



Effectiveness of Positive Parenting Program training on stress coping strategies of mothers and aggression of preschool children

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Abstract

This study aims to evaluate the effectiveness of the positive parenting program on stress coping strategies of mothers and the level of aggression of preschool children in Iran. A randomized controlled experiment was performed with 20 Iranian mothers being randomly divided into either the intervention group or a waitlist control group. Members of the first group participated in the group Triple P program, while the second group received no training. The two groups were compared immediately before and after the intervention on the degrees of child's aggressiveness and stress coping strategies of mothers. Participants completed self-report questionnaires about their children's aggressiveness and the Way of Coping Questionnaire, pre-and post-intervention. The results of this study indicated that Triple P had a positive effect on using Emotion-focused coping strategies of mothers, but not Problem-focused coping strategies. Also, Multilevel analyses showed that Positive Parenting Program techniques were highly effective in reducing child's aggression compared to the control condition. All outcomes of the study suggested that Triple P can reduce children's aggression regardless of their gender, status, or levels of aggressiveness. Also, these interventions can be highly effective for the mother's well-being and using better strategies to deal with stress

Keywords: "aggressive children", "positive parenting program", "stress coping strategies"