



Research paper

Effect of Non-Violent Communication Training on Parenting Self-Efficacy and Psychological Well-being in Mothers of Children with Hearing Impairment

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Abstract

The study aimed to investigate the effect of non-violent communication on parenting self-efficacy and well-being in mothers of children with hearing impairment. This research was a semi-experimental by pre-test, post-test design with a control group. The total number of the statistical population was 49 people, 30 of the mothers were selected from the mainstreaming schools using convenient sampling method and were randomly assigned in two experimental and control groups of 15 people. The experimental group participated in the intervention in 8 sessions of 45 minutes and one session weekly. Research tools include the Dumka and et al. Parental Self Agency Measure and Ryff Psychological Well-being. Analysis of covariance indicated that the intervention had a significant and positive effect on parenting self-efficacy and psychological well-being of participants. It is suggested that psychologists use non-violent communication to improve the self-efficacy and well-being of mothers.

Keywords: Hearing impairment, non-violent communication, psychological well-being, self-efficacy

Introduction

Parents of children with hearing impairment may face unique problems in the field of parenting skills, communicating with their children, and how to cope with the challenges of daily life (Sealy et al., 2023). Parenting self-efficacy seems to be more complex in the lives of families with children with hearing impairment. In addition, the presence of a child with hearing impairment in the family may affect the psychological well-being of parents due to the child's special care needs (Hallahan et al., 2023). Sometimes children are exposed to family violence and complain about the violent behavior of their parents and the way they communicate, it is necessary to use appropriate intervention to prevent these behaviors (Bautista-Aranda et al., 2023). In this regard, the non-violent communication program is an interactive program that facilitates peace and interaction with each other (Epinat-Duclos et al., 2021). The research results of Alasti and Ashori (2023) and Epinat-Duclos et al. (2021) showed that non-violent communication had a significant effect on improving psychological distress and empathy. The non-violent communication program, which includes the four key principles of observing, feeling, taking responsibility, and requesting, can facilitate communication skills in families, schools, hospitals, and other settings (Kim & Jo, 2022). Parents of children with hearing face problems in communicating with their children and meeting their needs, which weakens

parenting self-efficacy and psychological well-being. In this regard, the aim of this research was to determine the effectiveness of non-violent communication on parenting self-efficacy and psychological well-being in mothers of children with hearing impairment. Therefore, the hypotheses of the present study were:

- Non-violent communication had an effect on improving the parenting self-efficacy in mothers of children with hearing impairment.
- Non-violent communication had an effect on improving the psychological well-being in mothers of children with hearing impairment.

Method

In this research, a semi-experimental by pre-test, post-test design was used. The statistical population included 49 mothers of children with hearing impairment aged 6 to 9 in Isfahan city in 2022-2023. The sample of this research was 30 mothers who were selected by convenient sampling method from the mainstreaming schools, and were randomly assigned in two experimental and control groups of 15 people each. To implement the research, the Dumka and et al. Parental Self Agency Measure and Ryff Psychological Well-being were completed as a pre-test by participants. Then, the non-violent communication was implemented in 8 sessions of 45 minutes for the experimental group. Finally, both groups completed these scales as a post-test. The obtained data were analyzed using the analysis of covariance method in SPSS software version 26.

Tools

Parental Self Agency Measure: This scale has 10 items; each item is scored on a seven-point Likert scale from 1 to 7. The score of this scale is between 10 and 70. The content validity of the scale is 0.71 and its reliability is reported to be 0.70 using Cronbach's alpha method (Dumka et al., 1996). In this research, Cronbach's alpha coefficient was 0.86.

Psychological Well-being Scale: This scale has 18 items and six subscales called autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance. The items are scored on a six-point Likert scale and the range of scores is between 18 to 108. The Cronbach's alpha of this scale and its subscales were between 0.86 and 0.93. The correlation of this scale and its subscales were between 0.65 and 0.70 (Ryff, 1989). In this research, Cronbach's alpha of this scale and its subscales were between 0.73 and 0.89.

Non-violent Communication Intervention. The goals of the Non-violent Communication Intervention included observation, judgment, feeling, emotion, responsibility, need, request, honest expression and empathic receiving (Kim & Jo, 2022).

Results

The results of the Shapiro-Wilks test showed that the distribution of self-efficacy and psychological well-being scores is normal, ($P < 0.05$). Levine's test indicated homogeneity of variances ($P > 0.05$). For this reason, the results of Univariate Analysis of Covariance

(ANCOVA) showed that the intervention had a significant effect on the self-efficacy and psychological well-being of the participants, which are reported in Table 1., (P<0.01).

Table 1. Results of ANCOVA of the self-efficacy and psychological well-being

Variable	Source	SS	df	MS	F	Sig.	Eta ²	Test power
Self-efficacy	Pre-test	565.24	1	565.24	38.34	0.01	0.75	1.00
	Group	484.94	1	484.94	32.90	0.01	0.74	1.00
	Error	398.05	27	14.74				
	Total	1493.14	29					
Psychological Well-being	Pre-test	1086.17	1	1086.17	34.86	0.01	0.72	1.00
	Group	937.08	1	937.08	30.08	0.01	0.69	1.00
	Error	841.22	27	31.15				
	Total	3135.49	29					

In table 3, results of MANCOVA indicated that the intervention had a significant effect on the subscales of autonomy, environmental mastery, personal growth, positive relations with others, and self-acceptance subscales (P<0.01), while it had no significant effect on the purpose in life (P>0.05).

Table 3. Results of MANCOVA of the psychological well-being subscales

Group effect	SS	df	MS	F	Sig.	Eta ²	Test power
Autonomy	19.34	1	19.34	5.96	0.01	0.64	0.90
Environmental mastery	24.91	1	24.91	9.16	0.01	0.71	1.00
Personal growth	70.03	1	70.03	10.82	0.01	0.53	0.97
Positive relations	63.19	1	63.19	8.45	0.01	0.78	1.00
Purpose in life	26.20	1	26.20	2.84	0.13	0.10	0.93
Self-acceptance	74.23	1	74.23	16.87	0.01	0.82	1.00

Discussion and Conclusion

The results indicated a significant effect of the non-violent communication on parenting self-efficacy and psychological well-being in mothers of children with hearing impairment. To explain this finding, it can be said that the key component of non-violent communication is effective communication. Sometimes the parents of children with hearing impairment feel that they do not have the necessary competent for parenting. This problem makes these parents feel less self-efficacy and psychological well-being. While the aim of the non-violent communication is to remind people of their previous experiences, help them to experience a desirable and satisfying life, and use their knowledge appropriately. So, if the non-violent

communication is taught to the mothers of children with hearing impairment, it will help to strengthen their parenting self-efficacy and psychological well-being. Among the limitations of this study, we can mention the use of convenience sampling method, the implementation of the research only for mothers, and the lack of generalizability of the results. It is suggested to use random sampling methods. In addition to the pre-test and post-test stages, it is appropriate to consider the follow-up stage for the stability of the intervention effect.

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Conflicts of interest

Authors found no conflict of interests.



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