

Predicting Social Adjustment of Primary School Children, Based on Marital Conflicts and Mothers' Cognitive Emotion Regulation Skills

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Introduction

In the present age, each person experiences a variety of individual and social limitations in his life, and dealing with these obstacles provides the ground for the occurrence of many failures and frustrations; This problem is more pronounced in children, because in childhood, more communication with peers and less dependence on parents, this period is referred to as a stressful period. Accordingly, if a person can go through the process of socialization properly and align his needs with the needs of the society in which he lives, he will somehow reach social adequacy. In today's world more than ever require social flexibility and adaptation, which play an important role in improving the health of people's lives. The present study was conducted to predict the social adjustment of primary school children based on marital conflicts and the cognitive emotion regulation skills of mothers.

Method

The method of this study was descriptive-correlational. The statistical population included mothers who had primary school children in the fall of 2021 in Shahrekord; a sample of 377 of them was selected by available

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methods. Data were collected using questionnaires of the California Scale of Social Adjustment (1953), Sanaei Marital Conflicts (2000), and Garnfsky Cognitive Emotion Regulation (2006) and analyzed by multiple regression and Pearson correlation coefficient.

Results

Findings showed a negative and significant relationship between marital conflict and negative emotion regulation skills ($P < 0.01$) and a positive and significant relationship between positive emotion regulation skills and social adjustment of primary school children ($P < 0.01$).

Discussion

The findings generally indicate that the existence of marital conflicts between parents and difficulties in the cognitive regulation of emotions can cause social maladaptation in children in primary school.

Keywords: Children, Cognitive, Emotion Regulation Skills, Marital conflicts, Social Adjustment,

Author Contributions: In the present study, the second author, as a supervisor, has supervised and strategized the overall research process and compiled and finalized the corrections of the article. In compiling the research plan, the first author is responsible for the process of collecting, analyzing, and interpreting the findings and writing the text of the article. The title of thesis advisor was done.

Acknowledgments: The present study would not have been possible without the cooperation of the participants; We would like to thank all the participants.

Conflicts of interest: The authors acknowledge that there is no conflict of interest in this article.

Funding: The present study has not received financial support from any institution or institution and all costs during the research process have been borne by researchers
