PERSONALITY TRAITS, COPING AND PARENTING STRESS IN MOTHERS OF PRESCHOOL CHILDREN

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Practical psychology data shows an increase in the level of parental stress in recent decades, not only among parents of children suffering from various diseases or during periods of age-related crises. Some researchers are already beginning to speak not just about parental stress, but parental burnout. In this regard, it is important to reveal the factors of parental stress.

The aim of our research is to study personality traits and coping strategies as risk factors for parental stress.

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


Results. Studying the role of personality traits in the occurrence of parental stress in mothers of preschool children showed that emotionally unstable mothers present a greater risk of having a high parenting stress score. The most conscientious and agreeable mothers reported lower levels of separate scales of parental stress. Extraversion and openness did not influence parental stress.

A study of the relationship between parental stress and coping strategies in mothers of preschool children has shown that higher levels of parental stress are observed in mothers using coping strategies such as confronting coping, distancing, escape-avoidance, and the seeking for social support. No links of parental stress and constructive coping strategies (planful problem-solving, positive reappraisal) were found.

Conclusion. Neuroticism was the personality trait that played the greatest role in parenting stress. The use of non-constructive strategies, as well as strategies for seeking social support, is associated with higher levels of parental stress in mothers of preschool children.

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