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Parental resilience the primary protective factor of the family in ensuring the well-being of the child

Introduction

The major changes in contemporary society increase the involvement of universal services that represent the basic link in ensuring children's well-being. Holistic approach in examining concerns and promoting areas of child well-being, early intervention as a means of prevention will reduce the need for protective interventions. All children, regardless of their circumstances, deserve to be safe, cared for and have their needs met. However, this is not a reality for many children in the Republic of Moldova. Too many children and their families are affected by poverty, economic instability, and many other challenges that leave emotional and physical "scars" and add to the adverse childhood experiences that children carry with them into adulthood.

According to HG 143 of 12.02.2018 from the Republic of Moldova, there are five protective factors of the family, which are characterized as key elements for strengthening parental skills in order to capitalize on the family's potential to ensure the well-being of the child, such as parental resilience, social support network of the family's parental capacity for the care and development of the child, concrete support when necessary, the capacity of the parents/person in whose care the child is to develop the child's emotional and social skills (Guvernul Republicii Moldova, 2018). In this research we will address one of the five factors named above, considering it a primary one, parental resilience.

Resilience is the ability to maintain one's orientation toward existential goals despite enduring adversities and stressful events. It presupposes an attitude of persistence in the face of obstacles and openness to change. This concept can be understood as the ability to persevere with the difficulties experienced in the different areas of life, maintaining a good awareness of oneself and one's own internal and parallel coherence by activating a project of personal growth [6]. Many authors define psychological resilience as the ability to recover while developing one's resources and potential in the face of difficulties or stressful events. Understood in this way, the construct of resilience is configured as an attitude to adopt effective negotiation strategies that allow to face adversity and recover from the negative experience by promoting a process of personal growth (Botnari, Scutaru, 2021b).

Early studies of resilience focused on understanding why only some individuals can react to adversity in a positive way, turning it into opportunities for growth and new adaptation (Seligman, 2002). Subsequently, research involving the analysis of risk and protective factors for mental health began to focus on the context of developmental psychology, with the aim of exploring the different life trajectories of those subjects who have experienced trauma. This has led to the idea that resilience is much more than the ability to continue to develop one's abilities despite adversity or to withstand trauma by protecting oneself from the influence of external circumstances. Expresses the ability to react positively despite difficulties, turning them into opportunities for growth. From a resilience perspective, what matters most are the relationships between intrapersonal resilience factors such as locus of control, emotional self-regulation, spirituality, commitment, and interpersonal resilience factors such as social and family support (Black, Lobo, 2008).

The experience of being a parent can bring a lot of joy, but at the same time, it often means going through various stressful situations. Stress can affect the parent personally, as well as in relation to their own child. Stress can be caused by: radical life changes (e.g. moving house), unexpected events (losing your job or finding out that your child has serious health problems), individual factors (substance abuse, traumatic experiences) from childhood), social factors (relationship problems or feelings of loneliness and isolation), community or environmental conditions (eg persistent poverty, losses due to natural calamities, etc.).

Parental resilience includes the ability to control stress, maintaining good functioning, despite difficulties, adverse experiences or trauma, which increases the possibility of obtaining favorable results.

Some stressful factors that parents face can be easily controlled to solve everyday problems. For example, to ask a friend or a relative to pick up the child from school (kindergarten), when the parent is restrained somewhere. At the same time, some factors cannot be removed or overcome so easily. For example, parents cannot "repair" a child's developmental disability or "erase" childhood abuse. Parents show resilience, when they are able to mobilize their internal forces to effectively overcome personal difficulties and those affecting their children, they can overcome hostile and unfortunate events, recover from the effects of trauma and thrive by virtue of certain characteristics and existing circumstances in their own families. The ability of parents to provide care and protection to their child as needed depends on their well-being, resilience and capacity for self-care, as well as their ability to ensure a healthy lifestyle for themselves.

If, for example, the child's mother does not have the ability to overcome some difficult situations in her own life, this affects her ability to ensure an environment free of risks and problems for her own child.

Stages of methodological procedure

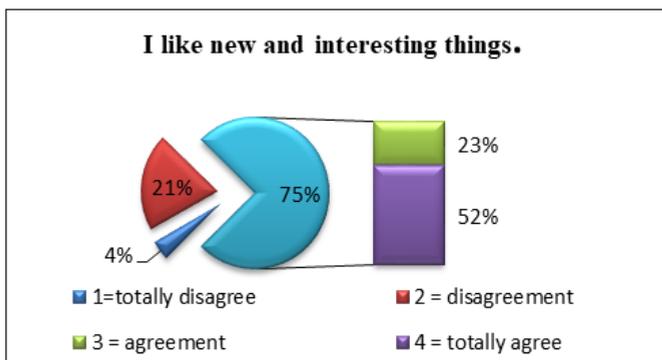
The study was carried out on a sample of 224 parents aged between 25–50 years, who have dependent minors aged 12–18. The parents were asked to answer questions with reference to the functionality of the family's protective factors, which are, according

to HG 143, key elements for strengthening parental skills in order to capitalize on the family's potential to ensure the child's well-being. The questionnaire regarding the identification of the exposure/functionality of the protective factors of the family, contains 27 items classified into 5 protective factors of the family, according to HG 143: parental resilience, social support network of the family, parental capacity for the care and development of the child, concrete support when necessary, capacity of the parents/person in whose care the child is to develop the child's emotional and social skills. Next, we will present the results of this research study, according to the results obtained regarding the family protection factor, parental resilience.

Discussions

A first family protection factor is parental resilience, which implies the ability of the parents/person in whose care the child is to face family tensions, economic pressures and other daily stress factors and to meet the needs of growth and education of the child, including in stressful situations. The first four questions of the Questionnaire regarding the identification of the exposure/functionality of the protective factors of the family, were addressed to the parents in order to identify the level of parental resilience.

Figure 1 Parents' attitude with reference to "openness to new experiences"



According to the results obtained in fig.1, we can see that out of 224 respondents, 75% agree/totally agree with the changes that may take place in their lives, they are not rigid to changes and have a good ability to adapt. In figure 2, however, we can observe a contradiction of these results.

To the question "I believe that difficulties form a valuable part of a person's experience", only 47% agree/strongly agree with the given statement and 53% of respondents disagreed/strongly disagree. According to the results obtained, we can conclude that parents' ability to solve problems, the way of thinking about the problems they face are not seen as challenges but as possible threats. This attitude of parents regarding the difficulties they face can lead them to have doubts about their own ability to face difficulties and can decrease their resilience.

Figure 2. Parents' attitude with reference to the difficulties they face

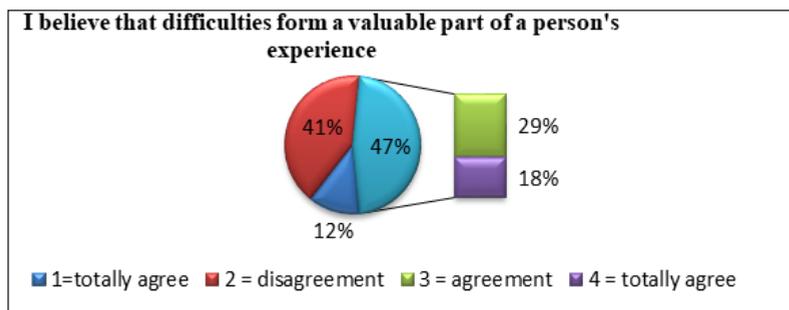
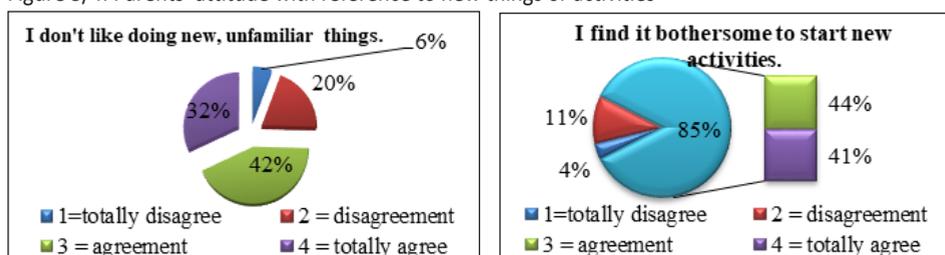


Figure 3/4. Parents' attitude with reference to new things or activities



According to the results presented in figure 3 and 4, which assume the flexibility of parents in carrying out new activities, we can conclude the following: 74% of parents say that they are not excited to do new, unfamiliar things, and 26% answered the opposite, 85% of parents are it seems bothersome to start new activities and only 15% affirmed disagreement and total disagreement with the statement "I find it bothersome to start new activities"

In modern societies, characterized by a fast pace of life, the role of a parent is constantly changing, and the attitude of parents towards these changes presents a value with an impact on family relationships. Everyday worries (such as daily activities, homework, extracurricular activities, commuting or commuting), acute stressors and chronic problems (eg behavioural, learning or emotional disorders, chronic or serious health conditions) can put pressure on the ability of parents to fulfill their roles successfully and respond to their children's needs (Ionescu, 2013). Maintaining a complex balance between work, family, personal and professional goals could be a significant challenge. However, with proper guidance, support, and the careful cultivation of desired skills and traits, parents today should not shy away from aspiring to find fulfillment in all important aspects of life. Parents need to acquire a number of updated key skills throughout life to meet current and future societal demands. Achieving a stable, high-quality level of child rearing is not only linked to positive developmental outcomes among children, but also to parental well-being, as child and parent well-being are interconnected.

Parent and child share a unique, long-lasting and irreplaceable emotional bond, according to Bowlby's research group, the quality of this bond depends largely on the quality of attachment that both will develop with age, from the very first stages

of a child's life (Sisto, Vicinanza, 2019). Parents have been described as 'guardians' of children's well-being, including both physical health and social behaviours, because by what they do, by their guidance and by the examples they set for their children, they provide primary models of behaviour. The quality of the parent-child relationship has a huge impact on children's development. Scientific evidence from behavioral, social, experimental and educational studies shows that parenting practices have a major influence on children's development (Ungar, 2008).

A variety of family risk factors could pose a threat to the well-being of both parties involved parents and children. Poor parenting, conflict between family members, and marital problems, to name just a few, are important factors that can strongly influence children's risk of developing various forms of psychopathology, behavioral problems, and learning disabilities. Lack of a warm, positive relationship with parents, insecure attachment, harsh, inflexible, or inconsistent disciplinary practices, neglect, or lack of involvement in children's lives increase the risk that they will exhibit challenging behaviors, major emotional disturbances, and problematic overall functioning. Child rearing is a long-term process that abounds in skills that a person can learn through consistent practice and perfected over time. A huge influence on all new parents is learning from their own experience, by choosing to follow or reject the example of their own parents. Many new parents experience a dilemma between the arguments for or against the way their parents behaved (Ionescu, 2013). For example, they may adopt more liberal policies in certain respects or become stricter when they feel that their own parents were too permissive in certain areas. In addition, I acquire relevant knowledge on effective child rearing by learning from professionals and/or receiving advice from peers and the social environment. Investing time and effort in parents' well-being often improves children's well-being and positive family climate. The more parents take care of themselves, the more they have the ability and awareness to successfully attend to their children's needs.

It is important to clarify that "wellbeing" is more than just physical well-being, it also includes mental, social and emotional well-being. Well-being is a scientific term for happiness that refers to how individuals experience the quality of their lives (Ungar, 2008). The notion incorporates three distinct components that include life satisfaction, positive affect, and negative affect. It is the general sense of happiness, self-efficacy, and contentment that individuals experience in terms of how they perceive themselves and life in general. When it comes specifically to parents, well-being includes: successful stress management and the ability to cope with everyday stress; a sense of purpose and general enjoyment of life; the ability to self-regulate and the ability to successfully manage emotions negative; connection with the community; supportive, strong, healthy relationships; the ability to do meaningful things for oneself and to enjoy them.

The theoretical and praxeological analysis of the problem of parents' involvement, namely their resilience, in the real process of ensuring the child's well-being allow us to conclude the following.

Conclusions

1. Ensuring the well-being of the child presents a current desire provided by the educational policy documents that finds its real practical transposition through the parents, namely through the formation of resilience, the exercise of relevant skills that would allow the approach of the family as a functional protective factor in ensuring the well-being of the child.
2. The rigidity of parents to changes in society can become an impediment in ensuring the areas of child well-being, hence the need to strengthen stress control strategies in their role as parents.

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Abstract

According to HG 143 of 12.02.2018 from the Republic of Moldova, a basic concept in the primary prevention of risks regarding the well-being of the child is the protective factors of the family. In this research, the results are presented with reference to the functionality of the protective factors of the family, namely, parental resilience. Identifying potential risk and protective factors can lead to substantial improvements in many areas of child well-being. Promoting resilience is not just a matter of eliminating child abuse, as successfully managing risk is a resilience-promoting factor in itself. Protective factors can be related to the individual context or the context of the situation.

Key words: family, protective factors, resilience, well-being, child

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