

## **Effects of Maternal Stress on Child's Social Development**

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**Abstract:** Research objects: 200 children and their mothers from 4 kindergartens located in the Khorezm region of the Republic of Uzbekistan . Ostberg (1998), Ostberg and Hagekull (1997) developed a study designed by Abidin (1990) to measure parenting stress. Based on the Parental Stress Index (PSI), they developed a study designed to measure only child-rearing stress. The PSQ (Parenting Stress Questionnaire) was adapted and adapted from Eun-Kyung Huh (2004). Schaefer's MBRI (Maternal Behavior Survey Instrument) adapted by Won-Young Lee (1983) was used to examine mothers' parenting attitudes. Statistical analysis of the collected data was performed using SPSS 23.0 software. Frequency and percentages were obtained to know the general details of the research topic and Cronbach's  $\alpha$  coefficient was calculated to check the reliability of the measuring instrument.

### **Enter**

From time immemorial, the people of Uzbekistan have called themselves "the nation of children" and consider birth as a virtue. This can be seen in the fact that the main value of young people in Uzbekistan is "family and children", building a family and raising children is considered an important goal in life .

Uzbek parents must sacrifice their lives to raise their children, and parents must educate their children to live in society (Jorayev Orif, 2020). It is known that mothers have more responsibility in raising children than fathers. In Uzbekistan, which is considered an Islamic culture, it is important for the husband to earn money for the family, and for the wife to raise children at home, so the attitude of the mother to the child's upbringing will undoubtedly have a great impact on the children . In addition, although the level of secondary education of Uzbek women is increasing, there is no doubt that they experience parenting stress because they sacrifice themselves for raising children in a society where it is not easy to grow up. In addition, no matter how high the level of coverage of kindergartens and pre-school education in Uzbekistan is , the low quality indicators of pedagogical processes and the high burden of raising children lead to the origin of mothers' stress. may be the cause.

A mother is an important person who has a permanent influence on the lives of her children. Therefore, the mother's anti-parenting attitude and parenting stress negatively affect the child's growth and development and become a powerful factor that causes social adjustment problems in children even after they grow up (Fantuzzo, McWayne, 2002). In other words, depending on the mother's parenting attitude, the child's problem behavior can be reduced (Knafo & Plomin, 2006) or increased (Aunola & Nurmi, 2005). In addition, it is necessary to pay attention to the stress of parents, because it has a great impact on family relationships and child upbringing, regardless of the period. Parental stress refers to the stress experienced in the role of parent. As the burden and responsibilities of raising children increase, parenting stress experienced by mothers increases and has a negative

impact on children. If the mother's parenting stress is high, she will be indifferent to the child's needs and less interested in the child (Eunjin Kang, Yejin Lee, Jeonglim Lee, 2016). In addition, a mother's parenting stress negatively affects her interactions with her children and hinders children's social development (Okju Choi, 2016). Children who lack social skills may have problems with self-esteem, academic performance, anger and temper, and difficulties in establishing positive relationships with peers (Ji Seong-ae, 2016).

Maternal parenting and parenting stress-related children's sociability is a child's growth and development as a member of society through interactions with others until 'g'ri is the ability to live a social life (Korea Society for Early Childhood Education, 1999). Children learn the fundamentals of social development needed to interact with others by being closest to and spending the most time with their mothers. Mother is an important person who absolutely participates in the overall development of the child and influences personality development, social and emotional development.

, incidents of mothers suffering from stress and victims of this situation are being heard. The reason for this may be various, i.e., financial and economic difficulties or lack of thorough study of parenting knowledge, irresponsibility, infidelity of the spouse, insufficient life experiences.

As above, it can be seen that the mother's attitude towards parenting and parental stress are closely related to the child's social development. Looking at related research, mothers' parenting relationships and children's social skills (Sinae Park, 2021; Bonhee Seong, 2018; Jiyeon Lee, 2017) and mothers' parenting stress are associated with children's problem behavior. -research on behavioral effects (Seokwon Seo, Woo Soo-kyung, 2016) can be seen. However, there is very little research on mothers' attitudes towards parenting or parenting stress in Uzbekistan. Furthermore, it is difficult to find studies that examine children's sociability in relation to mothers' parenting relationships and parenting stress.

### **The main part**

Parental stress is defined as repeated difficulties in daily life with children, causing emotional difficulties and burdens for mothers, such as irritability, physical exhaustion, restlessness. This can be seen to affect the development and emotions associated with the parenting behaviors of mothers in raising their children. Parental stress is a stress that occurs in a specific situation and is expected to a certain extent during the development process of coping with the family system. Mothers may experience mental and physical distress while raising their children, and children may live with psychological burdens due to lack of freedom. (Roh Ji-young, Hwang Hye-shin, 2012).

Parental stress is the daily stress that results from the interactions between parents and children, but it is a significant cause of stress that affects child behavior, parental mental health, and family functioning more than stress. ra is more affected by specific events. (Crnic & Greenberg, 1990). Because the accumulation of minor daily stressors can have a greater negative impact on an individual's emotional stability than stress caused by specific events (Lazarus & Folkman, 1984), parenting stress is more likely than daily stressors. attention should be paid. It is known that if there is high stress in raising children, parents' interest in education decreases and they engage in negative and wrong educational behavior towards their children. Parents' parenting stress is closely related to their parenting behavior, so the more parents experience parenting stress, the more undesirable parenting behaviors they engage in with their children. and it negatively affects the growth and development of the child (Abidin, 1995, Belsky, 1984).

Lazarus and Folkman (1984) explain that the accumulation of significant life events or daily stress is associated with maladaptive relationships between children and mothers. Mother's stress in raising her children is important in this regard. This is because the mother plays the most important role in

the family. The Family Stress Study Group (1994) explains three main causes of stress that mothers experience in raising their children. First, the thoughts and feelings the mother may have about her role ; secondly, the appearance of problems related to the child's behavior or child development, thirdly, emotional problems of the mother, personal illness or inability to get help from family members, lack of support from team members at work, special life events may occur and others.

The health status of the parents plays a very important role in the stress of the parents. According to a study on the relationship between maternal health and stress, the healthier a mother is, the more positive her self-esteem and the higher her life satisfaction. and the lower the awareness of general stress (Lee Hyun-Jeong, 1996). The mother's physical health is the source of energy needed to care for children, and it is also related to mental health, so the mother's health is an important factor in raising children (Eunyoung Kim, 2004) .

Crnic and Greenberg (1990) conceptualized stress as daily stress, describing it as the nature of the parent-child relationship in family life, where recurring events in the daily routine cause parents to feel upset, distressed, and angry, which causes stress. works as She said that this is an important concept in understanding the stress of parents with young children who need care (Jin Mi-sun 2009, cited). Such daily parental stress may occur regardless of parental socioeconomic status or parent-child interactions, and may occur in both high-risk and non-risk groups, so It is important to understand the process of parenting (Crnic, & Greenberg, 1990). In other words, the concept of "daily stress" can be applied to the role of parents. In everyday life, taking care of children is repeated every day, and there are many situations in life that make parents feel regular, bored, nervous , and bored . This can be an important factor in parenting stress (Jeon Mi-soon, 2009).

Factors influencing parental stress can be divided into, firstly, child characteristics, secondly, parental characteristics, and thirdly, situational life stress.

First, the child's characteristics have a great influence on how parents raise their children and determine their attitude towards the parents based on the child's various behaviors. In other words, children experience situations that change from time to time depending on the characteristics of personal development, and the way they perceive and cope with them affects the behavior of their caregivers. Studies have shown that these characteristics of children are affected by parental stress. In general, children with difficult temperaments are at risk for problem behavior such as anxiety and aggression, irritable children are prone to anger and difficulty finding comfort, and hyperactive children are more likely to have excessive energy. ladi (Bus, 1987, cited in Ahn Young-hoe, 2008).

Second, parenting characteristics significantly influence child-rearing stress, such as parental perceptions of child-rearing behavior. Parental characteristics include the parent's own personality and health, dual-income family and parental mental stability, relationship with spouse, cultural background, and social support. These characteristics of parents are explained by the relationship between spouses, isolation, health and oppression, corresponding to the dependent and situational variables corresponding to the stability, competence and personality and pathological factors of the parents ( Yuh -yong, 2001). Competence here refers to how well parents are able to meet, understand and meet their children's needs in the performance of their duties . Incapacitated parents are unable to provide the knowledge or support necessary for child development due to the lack of a real supportive environment in raising a child, so parents experience more stress in raising their children. Third, life stress refers to the stress that people experience in their daily lives and is greatly influenced by their living environment, economic conditions, dual income, cultural level, and social support base. Couple's different views on child rearing and the burden of living due to deteriorating economic conditions make them feel depressed and helpless, while personal problems make it difficult to raise children, resulting in stress and social isolation, safety and health risks. . This leads to increased parental stress.

Thus, parental stress is a factor that constitutes stress in the family (Hae-mi Park, 1994) and is not an individual problem of the mother, but is closely related to the child's upbringing, and the social development of the child is significantly affected by the emotional development and the functional development of the family. is an important variable that shows. In particular, it is important for mothers to perceive and understand the stress of parenting during childhood and adolescence in their parenting role . Mother's parenting stress can be a factor that affects not only her life, but also the child's development, which can negatively affect her experience as a parent . research on their related factors should be conducted (Kim Hye-jin, 2018).

and determined that the characteristics of the child, the characteristics of the parents, various events in life, the events that happen around them and various environments provide both harmful and beneficial aspects of the role of parents. said. This parental stress affects parenting behavior through interactions between social support, parental competence, marital relationships, and physical resources (Jeong Soon-jin, 2007). According to Cogito (2015), women claim that their most important duty is motherhood. Given that a mother's responsibility towards her children is unlimited, it can be seen that women who have to participate in work and social life spend a lot of time and dedication for their children.

Thus, a mother's stress-relieving effects on her children influence her positive parenting. Children whose parents use and encourage constant positive feedback see themselves as beings who need care for emotional regulation and are more likely to express positive rather than negative emotions in their lives together. by increasing they experience stable emotions. (Hejong Choi, Lee Dong-Gwi, 2015). The purpose of this study is to study the differences in attitudes towards parenting and parenting stress according to the personal characteristics of mothers in Uzbekistan, and the differences in social development according to the individual characteristics of children, and to analyze the relationship between mothers' attitudes towards parenting. consists of For this purpose, the following research questions were defined.

Research question : 1. What is the general tendency of mothers' parenting stress and child's social development?

Research question : 2. Is there a difference in parenting attitude and parenting stress according to the mother's personal characteristics?

Research question : 3. Is there a difference in the social development of children according to their individual characteristics?

and their mothers in 4 kindergartens located in the Khorezm region of Uzbekistan . Ostberg (1998) developed a measure of parenting stress developed by Abidin (1990) in Ostberg and Hagekull's (1997) study. Based on the Parental Stress Index (PSI), they developed a study designed to measure only child-rearing stress. The PSQ (Parenting Stress Questionnaire) was adapted and adapted from Eun-Kyung Huh (2004). Schaefer's MBRI (Maternal Behavior Survey Instrument) adapted by Won-Young Lee (1983) was used to examine mothers' parenting attitudes. Statistical analysis of the collected data was performed using SPSS 23.0 software. Frequency and percentages were obtained to know the general details of the research topic and Cronbach's  $\alpha$  coefficient was calculated to check the reliability of the measuring instrument.

### **Summary**

We conducted descriptive statistics on maternal parenting stress and child social development and conducted t-test and ANOVA analysis to determine differences between maternal parenting stress and child social development. Pearson correlation analysis was conducted to examine the relationship between mother's parenting stress and child's social development.

the parenting attitude and parental stress according to the mother's individual variables and the analysis of the relationship between the mother's parenting stress and the child's social development are as follows:

*First, as a result of descriptive statistics on maternal parenting stress and child social development, maternal parenting attitudes showed the highest rejection attitude and the lowest controlling attitude among the subfactors. Mother's parenting stress showed the highest and lowest health-related role threshold among the sub-factors. In the sub-elements of child social development, self-directedness was found to be the highest, and empathic control to be the lowest.*

*Second, parental attitudes on individual mother variables showed significant differences in child age, mother's education level, mother's occupation, and total household income . Parental stress was found to have a statistically significant difference between child's age, mother's age, mother's education level and mother's occupation.*

*Thirdly, it was found that there is a significant difference in the social development of children according to the child's age, mother's education level and mother's profession.*

This indicated the need to develop a parent education program to help reduce parental stress and to learn different methods for positive social development of young children.

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