



Comparing the effectiveness of mindfulness-based parenthood intervention for mothers and self compassion intervention for girls on resilience of teenage girls having parent-child conflict in COVID-19 Pandemic

Maliheh. Mehrabi Koushki¹
Farnaz. Keshavarzi Arshadi^{2*}
Fariba. Hassani³
Roya. Kouchak Entezar⁴

1. PhD student in Psychology, Central Tehran Branch, Islamic Azad University, Tehran, Iran
2. *Corresponding author: Associate Professor, Department of Clinical Psychology, Central Tehran Branch, Islamic Azad University, Tehran, Iran
3. Assistant Professor, Department of Psychology, Central Tehran Branch, Islamic Azad University, Tehran, Iran.
4. Assistant Professor, Department of Psychology, Central Tehran Branch, Islamic Azad University, Tehran, Iran

Email: dr.farkeshavarzi@yahoo.com Received: 13.11.2022 Acceptance: 04.09.2023

Journal of
Applied Family Therapy

eISSN: 2717-2430
http://Aftj.ir

Vol. 4, No. 3, Pp: 291-307
Summer 2023 Special Issue

Original research article

How to Cite This Article:

Afshin, O., Sadati, S. Z., & Zadeh Hasan, F. (2023). Comparing the effectiveness of mindfulness-based parenthood intervention for mothers and self compassion intervention for girls on resilience of teenage girls having parent-child conflict in COVID-19 Pandemic. *af tj*, 4(3): 291-307.



© 2023 by the authors. Licensee Iranian Association of Women's Studies, Tehran, Iran. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0 license) (<http://creativecommons.org/licenses/by-nc/4.0/>)

Abstract

Aim: The present study is conducted with the aim of comparing the effectiveness of mindfulness-based parenthood intervention for mothers and self-compassion intervention for girls on resilience of teenage girls that have parent-child conflict. **Method:** The research method was quasi-experimental with a pre-test post-test design. It also had control group and follow-up. The statistical population of the study consisted of 14 and 15 years old teenage girls who were studying in public schools in district 14 of Tehran, in the school year 2021-22 and their mothers. The sample of the study was 34 students who were selected by purposive sampling method and randomly divided into three groups. The first group were 10 of the student's mothers who received mindfulness-based parenthood intervention (Bogels & Restifo, 2014) and the second group consisted of 12 students who received self-compassion intervention (Gilbert, 2010). Besides, the control group consisted of 12 students who didn't receive any intervention. **Data:** were collected with resilience scale (Conner & Davidson, 2003). **Results:** The outcomes of the analysis of mixvariance demonstrated that mindfulness-based parenthood intervention for mothers and self-compassion intervention for girls were significantly effective on resilience, compared to the control group ($F=19/63$, $P=0/001$). and there were no significant differences between the effectiveness of the two methods and the effects of intervention over time remained constant ($P\leq 0.001$). **Conclusion:** Therefore, these interventions can be used in school counseling environments so as to increase resilience, improve relationships, for adolescents who have conflict with their parents.

Keywords: *parent-child conflict, Resilience, self-compassion, mindfulness-based parenthood, Coronavirus Pandemic.*

Introduction

The family is the first social institution whose members experience the feeling of peace and security by belonging to it. The presence of some issues in the family disrupts the necessary balance and has irreparable effects on its members (Melki, 2019). One of the significant changes in the family was at the same time as the spread of the Corona virus, which caused family members to stay at home together (Johnson et al., 2020); Placing people in quarantine, in addition to social and economic effects, had many psychological effects (World Health Organization, 2020).

Finally, because the stage of adolescent growth is characterized by numerous physiological, environmental and physical, cognitive, social and emotional growth transitions and often leads to challenges and opportunities. Developing coping strategies to deal with these challenges, such as strengthening resilience and being open to new experiences, can potentially facilitate passing through this growth period more easily (Bluth et al., 2018). According to the reviewed background, no research has directly investigated the effectiveness of compassion-based and mindfulness-based intervention on the current research variable; Thus, this research aims to compare the effectiveness of mindfulness-based parenting intervention for mothers and self-compassion intervention for girls on the resilience of female students with parent-child conflict in the spread of the corona virus. Therefore, the present study sought to answer the following questions.

Is there a difference between the effectiveness of parenting intervention based on mindfulness for mothers and self-compassion intervention for girls on the resilience of adolescent girls?

Is parenting based on mindfulness to mothers and self-compassion to girls on the resilience of teenage girls in the follow-up stage?

Method

The research method was quasi-experimental with a pre-test post-test design. It also had control group and follow-up. The statistical population of the study consisted of 14 and 15 years old teenage girls who were studying in public schools in district 14 of Tehran, in the school year 2021-22 and their mothers. The sample of the study was 34 students who were selected by purposive sampling method and randomly divided into three groups. The first group were 10 of the student's mothers who received mindfulness-based parenthood intervention (Bogels & Restifo, 2014) and the second group consisted of 12 students who received self-compassion intervention (Gilbert, 2010). Besides, the control group consisted of 12 students who didn't receive any intervention. Data:were collected with resilience scale (Conner & Davidson, 2003).

Results

The outcomes of the analysis of mixvariance demonstrated that mindfulness-based parenthood intervention for mothers and self-compassion intervention for girls were significantly effective on resilience, compared to the control group ($F=19/63$, $P=0/001$). and there were no significant differences between the effectiveness of the two methods and the effects of intervention over time remained constant ($p\leq 0.001$).

Conclusion

Resilience is a characteristic that varies from person to person and can grow or decrease over time and is formed based on the intellectual and practical self-correction of a person, in the trial and error process of life (Mohammadi & Amini, 2020); It is a kind of positive adaptation against adverse conditions and its strengthening in humans has an effect on adaptation to different life conditions and mental health (Kaneland, 2020). Therefore, the present study was conducted with the aim of comparing the effectiveness of parenting intervention based on mindfulness for mothers with self-compassion intervention for girls on the resilience of adolescent girls with parent-child conflict. Based on the research findings, mindfulness-based parenting intervention for mothers and self-compassion intervention for girls have significantly affected resilience in girls with parent-child conflict. The results showed that there is no significant difference between the effect of education on the resilience of teenage girls with parent-child conflict, and their effect on resilience is stable over time.

The common components of the interventions have caused no difference in the level of effectiveness between the two methods. Mindful parenting is based on teaching a series of self-conscious tasks and exercises that can lead to improving the quality of the parent-child relationship, expanding new thoughts and reducing unpleasant emotions. Self-regulation in the relationship of parenting and increasing self-compassion towards oneself and the child through the adjustment of parenting styles, strengthening the parent-child bond and secure attachment can increase resilience and increase emotional regulation skills and reduce parent-child conflict. Self-compassion intervention through the mechanisms of self-compassionate response, self-kindness, human common sense, mind-awareness, reduction of cruel response, reduction of self-judgment, isolation and extreme assimilation can help increase resilience in adolescents. Finally, the teachings of the training sessions have been designed in a practical way that makes it possible to transfer them to everyday situations, and this has led to an increase in the resilience and continuity of the training results after the end of the sessions.

This research, like other research, was associated with limitations, among which the following can be mentioned: The restriction of the researcher for in-person access due to the quarantine conditions caused by the spread of the corona virus; the unisexuality of the research community (teenage girls and mothers); The limited age of the participants and conducting research in Tehran and in one of the areas of Tehran. Therefore, it is suggested to carry out interventions for teenagers of both sexes and their parents in schools and considering other age and cultural groups, by comparing the research results. Also, based on the results of the present research, it is suggested to school counselors and therapists to use parenting intervention based on mindfulness and self-compassion to improve resilience in adolescents after completing the necessary training courses. It is also suggested that school administrators and counselors hold training workshops on parenting based on mindfulness for parents and self-compassion for students.

References

- Araghi, Y. (1387). Examining the quality of parent-child relationship in two groups of aggressive and non-aggressive male students. *Journal of Psychological Studies*, 4(4):113-129. (In Persian)
- Asgari, M., Choobdari, A., & Eskandari, H. (2021). Analyzing the lived experiences of people suffering from corona disease in personal, family and social relationships and ways to prevent and control mental injuries caused by it. *Journal of Counseling and Psychotherapy*, 12(45):52-33. (In Persian)
- Bagheri Sheikha Negfesh, F., Alizadeh, D., Savaei Niri, V., Asgari, F., & Ghodrat, G. (2021). The role of internet addiction, mindfulness, and resilience in predicting students' mental health during the 2019 coronavirus pandemic. *Child Mental Health Quarterly*, 8(3):1-14. (In Persian)
- Bitarafan, L., Kazemi, M., & Yousefi Afrashte, M. (2017). The relationship between styles of attachment to God and resilience with death anxiety in the elderly. *Iranian Journal of Aging*, 12 (4):449-457. (In Persian)
- Bluth, K., Mullarkey, M., Lathren, C. (2018). Self-compassion: A potential path to adolescent resilience and positive exploration. *Journal of Child and Family Studies*, 27 (9): 3037-3047.
- Bogels, S., Restifo, K. (2014). *Mindful Parenting A Guide for Mental Health Practitioners*. New York: Springer Science & Business Media.
- Bradley, j. M., Hojjat, M. (2017). A model of resilience and marital. satisfaction. *The Journal of social psychology*, 157 (5): 588-601.
- Branje, S. (2018). Development of parent-adolescent relationships: Conflict interactions as a mechanism of change. *Child Development Perspectives*, 12 (3): 171-176.
- Chu, X. W., Fan, C. Y., Liu, Q. Q., & Zhou, Z. K. (2018). Cyberbullying victimization and symptoms of depression and anxiety among Chinese adolescents Examining hopelessness as a mediator and self compassion as a moderator. *Computers in Human Behavior*, 86, 377-386..
- Coatsworth, J. D., Timpe, Z., Nix, R. L., Duncan, L. G., Greenberg, M. T. (2018). Changes in mindful parenting: Associations with changes in parenting, parent-youth relationship quality, and youth behavior. *Journal of The Society for Social Work and Research*, 9 (4): 511-529.
- Corthorn, C., & Milicic, N. (2016). Mindfulness and parenting: A correlational study of non-meditating mothers of preschool children. *Journal of Child And Family Studies*, 25 (5): 1672-1683 .
- Cowling, C., Gordon, W. (2022). 'Mindful parenting: future directions and challenges. *International Journal of Spa and Wellness*, 5 (1): 50-70.
- Ghahremani, M., Khalatbari, J., & Taghvaei, D. (1401). The effectiveness of cognitive-behavioral therapy and therapy focused on compassion therapy on the resilience of women about to divorce. *Applied Family Therapy Quarterly*, 3(3):488-744. (In Persian)
- Ghatour, Z., Pouryahya, S. M., Davarnia, R., Salimi, A., & Shakeri, M. (2018). Effect of Compassion-Focused Therapy on Women with Multiple Sclerosis. *Armaghan Danesh Journal*, 23 (3):363-350. (In Persian)
- Gilbert, P. (2018). *Compassion-focused therapy*. Translated by Mehrnoosh Taftani and Ali Faizi. Tehran: Ibn Sina Publishing House. (2010). (In Persian)
- Gorjinpour, F., Alipour, G., Jelveh, M., & Abdi, M. (2020). The effectiveness of compassion-based therapy on self-esteem and behavioral flexibility of divorced sons. *Applied Family Therapy Quarterly*, 1 (2):1-22. (In Persian)

- Gouveia, M. J., Carona, C., Canavarro, M. C., Moreira, H. (2016). Self-compassion and dispositional mindfulness are associated with parenting styles and parenting stress: The mediating role of mindful parenting. *Mindfulness*, 7 (3): 700–712.
- Hwang, W. J., Lee, T. Y., Lim, K. O., Bae, D., Kwak, S., Park, H. Y., Kwon, J. S. (2018). The effects of four days of intensive mindfulness meditation training (Templestay program) on resilience to stress: a randomized controlled trial. *Psychology, health & medicine*, 23 (5): 497-504.
- Janbozorgi, F., Darbani, S. A., & Parsakia, K. (2020). The structural model of predicting family health based on communication patterns and self-efficacy with the mediating role of self-compassion in women. *Journal of Psychology of woman*, 1 (3), 66-80.
- Janssen, L. H., Kullberg, M.L. J., Verkuil, B., van Zwieten, N., Wever, M. C., van Houtum, L. A., Wentholt, W. G., & Elzinga, B. M. (2020). Does the COVID 19 pandemic impact parents and adolescents well-being? An Ema-study on daily affect and parenting. *PloS one*, 15 (10), e0240962.
- Jones, L. B., Kiel, E. J., Luebke, A. M., Hay, M. C. (2022). Resilience in mothers during the COVID-19 pandemic. *Journal of Family Psychology* Advance online publication.
- Josipovic, Z. (2016). Love and compassion meditation: a nondual perspective. *Annals of the New York Academy of Sciences*, 1373 (1): 65-71.
- Karimi, S., & Lotfi, R. (2021). Investigating the effect of laughter yoga on resilience and life expectancy in the Corona crisis among women in the 9th district of Mashhad. *Women's Interdisciplinary Research*, 2 (2): 76-63. (In Persian)
- Kavousi, L., Abbasi, G., & Mirzaian, B. (2021). Effectiveness of compassion-focused therapy on psychological distress, self-concept, and perceived social support in individuals with binge eating disorder. *Psychiatric Nursing*, 9 (3): 50-62. (In Persian)
- Khazari, M., Mahmoudpour, A., Vahadani, M., & Esmaili, Masoumeh. (2021). Phenomenology of parent-child conflict management during the outbreak of the corona virus. *Journal of Roish Psychology*, 10 (7):76-67.
- Kneeland, E. T., Goodman, F. R., Dovidio, J. F. (2020). Emotion beliefs, emotion regulation, and emotional experiences in daily life. *Behavior therapy*, 51 (5): 728-738.
- Lahav, Z., Brunstein, A. (2018). Bullying victimization and depressive symptoms in adolescence: The moderating role of parent-child conflicts among boys and girls. *Journal of Adolescence*, 68, 152-158.
- Ma, Y., Siu, A. F. (2016). A qualitative exploration of an eight-week mindful parenting program for parents. *Journal of Asia Pacific Counseling*, 6 (2): 87-100.
- Memar, E. (2015). Effectiveness of parenting training based on mindfulness on emotional self-regulation, interpersonal mindfulness and mental well-being of mothers and behavioral problems of adolescent girls. PhD thesis in psychology, Central Tehran Azad University. (In Persian)
- Meppelink, R., de Bruin, E. I., Wanders-Mulder, F. H., Vennik, C. J., Bögels, S. M. (2016). Mindful parenting training in child psychiatric settings: heightened parental mindfulness reduces parents' and children's psychopathology. *Mindfulness*, 7 (3): 680-689.
- Mohammadi, F., & Amini, N. (2020). Investigating the effectiveness of teaching behavior self-control strategies on resilience in juvenile delinquents of Bushehr Correctional Center. *New Ideas of Psychology Quarterly*, 7(11):1-10. (In Persian)

- Mousazadeh, Z., Haghghi, S., & Birshak, B. (2017). Resilience, a guide to training and developing resilient students, Tehran Academic Press. (In Persian)
- Neff, K.D. (2016). The self-compassion scale is a valid and theoretically coherent measure of self-compassion. *Mindfulness*, 7 (1): 264-274.
- Nila, K., Holt, D.V., Ditzen, B., Aguilar-Raab, C. (2016). Mindfulness-based stress reduction (MBSR) enhances distress tolerance and resilience through changes in mindfulness. *Mental Health Prev.* 4, 36–41.
- Parent, J., McKee, L. G., Rough, J., Forehand, R. (2016). The association of parent mindfulness with parenting and youth psychopathology across three developmental stages. *Journal of abnormal child psychology* 44 (1):191-202.
- Pigaiani, Y., Zoccante, L., Zocca, A., Arzenton, A., Menegolli, M., Fadel, S., Ruggeri, M., & Colizzi, M. (2020). Adolescent Lifestyle Behaviors, Coping Strategies and Subjective Wellbeing during the COVID-19 Pandemic: An Online Student Survey. *Healthcare*, MDPI. 8 (4):472.
- Sakka, S., Nikopoulou, V. A., Bonti, E., Tatsiopoulou, P., Karamouzi, P., Giakoulidou, A., & Diakogiannis, I. (2020). Assessing test anxiety and resilience among Greek adolescents during covid-19 pandemic. *Journal of Mind and Medical Sciences*, 7 (2):173-178.
- Sardashti, Y. (2019). The concept of resilience in mental health. *Rovan Boneh Journal*, 41. (In Persian)
- Seekis, V., Bradley, G. L., Duffy, A. L. (2020). Does a facebook-enhanced mindful self-compassion intervention improve body image? An evaluation study. *Body Image*, 34, 259-269.
- Shafiei, M., Akbari, S., & Heydari Rad, H. (2018). The effectiveness of self-compassion training on feelings of loneliness and resilience in poor divorced women. *Quarterly Journal of Cognitive Psychology and Psychiatry*, 5(6):84-71. (In Persian)
- Shakrmi, M., Latifi, Z., & Mousavi, S. (2019). The effectiveness of group therapy focused on compassion on the level of aggressiveness, emotional self-regulation and academic motivation of elementary school boys. *Quarterly journal of research in school and virtual learning*, 7 (2): 87-77. (In Persian)
- Shirkavand, F., & Makvand Hosseini, S. (2019). Investigating the effectiveness of compassion-focused therapy on the resilience of patients with vitiligo. The fifth national conference on recent innovations in psychology, applications and empowerment with a focus on psychotherapy, Tehran, Shams Gonbad University. (In Persian)
- Taherkarmi, J., Hosseini, O., & Dasht-e-Bozorgi, Z. (2018). The effectiveness of compassion-based therapy on resilience, self-dissociation, hope and psychological well-being of menopausal women in Ahvaz. *Monthly Social Health*, 5(3):197-189. (In Persian)
- Tanni, K. T., Zainudin, Z. N., Hassan, S. A., Yusop, Y. M. (2021). A Systematic literature review on the Influential family factors and cultural differences in parent-adolescent conflict among adolescents. *International Journal of Academic Research in Business and Social Sciences*, 11 (5): 405–426.
- Usher, K., Bhullar, N., Durkin, J., Gyamfi, N., & Jackson, D. (2020). Family violence and covid-19: Increased vulnerability and reduced options for support. *International journal of mental health nursing*, 29 (4): 549-552
- Wang, Y., Xu, W., Luo, F. (2016). Emotional resilience mediates the relationship between mindfulness and emotion. *Psychological Reports*, 118 (3): 725-736.

Zessin, U., Dickhäuser, O., Garbade, S. (2015). The relationship between self-compassion and well-being: A meta-analysis. *Applied Psychology: Health and Well-Being*, 7 (3): 340–364.