

Parenting Problems and Coping Styles during the COVID - 19 Pandemic

Name: Sana Siddiq

Affiliation: Scholar, Sweekaar Academy of Rehabilitation Sciences, Osmania University

Country: India

Email: imaginingfreedom@gmail.com

DOI: 10.29322/IJSRP.12.09.2022.p12920

ABSTRACT-

A worldwide Coronavirus Disease 2019 (COVID-19) pandemic resulted in individuals having a decreased social interaction level, negative emotions, and an increased level of anxiety and stress. Pandemic-related economic crises have caused widespread unemployment and poverty throughout the world, as well as the loss of jobs and sending back home of migrant workers. Consequently, many people were unable to provide for their families as a result of these losses, including those employed in non-essential industries such as hotels and restaurants, leisure and hospitality, manufacturing, real estate, travel and transportation, and warehousing. Because of deep-rooted gender expectations, mothers are burdened more than fathers by the pandemic due to crippling fears that their families or themselves will become infected. For parents to help their children, reducing stress is essential to their coping strategies.

The study aimed to assess the quality of life of parents and determine whether low quality of life is influenced by the difficulties experienced during the Covid-19 Pandemic and/or related to the problems of the children, and whether resilient coping moderates these causal pathways. The sample for this study consisted of 160 parents with a child between the ages of 4 and 10 selected on the basis of a rule of thumb that called for 20 subjects per variable who lived in Hyderabad, Telangana. The results indicate that the relationship between Parental difficulty, Externalizing problems of children, and Quality of Life was significantly negative. Parental quality of life did not correlate significantly with internalizing problems of children. There is no significant correlation between Resilient Coping and Quality of Life, Parental Difficulty, or Resilient Coping and Parental Difficulty. The association between Quality of Life and Parental Difficulty was not moderated by Resilient Coping.

Index Terms- Parenting, COVID-19, Coping Styles, Behaviour Problems, and Quality of Life

BIOGRAPHY-

Sana Siddiq has completed her M.Phil in Clinical Psychology at the age of 26 years, from Sweekaar Academy of Rehabilitation Sciences, Osmania University in December 2022.

During the course of her training, she has worked in a variety of medical facilities, including centre for treatment of autism, centre for child development, various institutes for the treatment of adult mental illness, as well as deaddiction centres.

Post her M.A. Degree, she has spent a year working as a volunteer, teaching and mentoring nursing students from backward and poor socioeconomic statuses.

Her current research was done under the guidance of Dr. K.B. Kumar, one of the most respected Clinical Psychologists in India.

Presenter Name: Sana Siddiq

Mode of Presentation: Oral/Poster

Contact Number: +91 9989014760

