

Study of negative parenting of middle aged Korean mothers

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[Introduction / Background]

The relationship between a child and parent is the most important in one's life time. Parents take on the crucial role of taking care of and protecting their children, especially young children (Arnett, 2007). However, overprotection of grown up children can become a social issue (Bradley-Geist & Olson-Buchanan, 2014). Basically, the child may have an ambivalent meaning from their parents. But in Korea, interested matter means both sides of the child's meaning are high. Positive meaning that parents have towards their children is a natural instinct, a source of their pleasure, and giving a satisfaction of their lives. On the other hand, the negative aspects of a child mean feeling the responsibility for raising children and being the economic burden. Is overprotection of grown up children psychologically advisable? Upon this question, this study aims to discuss whether there is difference in overprotective parenting attitude due to mother's separation anxiety and the double sided meaning of children. In addition, this study aims to show the effects of children who are aware of overprotection.

[Methods]

Data of 201 pairs of grown up children and middle aged mothers in Korea were collected. Separation anxiety, double sided meaning of children, overprotection, and psychological adaptation were measured of middle aged mothers while perception of overprotection, separation-individuation, and psychological adaptation were measured of grown up children.

[Results]

Mothers with a higher separation anxiety and double sided meaning of children exhibited overprotective parenting attitudes. In addition, the increasing separation anxiety, double sided meaning of children, and overprotection had negative influence upon the psychological adaptation of mothers. The positive and negative meaning of children both triggered overprotection, which identified that the model of decreasing psychological adaptation of mothers through overprotection was notable. The perception of overprotection of grownup children disrupted separation-individuation and also identified that the model of decreasing psychological adaptation of children through separation-individuation was notable.

[Conclusions / Discussion]

The negative parenting attitude of Korean mothers not only had negative influence upon psychological adaptation of grownup children but also had negative influence upon the psychological

adaptation of mothers. Korean mothers who maintain a close relationship with grownup children should keep some psychological distance from their children. Duncan, Coatsworth, Green-berg(2009) proposed the mindful parenting model by applying mindfulness in parenting. The Mindful Parenting model is a parenting method that manages the emotions and stress of parents in parenting situations to improve the quality of the parent-children relationships. I would like to implement a program with Mindful Parenting to ease the psychological adaptation of negative parenting attitudes of Korean parents and prove the effects of this program.