FAMILY RELATION AND PARENTING STRESS IN MOTHERS OF PRESCHOOL CHILDREN

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In recent decades, Russia has undergone major changes in the attitude of parents towards a child and its upbringing. We observe a high degree of involvement in the upbringing and development of children, greater demands on themselves as parents, the desire to be an “ideal parent” and, as a result, stress and fatigue in parents. Parental stress can also be associated with a lack of support from loved ones, limited contact with others. The goal of our research is to study relationships with spouse and parents during childhood as a parent stress factor.

Sample: 30 mothers (20-39 years) of children aged 2-3 years lived in Saint-Petersburg, Russia.

Methods. Parenting Stress Index (PSI-IV, Abidin), Marriage satisfaction questionnaire (Alyoshina Y.), Parental relationships in childhood questionnaire (Romanova E., Galimzyanova M.).

Marital satisfaction, the participation of the spouse in childrearing and housework is related to a less stress associated with the partner. Acceptance by the mother in childhood affects the level of mother’s attachment to her own child and the overall level of parental stress. Acceptance by the father in childhood leads to the mother’s perception of your own child as a calm. A higher risk of parental stress is presented by mothers whose fathers were authoritarian and did not believe in their ability in childhood.

Conclusion: Positive and accepting relationships with parents in childhood play an important role in the occurrence of parental stress in women. Relationship with the spouse only affects the stress associated with the partner.

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