all the people who have been companions along the way and count myself blessed for their help, their companionship, advice and wisdom. Without them, the road would have been lonely, and more difficult.

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Finally I thank again my family, for their patience and tolerance of my absence from Iran these past four years. I may not have been able to achieve this success without such a great support system from my family.

SHAHLA ALIZADEH

August 2012
I certify that a Thesis Examination Committee has met on 1/8/2012 to conduct the final examination of Shahla Alizadeh on her thesis entitled “Effects of child Parents Relationship therapy (CPRT) on maternal parenting style and children’s behavior problems in Tehran-Iran” in accordance with the Universities and University College Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U. (A) 106] 15 March 1998. The Committee recommends that the student be awarded the Doctor of Philosophy.

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This thesis was submitted to the Senate of University Putra Malaysia and has been accepted as fulfillment of the requirement for the degree of Doctor of Philosophy. The members of the Supervisory Committee were as follows:

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DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declared that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.

SHAHLA ALIZADEH
Date: August 2012
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