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Research Article

**THE STUDY OF THE RELATIONSHIP BETWEEN MOTHERS
PERFECTIONISM WITH THE MENTAL HEALTH OF
PRESCHOOL CHILDREN IN SHIRAZ**¹Shekofeh Majidian, ^{2*}Dr. FirouzRezaian¹ M.A student of Behavioral Sciences (Preschool Education), Arsanjan Branch, Islamic Azad University, Arsanjan, Iran² Department of Educational Sciences, Arsanjan Branch, Islamic Azad University, Arsanjan, Iran**Abstract:**

The purpose of this study was to investigate the relationship between maternal perfectionism and mental health of preschool children in Shiraz. The statistical population consisted of all pre-school students in district 3 of Shiraz during the academic year 2015-2016. That's their number this year was 275 people. Using Kerjcy and Morgan tables and 160 randomly selected cluster random sampling, 160 people were selected as statistical sample. To collect data, the Perfectionism Questionnaire by Trichort et al, Mental Health Questionnaire was used. Validity of the questionnaires was verified using content validity and reliability through Cronbach's alpha. Descriptive statistics mean and inferential statistics (Pearson correlation test, multiple regression test and independent t-test) were used to analyze the data. By increasing the perfectionism between the scissors, the mental health of preschoolers is reduced. Positive perfectionism has been able to positively influence on the mental health of the novices and predict that negative perfectionism can negatively affect the mental health of the students and predict it. 3- Between mental health's in the two groups of students there is no significant difference between boy and girl.

Keywords: *perfectionism, mental health, preschoolers, novices***Corresponding author:****Dr.Firouz Rezaian,***Department of Educational Sciences,
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INTRODUCTION:

The core family is the first society and is one of the main causes of the transfer of culture, thought, ethics and traditions and emotions from generation to generation, which plays a significant role in the development and development of the child, because the child's personality is first established there and the relations between Parents and children plan the child's expectations and reactions in future social relationships. Among the members of the family, the most influential influence on the child is from those mothers. The most prominent and most important role played by women in the Qur'an is the role of the mother and the responsibility of the children's education [1]. Parents' ability to communicate fruitfully and fruitfully with the child is undoubtedly one of the most important and most dangerous tasks in his life, and the need for effective relationships is to have sufficient information about the child's understanding and understanding of the behaviors and causes of his behavioral problems. , That the perfectionism of the mother can have a significant impact on this. In the past, perfectionism has been the subject of great interest by many theorists such as Freud, Adler, and Maslow, and in recent decades many scholars have been attracted to each other, and each has a different definition according to its own viewpoint. However, most scholars agree that high-level criteria for performance are the central concept of perfectionism [2]. considers perfectionism a way of life that people use to emancipate from its major anxiety, and Stoebur argues that perfectionism reflects the individual's tendency to perceive the environment around him There is nothing wrong with the law, which results in successes or failures. The perfectionists are known as those who are inclined to be full in all aspects of life. Perfectionism is characterized by a tendency toward perfect performance, high-level goals, and rigorous evaluations of oneself [3]. Although the concept of perfectionism has attracted widespread attention of psychologists, it is still defined as an almost unknown phenomenon. Therefore, parents and, in particular, mother's behavior can influence the behavior of the

child, as extremes in behaviors and methods of interaction with children can lead to improper developmental and abnormal behavior in them, and we must identify factors in the diagnosis of abnormal behavior. Considering the personality characteristics of the parent, the considerations of growth, mother perfectionism, the child's characteristics and the tissue effects that the child takes of it. In fact, the characteristics of the model, which are mostly parents and then peers, play an important role in the learning process of children [4]. Maternal perfectionism is very important in relation to children and parenting, since it enables the child to increase his ability to adapt to the social and cultural environment around him, which increases his mental health. In other words, maternal perfectionism can play a significant role in concentrating the child with stressful problems and reducing her behavioral problems [5]. Because the mental health of the children is directly related to several factors, such as mother's perfectionism and the number and type of favorable social practices that parents apply to him. Therefore, the root of many problems, such as anxiety, depression, social maladaptation in children, should be found in the patterns of mother-child interaction and interaction and their characteristics.

RESEARCH METHODOLOGY:

This research is descriptive - correlational, an applied research method and information gathering method in the field. The aim of this study was to determine the relationship between the perfectionism of mothers and mental health of preschoolers in 2014.

Society, sample and method of sampling:

The statistical population of the study consisted of 275 preschool students From the 3 districts of Shiraz city, which after determining the pre-school female students of Shiraz city, After determining the pre-primary school-age female students in Shiraz, the sample size of 160 people was selected using a one-stage cluster sampling method based on the sample size of the sample of Kerjesy and morgan. It should also be noted that the questionnaires were answered by the parents of these children.

Table 1: Distribution of novices by gender

Percent(%)	Abundance		
50	80	Boy	Sex
50	80	Girl	
100	160	Total	

Measuring tool:

1) The Perfectionism Scale Tri Short et al.

The Positive and Negative Perfectionism Scale (Tri Short et al., 1995) is a 40-question test with 20 items of positive perfectionism and 20 other negative perfectionism.

2) mental health questionnaires:

The Health Questionnaire is the most mundane screening tool in psychiatry and the assessment of mental health status, which has had a tremendous impact on the progress of research.

Information analysis method:

Data and extracted data can be applied using descriptive statistics and inferential statistics. In the descriptive statistics section, based on central inclination indexes such as mean and dispersion indices such as standard deviation, information descriptions are discussed. In the inferential statistics

for analyzing the data and the data obtained in the main hypothesis and the first hypothesis, Pearson correlation test and second sub hypothesis of multiple regressions and in the third sub-hypothesis, independent t-test was used in SPSS software.

How to research and collect information:

This research is a descriptive-correlational research done on mothers:

- 1- Identification of the statistical community and implementation of the sampling plan.
- 2- Preparation of questionnaires and measurement scales based on the characteristics of the target community and the studies conducted.
- 3- Determination of sample population and implementation of perfectionism and general health tests from all sample population.
4. Collecting questionnaires and final analysis of the results and information obtained by SPSS software.

Table 2 Frequency, minimum and maximum score, mean and standard deviation of research variables

Standard deviation	Average	Maximum	Minimum	Abundance	
24.006	128.50	200	65	160	Perfectionism - total score
13.146	77.39	95	20	160	Positive perfectionism
19.848	49.83	100	20	160	Negative perfectionism
12.419	55.68	84	16	160	mental health
				160	Whole sample

Table 3: From Kolmogorov-Smirnov, a survey of normal distribution of data

mental health	Negative perfectionism	Positive perfection	Perfectionism - total score	Abundance
160	160	160	160	Abundance
1.291	1.153	1.193	0.782	Kolmogorov-Smirnov
0.071	0.140	0.116	0.573	The significance level

Analysis of research hypotheses:

Hypothesis 1: The dimensions of perfectionism of mothers with mental health of preschoolers have a significant relationship.

Table 4 Correlation matrix of dimensions of perfectionism with mental health

4	3	2	1	
			1	r
				sig
		1	0.304**	r
				sig
	1	-0.173*	0.561**	r
				sig
1	-0.213**	0.365**	0.231**	r
				sig

*Significant level of significance less than 0.01

** Significance level less than 0.05, Sample number: 160

Second hypothesis: Maternal perfectionism dimensions predict the mental health of preschoolers.

Estimate the standard error	Adjusted coefficient of determination	coefficient of determination	of Correlation	Model
11.478	0.146	0.157	0.396	1

Table 6 Analysis of variance by means of a sample of dimensions of perfectionism and mental health

significance level	F	average of squares	Model	Model	Model
0/001	14.573	1919.971	2	regression	regression
		131.750	157	Left over	Left over
			159	Total	Total

Table 7: Statistical characteristics of regression coefficients between dimensions of perfectionism and mental health

Sig	t	Standard coefficients	Non-standard coefficients		Model
		Beta	standard error	B	
0.001	5.643		6.339	35.775	Constant
0.001	4.546	0.338	0.070	0.320	Positive perfectionism
0.039	-2.080	-0.155	0.047	-0.097	Negative perfectionism

DISCUSSION AND CONCLUSION ON RESEARCH HYPOTHESES:

Hypothesis 1: The dimensions of perfectionism of mothers with mental health of preschoolers have a significant relationship.

The results showed that the Mental Health Scale with Perfectionism Scale - Total Score has a positive or direct relationship with a coefficient of $r = 2.131^{**}$ and this value is significant at the level of $P \leq 0.01$. This relationship shows that with increasing perfectionism, mental health increases. The mental health scale with positive perfectionism scale has a positive or direct correlation with a coefficient of $r = 0.365^{**}$, and this value is significant at the level of $P \leq 0.01$. This relationship shows that with increasing positive perfectionism among the scissors, the mental health of preschoolers increases. Also, the mental health scale with a negative perfectionism scale had a negative or negative correlation with a coefficient of $r = -0.213$ and this value was significant at the level of $P \leq 0.01$. This relationship shows that by increasing the perfectionism between the scissors, the mental health of preschoolers is reduced. This research was conducted with researches. In clarifying this hypothesis, we can say that if personality is understood as a combination of the actions, thoughts, emotions and motives of a person, the constructive components of the personality may vary from one person to another. On the other hand, these components may be combined in different ways to create a variety of personality patterns. The existence of individual differences and different personality traits distinguishes individual reactions from situations and pressures.

Second hypothesis: Maternal perfectionism dimensions predict the mental health of preschoolers.

The results showed that, at 0.146, the equivalent of 15% variance of mental health is explained by dimensions of perfectionism, and the result of the analysis of variance in the level of less than 0.01 was meaningful to 0.001. Positive perfectionism for a standard deviation has also been able to make a positive impact on the mental health variable of the novices by 34% in a meaningful level of less than 0.01 (that is, positive perfectionism in mothers increases mental health Newcomers). And negative perfectionism for a standard deviation has been able to at least 15% have a negative effect on the mental health variable of the novice students at a significance level of less than 0.05 (that is, negative perfectionism in mothers reduces health The soul has become new. This research was conducted with researches such as Mosalanezhad and Amini 2014, Shokrkon 2013, Zeyghami 2011, Cheeshang 2007, Schumer et al. 2015, Lamb 2014, Svidil 2013. In explaining this hypothesis, it can be said that the attitudes and interaction of mothers of perfectionism (positive and negative) are considered. The findings show that mothers with positive perfectionism with power, thought, criticism, and deficiencies try to create Interacting with their children and eliminating the problems of their children; creating interactions between mothers and children causes children to not feel short and not face family and social problems; As a result, a child with mental attitudes will have mental health, but in negative perfectionism, negative

mothers are not depressed because they are interacting with their children, and this is the reason for the reduction of mental health in their children, resulting in The research of mothers with positive perfectionism had a positive effect on mental health improvement on their children, and vice versa, mothers with negative perfection have reduced their mental health to their children.

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