



“PARENT EFFECTIVENESS TRAINING' FOR PARENTS HAVING CHILDREN WITH BEHAVIORAL PROBLEMS.”

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Abstract

Parenting skills' training is worthwhile for every parent, because it can help the parents to do the best possible job in raising their children and it can improve confidence in their parenting ability. Wrong parenting leads to multiple behavior problems in children. Therefore a pre experimental study was conducted to assess the effect of Parent Effectiveness Training (PET) among parents of children with behavioral problems in selected hospital of Indore. One group pre test post test research design was adopted. 30 parents having children with behavioral problem were selected using purposive sampling techniques from pediatric and psychiatric OPD. Pre test was conducted by using Modified Eyberg Child Behavior Inventory to assess behavioral problem of children and Gottman Parenting Style Questionnaire was used to assess parenting style of parents followed by structured six sessions of PET. Fifteen days after last session posttest was conducted by using the same tools. Statistical analysis revealed that there was a high positive correlation between behavioral problems and parenting style ($\rho=.990$) and the correlation is significant at the level $p=0.01$. The finding of the study also revealed that mean pretest score of behavior problem was 107.33, which was decreased up to 73.57 in posttest. A significant difference among pre and post test score of parenting style ($Z=0$) at $p=0.01$ confidence level, indicated the effect of PET. A significant difference among pre and post test score of behavioral problems was ($Z=-5.295$) at $p=0.001$ confidence level indicated the effect of PET. The findings suggested that Parent Effectiveness Training Program when added as an adjunct to the management of behavior problem leads to greater response.

Key words: Parent Effectiveness Training (PET), behavior problems, parenting style, Eyberg Child Behavior Inventory,

Background

Parents are the first and most enduring teachers for their children. It has been said that parenting is the most difficult job, and the most important responsibility, a person ever has in his or her life. Unfortunately, one receives little or no formal training in parenting, and yet one is constantly criticized for every mistake committed. Usually, either we do what our parents did, or we do the exact opposite, depending on our opinion of the parenting we received. The parent-child relationship consists of a combination of behaviors, feelings, and expectations that are unique to a particular parent and a particular child. The relationship involves the full extent of a child's development. (**Dr. Thomas Gordon, 1975**)⁵.

Parents need to understand that their children's behavior is often a reflection of their own behavior. Raising well-behaved children is not easy. Many parents fail not because they are inadequate but because they are

inconsistent. Successful parents know that the discipline is a teaching process, not just punishment and understand that their behavior and emotions affect their children's behavior and emotion. (**Severe Sal, 2000**)¹³.

Waltham Forest study showed 7% prevalence for moderate to severe behavior problem and another 15% with mild behavior problems in a population study in outer part of London. Temper tantrums were found to be most common at 3-5 years (75.3%), less common at 6-8 years (20.8%), and least common at 9-12 years (3.9%).

Need of the Study

Behavioural problems of children need to be considered by parents as well as health care personnel as an important issue requiring professional interventions.

45.6% of the children were estimated to have behavioural problems, of which 36.5% had significant problems. (**Indira Gupta and Manorama Verma (2001)**)⁷.

The better the relationship parents have with their child the greater the impact they can have in their lives. Large number of children suffers; from behavioral problems during their development years. Many of these problems are transient and may not even be noticed. At times,

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