

## Evaluation of Positive Parenting Training Program in Improving Mental Health of Children

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### Abstract

*Increased stressors due to Pan for Covid-19 has an impact negative on pattern nurturing so which brings up mental problems in children, including addicted gadgets, behavior rude, cyberbullying, and problems with psychology. Intervention training is needed to Upgrade positive parenting abilities. Research objectives to describe the design and rationale for randomized controlled trials evaluating the effects of training programs online-based care on parents and their impact on children's mental health in the population Sekolah Alam. Method: The study uses a design mixed method type embedded experimental model sequential explanatory. Respondent is father or Mother at least 18 years old, incorporated in community Sekolah Alam, have at least 1 child aged 8-12 years, totaling at least 180 people. Intervention given for 5 weeks online, continued accompaniment through Whatsapp Group for 6 months. Data collected covers opinions about parenting models, patterns of communication, and systems enforcement discipline, as well as evaluation of children's mental health. Results: Study this evaluate protocol training from offline to online to adapt to restrictions on the Covid-19 Pandemic. This Research will determine whether the training program nurturing could be used in positive parenting practices to prevent problems mental health of certain populations. If it's proven effective, this program potentially improved, adapted, and implemented in population special other.*

### Keywords

nurturing positive; training; assistance; mental health of children, school natural



## I. Introduction

After almost three years The COVID-19 pandemic strikes the world, and various effect bad occurs in all sectors of life human. one worrying impact appearance development in children, good physique nor psychic. Change habit, restrictions, protocol health, and online school so that activity children's physical and social decrease becomes reason children's (Vargas Rubilar et al., 2022). UNICEF 2022 data, estimated there is more than 1 in 5 teens 5-19 years old in the living world with a diagnosis of mental disorder from the year 2019 to January 2022 (Vargas Rubilar et al., 2022) and the act of killing self snatched life nearly 46,000 children (Yip et al., 2019). 31% of Indonesian children reported experiencing various mental disorders from January 2020 to April 2022 such as addicted gadgets, behavior rude, cyberbullying, and problems with psychology other until need handler special. So that Becomes important to look for the solution for preventing and restoring children's mental health, so that grow flowers they could develop should.

The outbreak of this virus has an impact of a nation and Globally (Ningrum et al, 2020). Health children are very influenced by pattern parenting applied by parents, the existence of changes in the Covid-19 Pandemic that caused increased stressors, restricted

activity, difficulty accessing health, and change method learning cause parents to develop pattern nurturing negative (Kusumawaty et al., 2022; Rhodes et al., 2020). Parents should understand communication assertive and enforce discipline positive to get shape connections and love Dear with the child and pattern nurturing positive can be practiced. Understanding and shaping patterns nurturing positive could be upgraded with training and mentoring. Research in Hong Kong shows training in Positive parenting can improve parent-child relationships and reduce parental stress. Parental training programs change parental behavior and enable change in the behavior of children.

Remember the importance of training programs for change patterns and nurturing positive parents, need to present the program to each parent. Obstacles that are still faced moment this is limitations on time, funding, cultural stigma, work, and parents' past experiences so that they no could attend training programs care (Emmers et al., 2021). The right parenting model needs to be formulated, with test try it on a community that has factor supporters for implementation training, for then adopted by the community following condition.

School is one container that can facilitate parents sharing of knowledge nurturing. People who have the same idea and support the school's vision are called community consisting of from parents, teachers, and the board of directors school. one community The schools in Indonesia is community schools nature, the community has a program that supports the existence real cooperation Among school and parents in educating children (Aisyah et al., 2019; Hamadani, 2019). The parenting program in the community school natural has walk-in shape gift material by resource persons and discussions held every a month once, however not yet there is mentoring and evaluation. There is this program Becomes a factor supporter for holding a training program more nurturing and structured with enclosed mentoring and evaluation in the community Sekolah Alam. Community Sekolah Alam also pioneers school stare face to the Covid-19 Pandemic in Indonesia, they think moving kids active and not always be in the room closed as school natural could hinder the transmission of Covid-19 (Lisdahayati et al., 2021), so they give up the child they To do offline method during the pandemic.

To our knowledge, there have been no effective trials of having evaluated the training program with designs that we have designed. In the literature study that we have done, research is studied first to evaluate training program design care in the population special that is community Sekolah Alam. There are several research that evaluates implementation intervention in groups special as the group public left behind, the Filipino group (Doty et al., 2020; Javier et al., 2014, 2016). Research objectives describe the design and rationale of a randomized controlled trial evaluating the effects of the program training 5 weeks parenting with child school base in population special that is Sekolah Alam. The main hypothesis, based on social learning theory that training nurturing will provide parenting skills in parenting practices, lower parenting stress, and reduce mental health problems child. This hypothesis is supported by a previous study in which we determined an initial estimate of the effect size attributable to the intervention(Becker et al., 2020). Researchers guess that parents will report an increase in positive parenting practices and a decrease in children's mental problems compared with control conditions.

## II. Review of Literature

The presence plague of the COVID-19 pandemic provides an unintended impact and influence ordinary in life society, resulting in disturbance health physical and psychological. Impact psychology consequence pandemic them disturbance stress post-traumatic stress disorder ( post-traumatic stress disorder), confusion, anxiety, frustration, fear will affection, insomnia, and feeling self no powerless(Brown et al., 2020). The most severe condition is appearance case *xenophobia* 1 and also cases kill self because someone is very scared if herself will be infected by a virus that is considered very terrible. Conditions that come and change suddenly make the public Becomes not ready to face it. This is in tune with the opinion(Kusumawaty et al., 2021; Yunike et al., 2021) where condition psychological disorders lead to many mental disorders experienced public, especially in Indonesia.

Various parent training programs in Indonesia are held service health for Upgradeability parenting (49–51) . Training nurturing is defined as a program where parents by active get Skills nurturing a child through mechanism structured and method active learning (23,52) . Definition this based on research From a number of the decade that shows that approach learning active more superior than approach passive (53–55) . because of that, parent education programs for change pattern nurturing without accompanied act carry on assistance that requires participant active follow activities, practice and report experience they can expected success (2,34) .

Training care must also accommodate the detection process of parent problems, so they could evaluate themselves alone about parenting that has applied. Somebody will be motivated to understand something if he feels required (32) . Next, with a mind open will accept information care provided by massive with method presentation and discussion interactive. Following carry on from literacy is expected assistance could make individual get used to it and finally adopt it until Becomes persistent behavior ( 24,56) .

Accompaniment During time certain could cause effect settled on the individual, a training trial carried out for 5 weeks next 6 months assistance has been proven Upgradeability participant (16) . Some study training nurturing has done, however not yet someone give intervention training accompanied with accompaniment by structured in period time certain (16,17) . In addition to the method of training, the characteristics population will also affect the success intervention carried out.

Interventions in training programs with design special for population certain, fixed with consideration characteristic features a typical population that. There are features typical could Become considered in the form and protocol of training that will make. Some current evidence suggests that parental behavior management programs in shape training and nurturing on population certain effective reduce depressive symptoms in children (8,46) . A series of studies on training nurturing as a solution identified by the community to prevent adolescent behavioral health problems and gaps (16) ; trials to assess the effectiveness, feasibility, and acceptability of this prevention program have been done especially in society populations certain (37) .

School is a very influential environment for the formation of a character child, happened transformation of knowledge and behavior between the child with a child, teacher with children and parents involved in one school. Teachers and parents should have the same view for could align gift care for children, the involvement of parents and teachers must be formed in a structured program (57) . Parenting programs at school prove existence enhancement motivation child come to school (10) . parents tend to choose schools that don't only educate children but synergize education child with parents.

### III. Research Method

#### 3.1 Ethical Approval

Study this started in January 2022 and mid in progress, the etiquette of clearance is submitted at Poltekkes Ministry of Health Palembang, with number: 1267/KEPK/Adm2/VI/2021, dated June 1, 2021.

#### 3.2 Population and Sample

Population set with inclusion criteria: (1) aged 18 years ; (2) have a minimum of children school-aged 8-12 years ; (3 ) Members community Sekolah Alam. Exclusion criteria : (1) parents plan to move out of school naturally before October 2022. Respondents are parents of children aged 8-12 years attending Sekolah Alam in Palembang City and Jambi City. Prospective respondents were recruited through (1) announcements at regularly scheduled events with parents; (2) mail sent to the school containing a description of the study, and contact information so that parents can call if they wish to participate; (3) spread the WA group link to the school group, if interested they will be joined in the training group (4) Deploy through promotional video with including a registration link.

After a parent was found to meet the study criteria and expressed interest in the study, he or she was given a detailed description of the study, and informed consent was obtained before administration of the preintervention survey. If the family refused to participate, verbal consent was obtained to inquire about demographic information and reasons for refusal. An anonymous database of reasons for refusal and demographics was maintained and used to assist future recruitment efforts and compare participants with study refusals.

Several samples in the study adopt a pilot study previously that is the estimation sample size in research evaluation IY (16) . Given this is a pilot study, each outcome will be tested at  $\alpha = 0.05$ . Using the PASS software, the sample size is 72 in each group (total sample 144), with an estimate of 9 separate IY groups with a mean of 8 participants in each group and 2-sided 0.05 would have achieved 82% power to detect an intervention group effect size of at least 0.55. Predicting an annual attrition rate of 20%, a full sample of 180 participants is required.

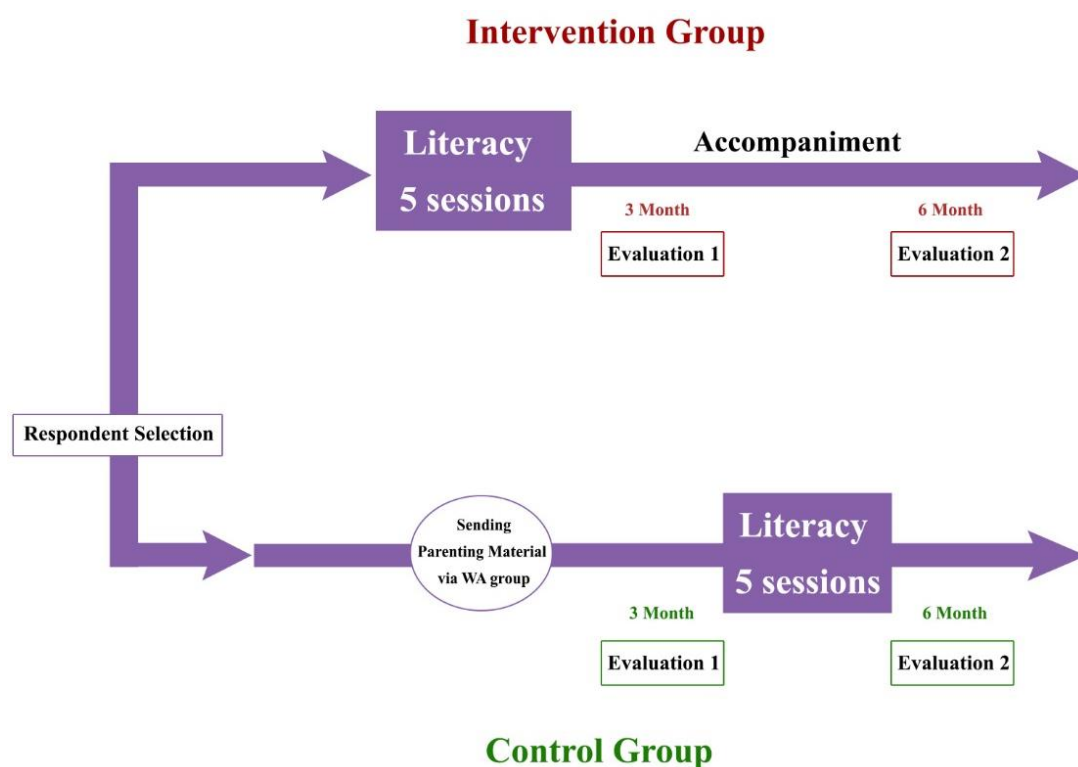
#### 3.3 Intervention

##### a. Study Design

Data collection on three-time: at the beginning, at the 3 months mentoring, and at the end 6 months assistance. Figure 2 depicts the data collection process for the control and intervention groups. Data were obtained using the system process evaluation and filling parent and child reporting instrument. Parents and children complete the assessment by answering the questions on the questionnaire in a given survey. Qualitative data the questionnaire is strengthened with qualitative data obtained with interview depth on the selected sample. The interview is done offline and online with the protocol that has been designed. The control group completed the preintervention and postintervention assessments during the same period as the intervention group. Methods of data collection and intervention directly, telephone, or zoom -based according to the protocol that has been compiled.

## b. Data Collection

The assessment process started with signing approval and continues with giving questionnaire detection problem care and child care, demographic information, parental income, education level, profession, number of children, who goes to school, how long to follow community Sekolah Alam , opinion about Sekolah Alam , active status in following the parenting program at school . Evaluation results in the learning and training process for 5 weeks. Accompaniment three months implemented with method respondent report practice nurturing yang they do via video sent to Whatsapp group and get feedback on the questions they submit and end with sharing sessions and participants requested fill in questionnaire rating behavior child stage 1. Mentoring continues for up to 6 months and is evaluated with complete the post questionnaire interventions and questionnaires on the process of implementing the training program nurturing.



**Figure 1. Data Collection Diagram**

## 3.4 Protocol Changes due to Covid-19

Before the pandemic, all parenting sessions were planned and held privately directly in the school environment community-based, with existing training program restrictions nurturing will be held via Zoom, a web-based video conferencing platform. Interviewees will fill in activities using presentation slides, discussions in room Zoom, discussion synopsis, discussion groups in zoom rooms, and viewing of educational videos, to ensure delivery of appropriate session materials in a web-based format. In addition, all previous surveys were administered in person, during the COVID-19 outbreak all were diverted by phone or Zoom. Telephone and video surveys were administered by interviewers in a quiet and private location, and participants were asked to take calls in a place that maintained their privacy. We provide the option to use video call interviews for survey administration via a version of Zoom that complies with the Health Insurance Portability and Accountability Act. The purpose of using Zoom is to relieve fatigue and understanding.

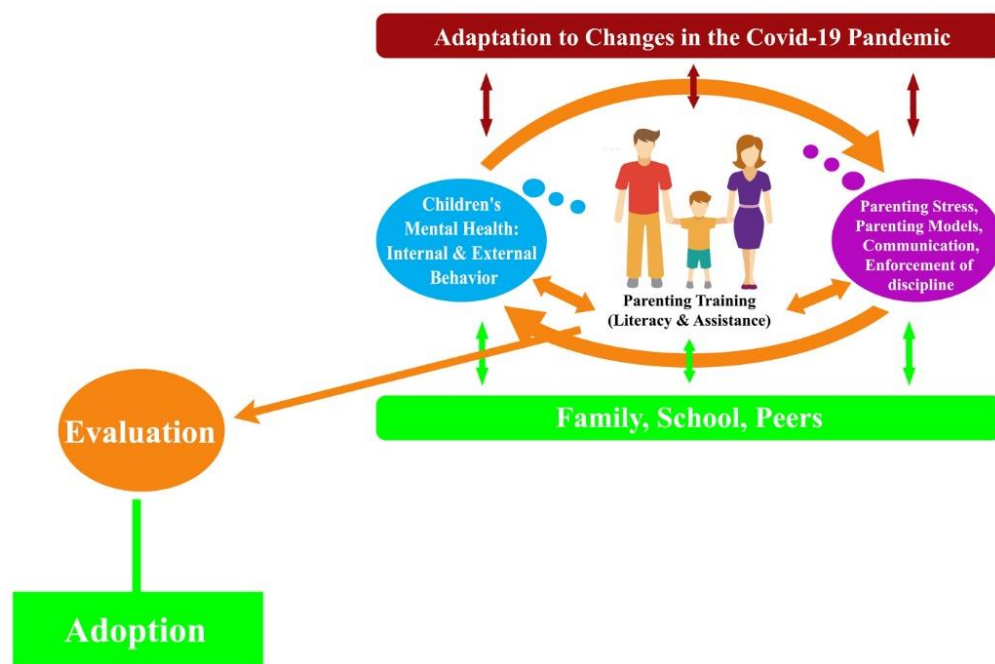


### 3.5 Method

School Natural is the school system in Indonesia, which has the concept of learning targets for teachers, parents, and children, they give evaluation periodically to parents based on liveliness involved in activity school (58) . Community school this scheduled meeting every student's guardian a month very with seminar activities about nurturing and sharing experiences related to care and problems children faced by parents, with bring expert health as a psychologist, doctor children and concerned people to education child. Schools naturally mention self as a community Sekolah Alam where the attachment is very strong, where almost all decisions school are in the hands of the parents who are joined on the student guardian council (13) .

Sekolah Alam also pioneers first-time offline meetings from July 2020 to now, with the claim that active kids moving into space open have strong immunity to oppose Coronavirus transmission. factors this is a supporter for implementation training nurturing based on school as to where the pilot project was carried out study intervention training nurturing with act carry on accompaniment good offline or online.

The concept of the training program that became intervention in the study adopted theory study and theory adaptation, which is depicted in fig.2



**Figure 2.** *The Conceptual Model of the Training Program Parenting*

I intervene training nurturing change parents ' views and abilities on parenting to the child, they understand pattern applied care will shape behavior displayed child. For example, depressive behavior is an adopted child to frequent care blamed at home (59) . Training program nurturing target pattern nurturing and risk factors to internalize the problem in children, for example, harsh parenting behavior (8,60,61) . Parents also learn cognitive strategies for themselves, such as self-praise, coping with thoughts, how to get rid of negative thoughts, and how to get support to shape pattern the care of their children. The final goal is for parents to learn how to be more positive and Become patterned behavior academically, socially, and emotionally.

The knowledge gained from this research will contribute to the scientific literature on prevention and early intervention programs for children at risk for future behavioral problems and the literature on the application of evidence-based parenting interventions in real-world settings. Very few proven interventions target parents in the community special. This data will also provide important information for understanding the processes underlying the effects of training parenting for community special others. The most important thing in this research is the potential to prevent behavioral health disparities based on the population of the need planned individually randomized controlled group treatment trial involving a minimum of 180 parents of children aged 8-12 years to test the effect of the training program nurturing on children's mental health. Parents are given information about the research design as part of the selection procedure respondents and consent. Parents were randomly assigned to a 1:1 allocation with closed randomization into groups of intervention or control, resulting in a minimum of 90 parents and children in each group.

Before giving the intervention, the researchers asked the party's school to facilitate holding FGD with teachers, parents, and Puskesmas. FGD is working to customize the design with the needed population and policy of my master's interests. Training design care that will be made should follow specification population and results in discussion.

Every session literacy implemented for one week with one material presented by the resource person in accordance field the expert. The evaluation is given in two shapes that is evaluation cognitive pretest and posttest and evaluation to implementation training given at the end of every session literacy. The researcher recorded attendance at the beginning and the end of every session to ensure respondents accept Theory and every session. Resource persons provide material related to parenting, playing videos describing effective and ineffective parenting, incorporating role-play exercises, and facilitating discussion of participants' own experiences of parenting culture and styles. The servant researcher facilitates each group.

A make-up session is open for respondents who do not can follow the session in accordance schedule, with a schedule of 30 minutes more beginning from the session next week come to discuss missed material. This is to ensure that every respondent gets the same material and concept. Overall, the curriculum training nurturing was built by the concepts discussed for 5 weeks, then strengthened practice in 3 months first and 3 months next. Literacy session training is offered to parents in the intervention group immediately after grouping, there 5 intervention sessions every week, 2 hours each. Session topics are shown in Table 1. Control group got Theory just by sending via WhatsApp group. Respondents in the control group were placed on a 3-month waiting list to follow training babysitting and were offered 5 sessions after they had completed the mentoring assessment.

**Table 1.** Training Schedule

Sessions	Topic
1	Parenting Model
2	Assertive Communication
3	Positive Discipline
4	Parenting Stressors
5	Child Mental Health

The research hypothesis is training in nurturing will give parents source learn and practice efficient care, resulting in significant improvements in childcare practices and mental health, in condition pandemic Covid-19. Evaluation implementation training was analyzed using the Parenting Practices Inventory (43) . to assess parenting practices, communication assertive, and enforcement of discipline by using questionnaire and interview deep (62.63) whereas evaluating child mental health using the behavioral checklist of children ages 8 to 12: The reliability and validity of these measures have been described in the literature, with all measures previously validated in a multicultural population. Researchers also do an appraisal of implementation process activity with see perspective respondent use satisfaction survey

### **3.6 Process Evaluation**

The researcher will document the experiences of participants and facilitators to ensure the appropriateness and cultural relevance of the intervention. Parent satisfaction and evaluation were also measured as part of the evaluation process after program participation. Qualitative methods, such as field notes are used to document and analyze intervention implementation and acceptance in the target population.

### **3.7 Analysis**

Before starting hypothesis testing, the data will be filtered using univariate analysis including mean, SD, range and skewness values, and kurtosis, correlation and covariance patterns, and checking for multicollinearity and singularity of variables. Variable transformations are carried out as needed to reduce the effect of unnecessary data valid. Election respondent intervention group based obedience respondent follow all Suite research. Demographic data respond compared for know influencing factor then grouped based on difference. Result data intervention tested with *t-test* group in pairs to see the effect of the training intervention nurturing in the group Intervention and controls. Given the COVID -19 pandemic, researchers will analyze data from direct interventions and web-based data sent separately.

## **IV. Results and Discussion**

The screening procedure for respondents and data collection is ongoing and expected to be completed by October 2022; so that data analysis can be solved in December 2022. The data collection process has been carried out from January 2022 to April 2022 obtained a total of 56 have completed data collection in person and 78 have completed data collection on the web.

Research hypothesis this intervention training nurturing will provide experience parents practice pattern nurturing positive, so that could Upgradeability nurturing and health practices raw child. This hypothesis is supported by a previous study in which we determined an initial estimate of the effect size attributable to the intervention. Findings from the pilot study revealed that the training program nurturing has a positive impact on communication assertive, enforcement of discipline, parenting stress, and parents' perception of the problems mental health in children.

After data analysis is complete, the results will be disseminated to partners that are community Sekolah Alam and study participants, to make report research result. In addition, researchers will invite puskesmas person responsible which aims to share research results and get feedback from taker policy health. This study will provide a knowledge base for reference implementation intervention nurturing-focused behavior in



real-world practice settings with an emphasis on maximizing available resources in the context of local care settings (primary care settings, churches, schools, and community social service agencies) to better meet the needs of multiple stakeholders

Several challenges emerged during the research, one of them The limiting COVID-19 meeting directly, so that implementation intervention using an online training protocol. Researchers do FGD with a population that is representative of community Sekolah Alam and stakeholders policy that is Responsible health center to the school located, to develop an intervention protocol Web-based by needs and policies taker decisions, and overall respondent can accept. Data collection including informed consent procedures and survey administration also shifted from direct conference communications to telephone or Zoom. Through the use of web-based platforms during the pandemic, researchers can expand their reach to various communities of Sekolah Alam in Indonesia and reduce time and transportation barriers to participating in training nurturing. Training nurturing this online seems more acceptable to families because they have helped overcome obstacles such as transportation, time to commute to locations, and the need for social distancing in light of the COVID-19 pandemic.

Our previous research evaluate conditions psychological p i bu in nature I accompany I want b study when there is a time of the Covid -19 pandemic got Proof existence change behavior child so that cause emotions and anger until gift punishment on children and recommends that there be training and mentoring for Mother in giving child care. Training program previously using a platform like This also applies to teenagers to prevent addiction to social media for teenagers (64) .

Research results from this recommend a model that can improve the effectiveness of training programs in special populations, involving responder and manufacture policy so that the designed model is based on the need population. Such strategies are essential in reducing and eradicating the mental health gaps detected in the population special in the public interior, village slums, and fewer populations noticed. In addition, research can also provide important information to health policymakers and public health leaders to make policy is interventions this could next or not.

## V. Conclusion

Study this could promote protocol training nurturing positive during Covid-19, prevent mental problems in children produce training and mentoring models nurturing positive that will be adopted by society with various condition certain. Training design nurturing with two stages that is literacy for 5 weeks and mentoring for 6 months which is evaluated in third and sixth in prediction effective as implemented during covid-19 pandemic and appropriate with need community Sekolah Alam.

The knowledge gained from this trial will contribute to the scientific literature on prevention and early intervention programs for children at high risk of developing problem mental health. Very few proven interventions targeting the elderly the population certain available. Data obtained in the study will also provide important information for understanding the processes underlying how training parenting influences parenting practices and the mental health of children in the population special others.

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