

A Study on the Influence of Maternal Depression on Parenting efficacy

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Abstract

The purpose of this study is to find out about the influence of maternal depression on parenting efficacy. The subjects of this study were mothers with children who reside in Seoul. For this study a survey was conducted from November 1, 2014, to March 30, 2015. The data was analyzed using the SPSS/WIN 18.0 program to conduct a t-test, correlation analysis, and multiple regression analysis and the empirical analysis was verified at a significance level of 5%. The research results showed, first, that mothers in their 30s had the lowest level of depression, that mothers who had a household monthly income of above 4 million won had high levels of depression, and mothers with female children showed higher levels of depression than mothers with male children. Second, while there was a significant level of difference in parenting efficacy depending on educational backgrounds, there was no significant level of difference depending on age, monthly income, religion, gender of elementary age children, and number of children. Third, parenting efficacy showed a high level of negative correlation in order of emotional, physiological, and cognitional depression factors, and a significant level of negative correlation between maternal depression and discipline, play and affection, and education. The implications of this study are expected to be used as fundamental data for the improvement of parenting efficacy in accordance to the maternal depression of mothers with children.

Key Words: Melancholy, Mother, Parenting Efficacy

I . Introduction

With the recent increase in number of female roles in society, their entry into society is being accelerated according to 2012 data from the National Statistics Office[1], the economic activity participation of women was revealed to be 49% and the women's labor market is continuously increasing. Such a phenomenon has brought about changes in the role expansion of mothers. In the case of mothers raising children, burden regarding parenting stress is increasing, and though many studies regarding parenting stress are actively being conducted, studies that consider the correlation between the two factors of maternal depression and parenting efficacy simultaneously is ex-

tremely lacking. Therefore, by analyzing the influence of maternal depression on the parenting efficacy of mothers with children, this study hopes to be used as data for the improvement of child-rearing efficacy. Hence, the purpose of this study is to reveal the influence of a child-rearing mother's maternal depression on her parenting efficacy.

1.1 Issues Raised

1. What are the influence analysis results of the difference in depression according to a mother's general characteristics?
2. What are the influence analysis results of the difference in parenting efficacy according to a mother's general characteristics?
3. What are the influence analysis results of maternal depression on parenting efficacy?

II . Theoretical background

With the recent increase of females' entrances into the society and the resulting rapid increase of dual income families, a role expansion for mothers regarding child rearing is occurring. Due to this role expansion, mothers are facing much burden in regards to child rearing. Thus, an observation of previous studies on the influence of a mother's parenting behaviors on child development shows that it has a great psychological influence on children.

Previous studies on mothers can be categorized into depression and parenting efficacy. First, the studies on maternal depression revealed that the higher the level of maternal depression, the more it revealed the difficult tendencies of the child, and the more unstable the child's sleep was. Furthermore, the higher the level of the mother's depression, the more unstable her sleep and low her self-esteem. As depression levels got higher it revealed an adverse effect, and there was a significant result in the area of coherence and adaptability. In other words, if there is a high level of parenting stress between a parent and child, the parent feels doubt about their abilities and shows cowering behavior[2]. Maternal depression and parenting stress showed to have an effect on the negative emotionality of infants, and depression not only showed an indirect effect

through parenting stress but also a direct effect on the negative emotionality of infants[3].

Second, previous studies on parenting efficacy showed that the higher the mother's parenting efficacy such as in the areas of discipline, daily routine, and education, the less they used a command-oriented type of language control. Also, there showed to be no actual correlation between parenting efficacy and the child's resilience. The higher the parenting efficacy in the areas of discipline and education, the child's problem-solving ability towards their resilience concerning their abilities showed to be higher. On the other hand, there showed to be no correlation between the type of language control, the child's resilience subdivisions, and sub factors. In addition, we can see that the areas of discipline and education in parenting efficacy and the problem-solving abilities of the child's resilience concerning their abilities are each related variables[4]. Parenting efficacy has positive relation to the infant's emotional intelligence, and the ability to rear a child healthily showed to have the highest positive relation to the child's emotional intelligence. On the other hand, a personal type of language control showed to have a positive relation to a child's emotional intelligence, and a command oriented type of language control showed to have a negative relation to the child's emotional intelligence. Also, when we look at the relative influence of parenting efficacy and type of language control on a child's emotional intelligence, we can see that there is influence in the order of a personal type of language control, a mother's ability to healthily rear a child, a command oriented type of language control, and then overall parenting efficacy[5-6].

The problem with previous studies was in that they researched the effect on depression, however, there lacks advanced research regarding the influence of a child-rearing mother's depression on her parenting efficacy. Hence, the purpose of this study is to analyze the influence of a child-rearing mother's maternal depression on her parenting efficacy.

III. Study Methods

3.1 Study Subjects and Sampling Method

The subjects of this study were 200 child-rearing mothers in the N-district of Seoul. A survey was conducted on the subjects from November 1, 2014, to March 30, 2015. The sample size of the subjects was calculated using the statistical power analysis program, G*Power 3.1, which is based on Cohen's sample extraction equation. The significance level was set at 5%, the statistical power level at 95%, and the minimum sample size was calculated to be 119 people, with the medium index of the effect size set as 0.15. Hence, 200 survey papers were distributed and 178 papers were collected and used for the data analysis.

3.2 Research Tools

3.2.1 Socio-Demographic Characteristics

As a study tool, a revision and supplementation of a community health survey was conducted[7]. The survey questions were categorized into nine categories including gender, age, source of family income, household monthly income, the child's gender, and number of children.

3.2.2 Depression Scale Characteristic Factors

As a study tool, a revision and supplementation of a depression scale was used[8]. The survey was composed of 21 questions.

3.2.3 The Characteristic Factors of the Influences on the Parenting Efficacy Scale

As a study tool, a revision and supplementation of a parenting efficacy scale was conducted[9]. The survey was composed of 37 questions.

IV. Study Results

4.1 What are the results of the influence analysis on the difference in a mother's depression depending on her general characteristics?

An observation of the difference in a mother's depression depending on her general characteristics showed a significant difference in a mother's depression depending on her age, household monthly income, child's gender, and number of children, however, there was no difference in regards to her education background and religion. Depression levels decreased in order of 40s, 50s, then 30s, with those in their 30s showing the lowest level of depression. In terms of household monthly income, depression levels increased in order of 3-4 million won, under 3 million won, then above 4 million won, with the last range showing the highest levels of maternal depression. Those with female children showed to have higher levels of depression than those with male children. Furthermore, those with two children showed to have higher levels of depression than those with one child.

4.2 What are the Results of the Influence Analysis on the Difference in Parenting Efficacy Depending on a Mother's General Characteristics?

The difference in a mother's parenting efficacy depending on her general characteristics showed a significant difference in her parenting efficacy depending on her level of education. However, at a significance level of 5%, the differences depending on her age, household monthly income, religion, child's gender, or number of children showed to be insignificant. Mothers who were college graduates showed to have higher parenting efficacy than mothers who were high school graduates.

4.3 What are the Results of the Influence Analysis of Maternal Depression on Parenting Efficacy?

An observation of the correlation between a mother's depression and her parenting efficacy showed a high negative relation to a mother's parenting efficacy in the order of emotional, physiological, then cognitive depression. And discipline, play and affection, and education in parenting efficacy showed to have a significant negative relation to a mother's depression. The multiple regression analysis conducted in order to study the influence of maternal depression on parental efficacy showed a regression model with a score of 28.4% from the total fluctuations. Hence, we can see that the lower the mother's emotional and physiological depression, the higher her parenting efficacy. The multiple regression analysis conducted in order to study the influence of maternal depression on admonition efficacy showed a regression model with a score of

29.5% from the total fluctuations, and the estimated model was taken into account. Therefore, we can see that the lower the mother's emotional and physiological depression, the higher her disciplinary efficacy. The multiple regression analysis conducted in order to study the influence of maternal depression on play and affection efficacy showed a regression model with a score of 15.7% from the total fluctuations, and the estimated model was taken into account. Only emotional depression showed to have a significant level of influence on play and affection efficacy and this signifies that the lower the mother's emotional depression rate, the higher her play and affection efficacy. The multiple regression analysis conducted in order to study the influence of a mother's depression on education efficacy showed a regression model with a score of 10.2% from the total fluctuations. And while the estimated model was taken into account, maternal depression did not have a significant level of influence on education efficacy within the significance level of 5%.

V. Discussion and Conclusion

This study analyzed the psychological state of child-rearing mothers.

A discussion of the research results is as follows.

First, depression levels decreased in order of 40s, 50s, then 30s, with those in their 30s showing the lowest level of depression. In terms of household monthly income, those with a household monthly income of above 4 million won showed to have the highest levels of depression. Mothers raising female children showed to have higher levels of depression than those raising male children, and mothers with two children showed to have higher levels of depression than those with one child. This result is relevant to the fact that the depression level of Nah-Gyeong Lee's[2] mother showed to be severe.

Second, while there was a significant level of difference in parenting efficacy depending on a mother's education background, the difference depending on her age, household monthly income, religion, child's gender, or number of children was not significant. Mothers who were college graduates showed to have higher parenting efficacy than mothers who were high school graduates. This result coincides with the fact that H. j. Lee's[4] type of language control showed a positive relation to the child's emotional intelligence, and that the command oriented type of language control showed a negative relation to the child's emotional intelligence.

Third, the parenting efficacy of child-rearing mothers showed a high negative correlation to emotional, physiological, and cognitive depression in order from highest to lowest. And the discipline, play and affection, and education in parenting efficacy showed to have a significant negative relation to maternal depression. This result is relevant to the fact that with H. j. Lee's[4], a command oriented type of language control showed to have a negative relation to the child's emotional intelligence. Based on the above study results, the following is suggested.

First, the parenting efficacy of child-rearing mothers showed to have a high negative relation in order of emotional, physiological, then cognitive depression. The implications of the result are expected to be used as fundamental data for the development of programs to improve the depression and parenting efficacy of child-rearing mothers.

In the future, further research on the psychological state relating to the family support of a child-rearing mother as a result of her depression is required.

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