

THE EFFECT OF MINDFULNESS INTERVENTIONS FOR PARENTS ON PARENTING STRESS AND YOUTH PSYCHOLOGICAL OUTCOMES: A SYSTEMATIC REVIEW AND META ANALYSIS.

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Abstract: *The study highlights the potential benefits of incorporating mindfulness interventions into parenting programs, as a way to support parents in managing stress and promoting positive youth outcomes. It also underscores the importance of addressing parental well-being in efforts to promote positive youth development. The systematic review and meta-analysis provide evidence for the effectiveness of mindfulness interventions for parents in reducing parenting stress and improving youth psychological outcomes. This has important implications for the development of interventions and programs aimed at supporting parents and promoting positive youth development.*

Key words: Mindfulness interventions, parenting stress, meditations, parenting style

Introduction

The systematic review and meta-analysis aimed to examine the effect of mindfulness interventions for parents on parenting stress and youth psychological outcomes. The study reviewed 17 articles that met inclusion criteria and found that mindfulness interventions for parents were associated with reduced parenting stress and improved youth psychological outcomes. The findings suggest that mindfulness interventions can be an effective tool for reducing parenting stress and improving youth psychological outcomes. This has important implications for the well-being of both parents and children, as parenting stress has been linked to negative outcomes for both parents and children, including increased risk of mental health issues and behavioral problems in children.

It is irrefutable fact that there are some misunderstandings between parents and their children especially in their middle ages. As a result it leads to parenting stress because of which they have to accept to reduce their demands in order to reach an agreement. As famous writer mentioned : parenthood means to guide a new generation and forgive them for all as

the last. We can understand from this phrase that all the time parents are responsible for their children's fortune and anyhow they should control their emotions. So one of the best way to reduce parenting stress is parental mindfulness and in terms of mindfulness interventions, a lot of researches have been discovered carefully in order to find an answer whether those interventions can improve youth psychological outcomes and become less parenting stress.

Parenting stress effects as a negative impact not only for parents themselves but also for their children. In order to reduce such a problems in families several studies have been investigated and according to some specialists, although there are enough literature, no quantitative synthesis of them on the effectiveness is available. Mainly, they conducted the review and meta-analysis to show effectiveness of mindfulness interventions for parents and to get rid of parenting stress and to enhance youth psychological outcomes.

Looking at some researches, parents experiencing greater parenting stress shows the people with lower psychological well being and mainly with negative effect towards their children. Moreover children that are brought up such families become a person who can not express their own feelings and emotions independently or they express them in a badly way. Another point of view on bad effects of parenting stress is negative parenting behavior which includes unfriendliness and unkind control causing of poorer child and youngsters psychological outcomes. That is why it is important to manage parenting stress for well being of father and mothers as well as their children. They recommend to incorporate mindfulness into the parent-child family connection can be good solution for achieving this goal.

There are several understandings and views on mindfulness for example according to Western psychology mindfulness is a psychological process which brings non-judgmental understanding of a situation occurring at the present moment. Every person has their own habitual behavior and they quite differ from each other however, if they do regular practice on mindfulness they can improve their abilities through those practices. Firstly, Kabat- Zinn explained mindfulness to parenting as parents all the time should know about their child's needs and demands and non-judgmental and non-reactive way to each moment. Furthermore, Duncan et al (2009) supporting Kabat-Zinn's opinion worked out five dimensions on mindful parenting: children should be listened by parents attentively, to accept a child without judging , to feel child's emotions in a right way, being aware of self regulation as a parent and compassion for self and a child. Mindfulness

can help parents to avoid automatic reactions with anger which effects to their child's psychology negatively. This method can make a way to connect friendly relationship between parent and a child.

To clarify these ideas, researchers has established a program naming 8-week Mindfulness Based Stress reduction(Chan and Neece,2018). This program mainly based on decreasing the level of stress and strengthen family relationships between parent –child. MBSR is recommended mainly to those who suffer from depression and anxiety. Both MBSR and mindful parenting interventions on parenting stress have been explored for many years on consequence, results show that many parents who experience this programs have felt the reduction of the stress and this program has been offered in community and clinical settings too(Ferraioli and Harris,2013;Lo et al.,2017a; Corthorn,2018). Another plus side of MBSR is that this method is found beneficially not only for parents but also to their children also. Adolescents who suffer from internalizing and externalizing symptoms, which is considered the most common psychological problems among the youth, they can easily develop cognitively and obtain social outcomes even children with Autism Spectrum Disorders also showed positive results in reducing stress and improving social outcomes(Bayer et al.,2008;Neece 2014; lewallen and Neece, 2015).In spite of the fact that, many researches were done in parenting reducing stress and improving youth outcomes, none of them was delivered and printed. In 2018 between 9august and 11 october they conducted a comprehensive literature search according to some databases like PSYCInFo, MEDline, PUBmed, Web of Science and etc. The subject headings were mindfulness and meditation and main key words were related to parenting parenting style ,parenting skills, childrearing, family interventions. Each study consists of characteristics o participants, data about age and gender of the youth, psychopathology of a parent and children, study, design and details of intervention.

While doing some experiments, researcher decided to do data analysis. They used Comprehensive Meta –Analysis (CMA). Especially, two types of summery effect were taken into account, using means and standard deviations when they were not it was marked "t" "p" . After studying Pre and Post-intervention outcome data, hedges were calculated within group effect sizes. By this way they compare outcomes of mindfulness and control groups. Overall twenty five independent studies of mindfulness interventions were examined, eighteen studies out of twenty five were in single group design and the rest used randomized controlled trials, in terms of reducing parenting stress and enhancing psychological outcomes in children were

evaluated effectively. The result shows that parents participating mindfulness intervention groups obtained higher results in reducing parenting stress rather than those who are in control groups. Moreover it is predicted that adolescents can improve externalizing and cognitive outcomes with help of reduction in parenting stress but the most interesting thing is there is no connection between youth internalizing outcomes and parenting stress. In order to prove this point of view there are some explanations. Parenting stress is caused by youth externalizing problems these problems lead to high stress level in their parents yet ,youth internalizing problems usually can be bright and obvious. That is why parents do not experience so high level of parenting stress while their children with internalizing problems as they are in externalizing problems(Eisenberg et al.1999; Neece et al.,2012). High level of parental warmth and acceptance to children can reduce internalizing problems in youth (Yap and Jorm,2015). Due to the fact that every parent has compassion non-judgmental acceptance, emotional warmth and love towards their children these attitudes can improve internalizing outcomes by doing regular mindfulness interventions (Duncan et al.,2009,2015). Emotional regulation also can be reason for internalizing problems it means parents should act toward their children according to adaptive regulation strategies (Wald et al.,2018) such as cognitive reappraisal additionally, parental self-regulation also play great role in reducing youth internalizing problems(Duncan et al.,2009; Ridderinkhof et al.,2017).

In the future, It will be better to improve such an effective studies and to work on methodological limitations. Not parents but also every citizen should know how to control themselves and their emotions by doing mindfulness meditations such as therapist experience with mindfulness (Khoury et al., 2013) , amount of home practice (Persons et al.,2017) mindfulness trainings can enhance outcomes (Zenner et al.2014).

Taking everything into account, stress which is experienced by parents can be reduced by mindfulness interventions and can improve youth psychological functioning. Although it is considered Some difficulties, like externalizing problems occurs in youth mind, are related to parenting stress and can be cured by mindfulness interventions while others internalizing outcomes are caused by parents love and warmth. In general, mindfulness meditations are found as an effective treatment for both parents and their generation which is recommended by specialists doing more and more.

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