

P02-535

THE INFLUENCING FACTORS ON PARENTAL SELF-EFFICACY OF 2-6 YEAR OLD CHILDREN'S MOTHERS

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Introduction: Parental self-efficacy indicates how effectively parents can manage their parenting responsibility and acts as a predictor of the behavioral and emotional adjustments of children.

Aim: Current study was conducted to examine the influencing factors on parental self-efficacy of 2-6 year old children's mothers.

Method: The present study is a descriptive-post hoc study. 350 mothers were selected from 15 kindergartens of 3 area of Tehran, by multistage sampling method. They completed Rosenberg's self-esteem scale (Rosenberg, 1986), Parental Bonding Questionnaire (Parker et al., 1983), Parenting stress Index (Abiding, 1995), Sources of Social support scale (Koeske & Koeske, 2002), Maternal efficacy Questionnaire (Teti & Gelfand, 1991) and Preschool Behavior Checklist (McGuire & Richman, 1986). Stepwise regression analysis showed that parenting stress, children behavioral problems, mother's self-esteem and parental distress subscale from parenting stress index, in four steps, could explain 32% of variance in maternal self-efficacy.

Conclusion: Parental stress, children's behavioral problems and mother's self esteem are important factors in maternal self-efficacy. Therefore, interventions regarding mentioned factors, can enhance maternal self-efficacy and prevent maladjustments related to mothers and children.