

# **The effectiveness of parenting positive psychological on well-being and self-esteem in preschool children's mothers**

seyedeh soghra nouri rahimabadi\*, azar kiamarsi,

**This study examines the effectiveness of parenting positive psychological well-being and self-esteem in preschool children's mothers. This semi-experimental study with pretest - posttest control group. The population consisted of all mothers with preschool children in day-care centers under the supervision of well-being in Rasht that were present in the 2015-2016 school year. Samples were ed for sampling was available and randomly divided into two groups: control (n = 20) and experimental (n = 20) were placed. For the experimental group and the control group for 8 sessions, positive parenting was not done. Two groups in pre-test and post-test questionnaires about psychological well-being and self-esteem were examined. For analysis, multivariate and univariate analysis of covariance was used. Covariance analysis showed that positive parenting skills training leading to a significant increase in the total score of psychological well-being and its dimensions and also increase the mother's self-esteem. The result can be increased parental awareness about the types of parenting style while increasing self-efficacy and the ability of mothers to deal properly with the behavior of children in their psychological well-being and self-esteem also increases.**

**Keywords : Keywords: positive parenting, psychological well-being, self-esteem, preschoolers**

[Islamic Azad University, Rasht Branch - Thesis Database](#)  
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)