

Research Article

RELATIONSHIP BETWEEN MOTHER'S PERSONALITY CHARACTERISTIC WITH CHILDREN'S MENTAL HEALTH

***Sekine Hassanpoor and Ali Khanehkeshi**

Psychology Group, Behbahan Azad Islamic University, Behbahan Unit

**Author for Correspondence*

ABSTRACT

Due to importance of mother personality on children mental health, this study has been conducted aiming explain relationship between mother personality characteristic with children mental health. Research method is past-concentrated descriptive with correlation design. Sample number includes 128 students with their mothers who were selected by clustering randomly sampling. In order to collect data 5 factorial test of alternative personality questionnaire, Paol T. Gusta and Robert armc Garry test (1985) and mental health check list (Pramokomar, 1992) have been used. Data were analyzed using Pearsonmomentum correlation coefficient and multiple regressions in step-by-step method. Results showed that there is a significant relationship between mother Personality characteristic including mental-vexation, extroversion, and flexibility with children mental health ($p < 0/01$). Results of multiple regression analysis showed that among mother characteristics, only extroversion can explain children mental health.

Keywords: *Mother Personality Characteristic, Mental Health*

INTRODUCTION

Human social life begins from home. Since family is the least social unit include a couple and children's who coexist in a house, then it is the first social base, the best school for growth, education and training, shaping personality and creating children's identity in the future. Family as the first place in which individual is given significant importance. The first environmental influences received by human are family and also individual effectiveness of other places is originated from family environment. Family is known as a principle of socialization of child all over the countries. It is family in which children can learn most of action, behaviors and rules of etiquette.

Mental health is an element of child individual and social life. In the family environment should be be due regards, since health and well-being, in all respect is a field to their future growth of thinking and personality. Being health means and physical healthiness. On the other hand, having feel of perfect well-being and having ability to overcome daily problems, lack of discomfort or high distress, are symbols of health all of which depend on mother physical and mental health. A health person who is mentally happy, physically active. Politically aware and culturally wise and perfect. The most important children affective and mental need in the family is lore, kindness, regard and respect.

Child affective deficiency cause to irretrievable injury to their future. A child must feels that all love her/his and accept him/her as he/she is: such feel creates a self-value for him/her. And safety and affective need feeling is satisfied. Baby burnswho are fed by their mothers, not only physically are by mentally are fostered. When a child is hugged by mother, the heart sound of mother give a safety and comfort to child. Since the contact of mother with their children in the family environment is high, then play an important role in children mental health.

The more healthy and normal personality have they, the more health children's they train the root of many incompatibility in youth and adulthood is originated from their childhood. If parents, can meet child affective need with their behavior and deed, particularly children are in a special period of life, surely they will enjoy from their heath persondilty in adulthood time. Individuals who never experienced love and kindness flavor.Particularly mothers affection, they will have an unhealthy personality in adulthood period and will tend to offender groups and also mental disorders will spread among them.

Psychologist, in most recent centuries, have considered to children relations with some bodies look them after, and they have beloved that shaping mutual-relationship is a major basis of affective and cognitive

Research Article

growth-According to Balbo opinion, the major result of a counteraction between mother and child is creating a typical affective dependence –such affective relationship lead to child seeks for a comfort risen from mother existence, particularly when he feels fear and disappointment, such dependence to mother has long-term results: These results include providing a capital of affective safety to child and establishing a basis for later relationship between child with his/her parents and also their influences on family later. Studies show that mothers influences on children behaviors is more than fathers. Its reason is in fact that the major part of responsibility to foster child is committed by mother such maternal influence, in case doesn't being excessive, never have influence on children personality. Researches showed that children will attached to their parents not only because of works their parents done to meet their demands to water, food, heat and alleviate from pain. but also times through which a child pass with each of his/her parents.

Will determine the quality of children relationship with their parents (The same reference).

Mother is the first and important factor to child compatibility. Experts believe that, among family members, the role of mother is more sensitive to training child personality. The reason may be this fact that child from first time of birth, create the most affective actions and reactions with his/her mother. The first relationship creating between mother children is the basic core of safety or unsafely in child. If such relations be incorrect, the unsafely feeling and distrust will shade on child life.

Long term disregard, misbehavior and unkindness in the early time of child life lead to temporary and sometimes long incompatibility in child.

Method of compatibility in various ages is influenced by many factors and each of them, can influence differently on child compatibility at home or school depend on child special situation, and all psychological schools have emphasized on important and critical role of childhood its influence on shaping later stages of human growth. Parents play an determinant and effective role in child mental health. Mothers influence on child personality at both stages.

1) Fetal period: a period in which child still doesn't born, studies demonstrated that all mothers feelings transfer to fetus. On the other hand, whenever mother involves in emotion. Anxiety, stress, fear and anger, all of these moods will be transferred to fetus.

2) Post birth period: This period requires to more pay attention of mother toward remove Childs needs and any ignorance in their training, will created irretrievable consequences for children, their family and ultimately their society. Mothers, in addition to secure physical and life needs, they are responsible to secure children mental health and fill the child soul full of kindness and love.

Existence of parents. Particularly, mother is so necessary for children mental health from early pregnancy time, Also absence of them, considerably damages on child personality and health. Researchers on their studies have helped from children who were deprived from having parents blessing, and suffered from major mental problems. Also they declared that there are exceptions in some cases, but in general, all of them involved in some problems.

Almost, many boys who are under tutorship of their fathers, are deprived from sufficient kindness and affection and will be encountered with affective problems, in the future. Somebody who never enjoyed from mother love, affectingly are so weak and fragile, and try to find elsewhere such lost kindness. But children who are controlled (supervised) by mothers. Often are somebody can't commit heavy responsibility of society and have not sufficient self-confidence. However this is case in normal family but in less proportion.

Child mental-physical growth heavily is influenced by parents behavior with their children who have not much relation with their mothers or have no sufficient opportunity for relating to them, the quality of language growth, intelligence level and academic and competitive skills is low among them. Healthy and better growth of child personality at pre-school age is result of informed effects of parents personalities , In as case parents can effectively influence on the child personality that understand and love, and depend him/her as an individual and being harmonious at how train the child. Result shows that non-existence of mother. Due to work outside home, cause to a typical conflict among children. High responsibility of women in recent society and carrying children to kindergarten or being looked them after by baby sitter

Research Article

will result in many problems in children and they will be trained mentally a dependent fragile and weak persons.

Mothers play a determinant and effective role on children health. Author said that mothers expectations and non-matting them is more due to time conditions and relations between mother and children than Children irresponsibility. On the other hand, at present society, mothers expect that the kindness shown by their children should be same as their (mothers) affection s toward their parents Relation of mother and child showed that mother is so effective on child health. From author point of view, at eastern societies, particularly in Iran the attachment of mothers to their children is so high, so that they never allow their male children's to live independently. Such attachments trail expectations, and children, regard to present condition and period unable to meet them.

According to author opinion, creating comfort in the family and preventing from conflict and mental disease require accepting any change and agree it, High attachments of mothers create a heavy problems for Children, since they be trained as a dependent children, so that every are unable to doing their personal duties.

MATERIALS AND METHODS

Research hypothesis: There is a relationship between mother personality characteristic and child mental health.

Research design: This research is a previous- concentrated descriptive study with correlation design.

Sample volume includes 128 student of high school with their mothers who were selected by clustering randomly sampling method.

In this study, data collected through following tools:

A) 5-factotial personality test (NEOPHR, an alternative of NEO test) constructed by Paol and Robert (1985).

This test compares 5 dimensions of personality including emotional stability, extroversion or introversion, eager to new experiences, compatibility and responsibility.

B) Mental hygiene (health) checklist provided by Pramoodkomar (1992) from India sardar Patel University. Final form of mental hygine checklist includes 11 Questions, 6 mental and 5 physical Questions provided in the form of 4-point grading. Digital value 1, 2, 3, 4. Determined for four classified answers of rarely, sometimes, often and always respectively. Total number changing from 11 to 44 shows the highest and lowest situations of mental health.

Statistical Methods

In order to analyze data, descriptive and inferential statistical methods such as mean and standard deviation, Pearson correlation coefficient and multiple regression analysis with step-by-step method and also spss-16 software have been used.

Finding of Table 1: Mean and standard deviation of under studied

Variables

B) Finding related to Research hypothesis

Research hypothesis: There is a relationship between mother personality characteristics and child mental health.

In order to determine a simple relation between mother personality characteristic and child mental health, Pearson momentum correlation coefficient was used. As table 2, simple correlation coefficient among mother personality characteristic and child mental health, show a significant statistical relationshipbetween mother personality characteristic and child mental health is confirmed.

Correlation coefficient between mother extroversion attribute and child mental health is $r=0/69$ $P<0/001$ level, show a statistical significant relationship. Also correlation coefficient between mother flexibility and child mental health; $r=16$, and Mather psychoneurosis and child mental health; $r=0/017$ was statistically sign cant. On the other hand, correlation between mother characteristic including flexibility and mental health $P=0/366$, $r=0/03$ and being conscientious with child mental health $P=0/119$, $r=0/111$, statistically was not significant.

Research Article

In order to investigate above hypothesis, multiple regression models in step-by-step method have been used. For this reason, extroversion, flexibility, being pleasant, being conscientious and psychoneurosis variables as a predictor Variables and child mental health as a criteria variable, respectively entered into multiple regression equation with step-by-step method. As table 3 show, multiple correlation coefficient among variables equals with $R=0/66$ and balanced express coefficient is $R^2=0/41$, and suggest that 41% of child mental health variance is explainable, regard to mother personality characteristic.

To determine significance or insignificance of regression model, uni-factorial variance analysis (ANOVA) was used.

And in table 3 showed that obtained regression, statistically is significant. $P<0/001$, $F(6,119) = 17/22$.

At table 4 there are regression coefficients demonstrating that which of mother personality characteristic is more predictable to child mental health.

As it is considered, mother extroversion with Beta coefficient 0/68% is the most predictable factor to child mental health. $P<r001$, $t=7/67$, $B=0/068$. Also being conscientious variable is omitted from regression model.

RESULTS AND DISCUSSION

Discussion and Conclusion

As it is considered at 'finding' section, result of correlation coefficient test showed that there is a significant relationship between mother personality characteristic and children mental health (Table 2). However, main research hypothesis, based on relationship between mother personality characteristic and child mental health is approved.

Correlation coefficient between mother characteristics including extraversion, being pleasant and psychoneurosis with child mental health. Statistically was significant ($P<0/05$). But there was no significant relationship between mother flexibility and being conscientious with child mental health.

In general, it can be said that mother characteristic (personality) influences on child health and a healthy person has a unique attributes in his entity. A health personality is balanced, happy and out of stress. Health individuals have an internal discipline and can control themselves. They ate trust Person. They can heavily understands other and know as well how to behave with them. They heavily believe themselves. They always hear their internal inspiration instead following the majority. One who has health personality, surely will has a mental health and does his/her best to understand himself/herself such health individual, heavily help to create happiness and healthy in society A health man has unique characteristic on his/her own entity. In the case of this research, it can be said that mental health, is a title of setting of regular behaviors involving mote happiness, freshness and more activity and inversely less anxiety, stress, worriment, fear and confusion. Such factors relate on personality characteristic of extroversion and psychoneurosis. Such relation can be explained in this case that psyche of individuals who have more psychoneurosis and instability is more anxious, depress, national and uncontrollable.

It is seemed that they have weaker self-esteem and high potential to having sin feel and also lower self-confidence and self-satisfaction. In addition, this research shows that if a mother has health personality, she can deliver a health child into society. Usually, it has been seen that psychotic mothers train psychotic children at society either physically or mentally. Individual who are hurt-psychosis have a personality such as anxiety, aggression, depression, hurries, and sensitivity.

If a mother be fearful, her child will be fearful, anxious and angry; and aggressive mothers will train angry and aggressive children Depressed mother results in depressed, only and disappointed children: and ashamed mothers train discomfort children's.

If mothers are hurry, their children are unable in controlling themselves, and sensitive mothers cause to sensitive children against life pressure. Then it is a fact that health mothers train health children. In order to investigate mentioned hypothesis, multiple regression model is used. For this reason, 'extroversion, flexibility, being pleasant, bing conscientious and psychoneuroses.

Variables as a predictor variable, and 'child mental health' variable as criteria variable, respectively and with step-by-step method enter on equation. In table 4, predictor variables suggest that only 'extroversion

Research Article

variable can predicts the child mental health. In the other hand, 65% of criteria variable variance is explainable through mother extraversion variable.

Also, result of multiple regression analysis with step-by-step method showed that which of mother personality characteristic are more predictable of child mental health.

As it was considered, mother extroversion with Beta coefficient 0/65% was the best predictor of child mental. According to this finding it can be that mother with high social relation will train almost health and children. Most of extrovert mothers share in social and group activities and basically train active and dynamic children. Mothers of health children's, have declined toward extroversion in most of extroversion-introversion tests, and achieved high scores. Extrovert mothers are so warm, group-concentrated decisive, active, emotional and basically with positive emotions.

Warm and kind mother, basically train kind and compassionate children they will carry such characteristic (extroversion) to their children.

They usually attend in community and actgroup and are so decisive in their decisions and participate in individually and socially activation they love emotion and spend high energy and power to do works. They have active life and provide more leisure times to themselves, Then children's of extrovert mothers, relatively inherit their mothers personality and are physically health.

Flexible mothers have so strong imagination and it is sometimes observed in their children's. They usually distance from reality and in their imagines world are seeking for lost wishes and in this manner remedy their all losses, their children, usually inter on such imagine and far from reality make a world for themselves.

These mothers are beauty-seeking, sensitive and flexible in behavior, opinions and values. Flexible children's have deep understanding of art and beauty. They are motivated by poem, they are attracted by music and love theater. They travel to new places, eat unusual food and since happy or sadness more deep than others.

They enjoy from philosophic discussion and mental motive- They accept easily religious, political and social believes and values and ready to retest their religious value. Such person is so advantage genus for present society arid always is ready for basic changes in society. According to dun studies, researchers concluded that mother's personality influences on children mental health. it is pointed that mothers usually believe that all of them are trustful and good-deed persons and transform it to their children's. from their point of view world is good and beautiful for all and trust to others perfectly.

Confidence, trust, humanitarianism, compassion, being kind is characteristic of pleasant persons; and mother carries them to their children's. They are so simple. Persons and pay actively attention to others.

They satisfy with grant; they consider, love and help others as necessary.

They like to respect others, hide their aggression and in spite of religiousness, they have high self-confidence or self-esteem they orient to others and support other people and their needs. Also regular, efficient and responsible mothers, basically train children as themselves.

REFERENCES

Enkinson and Heligard (2005). *Psychological Field*, translated by TaQiBoraheni (Roshd publication) Tehran.

Goodarzv and Chegini Siavash (2008). Parent's role in mental health. MA thesis.

Heidarnia Alireza Kazemnejad, Anoshirvan Kimiagar, Seyyed Masood and(2004). *Animia and Ferro –shortage*, young girls enrichment, prevention, famil-focvsed (pajoohandeh publication) 89-283.

Hosseinin Nasab, Seyyed Vavood and Khazar Aghdamlida (2010). Comparative study of compatibility amount of Tabriz primary school girls with employed or unemployed mothers publications. *Women and Family Studies* 1(4) 99-114.

Keramati Moradi Kaveh (2006). Study the mental health rate of martyrs wife's and their children, Master of Art thesis.

Paul Henry Massen et al., (1992). *Growth of Child Personality*, translated by Mahshidyasai (sadi publication) Tehran.

Research Article

Salimi Nahid-Maadain Saeed (2008). Relation of mother and child, quoted by Etalaat Newspaper, information technology innovators, Edit and Newspaper. *Information Technology Innovators* edit and summarize by "AkaIran".