



# Examining Effectiveness of Training to Adoptive Parenting Practices on Stepmothers and their Public Health

Mahsa Sharafeddin, Yousef Gourji, Saeed Sadeghi

MS Student, Counseling Department, Islamic Azad University Khomeinishahr Branch, Daneshjou Blvd, Iran  
Assistant Professor, Counseling Department, Islamic Azad University Khomeinishahr Branch, Daneshjou Blvd, Iran  
PhD in clinical psychology, Deputy Director of Social Welfare, Welfare organization Isfahan province, Isfahan, Iran

\*Corresponding author's Email: mahsa.sharafoddin@iaukhsh.ac.ir

**ABSTRACT:** The aim of the present study reviews the effectiveness of the relationship between perceived parenting practices to education on public health. Research methodology of cloud-based half of the type. The statistical population consists of all Stepmothers it referred to the national welfare organization of Isfahan province in the year 2012 has been a total of 30 persons as random samples were selected to the approach to data collection of the general health questionnaire. Data analysis using the method of descriptive statistics (frequency, average, standard deviation and variance) and inferential statistics (Covariance Analyses). the results showed that after the relationship between perceived parenting practices training to adoptive mother, the dimensions of public health at the level of  $p < 0.1$ ,  $p < \alpha$  increased and general health  $< \alpha$  at increased levels of  $p$ ,  $\alpha <$  data analysis showed that the relationship between perceived parenting practices to public health is managed and Stepmothers each Its dimensions of 0.1% level increased significantly.

Received 25 Oct. 2012  
Accepted 30 Dec. 2012

ORIGINAL ARTICLE

**Key words:** Parenting, Adoption, Stepmothers, Public health

## INTRODUCTION

Adoption whether to help parents or to meet the spiritual needs of them, that for whatever reason are childless, has long been practiced in human societies. So adopting a child has been done in various communities from past until now (Montevallo& Lai, 2009).

Adopting children in a family, affects relations between spouses, and also affects relation between the other people and close relationships (Holloway, 2002). Some parents after adopting a child will be confuse in their behavior with the new family member and they would not have normal behavior with him and sometimes they extremely support him. The Extreme support, obstruct his abilities and growth, so the child will be dependent.

### Need for research

A considerable number of childless couples who have been deprived for many years and applying for adoption anticipated that they radically support their children and will face many difficulties in child-rearing, and unconsciously their public health will be affected.

Considering that in the cycle of adoption, there is less attention about stepmother's health and public health it is necessary to do some research.

Research is used for counseling services, parenting workshops, parent-teacher meetings and Welfare.

### Background research

Adoption means the family division granted custody of orphans to families that qualify applicants of current law protection of children (The Family Division 2000). This definition reflects the issues of child protection law passed in 1974. The law is still an important reference for over 30 years for adopting orphans as children (Hooshmandi, 2012).

In ancient Rome, adoption was considered an agreement between the parties and in addition the court produces a bond between the families. The most important functions of adoption in Roman aware in military, economic, emotional and social especially in relation of higher class of Roman community (Mohamadpanah, 2009).

International adoption has emerged as a new wave of concerns about security and foster children's dependency. Studies have shown that adopted dependency at a very early age (4 months) in deprived environments is similar to other peers. In contrast, children who are adopted on or after age 1 have



significant differences in dependency (Jaffer&Rosenboom).

In order to protect the interests of the child, ensuring his future and compensation and benefit children from parental inheritance rights, the legal courts take one third of parent's property. Open saving accounts, insurance for future or other procedures to ensure the future can also be done. If the family division determines that adoptive parents are not appropriate or child is in danger of hurt or legal parent of child came back, custody will be revocable (The family division2000).

Studies show that children in the orphanages will depend on nurses, secure dependence of children were in the range of 19% to 24%. Children before adoption may have lived in several places for example, from local Orphanage to central orphanage or they may have new nurses. Evidence suggests that multiple displacements will damage children dependency and security (Leathers 2002).

Several studies have shown that living place before adoption provides fundamental changes in child's growth. For example Router (1998) observed high rehabilitate in adopted at age 4 after severe deprivations early in orphanages in Romania. Adoption Functions act as factor protection so parents offer them basic services to overcome back severe growth retardation. Never the less adopted children in compare with non-adopted children have high rates of behavioral problems (Haggard 1998).

While adoption is creating a situation where the child's life will change dramatically, age 7 will have the psychological changes in adopted child's growth. Between the ages of 5-7 children begin to understand the implications of their adoption. At the same time, the child is introduced to the wider community that will focus on the status of its adoption.

At school age adoptive families experience inherent differences. Thus, in the midst of childhood new problems will affect family relations and child development (Althaus et al).

After the Revolution, in French the regulations about adopted by the state legislature on January 18, 1792 was predicted, but in 1804, "the drafters of the Civil Code" were doubtful about adoption, but by Napoleon Bonaparte's recommendation the rule of civil law firmed and finds his place in the family division and stated that there is no differences between the adopted child and legal child. But civil law commission, predicted limits for this law and established accurate situation to consider the adoption (Planiol 1986).

"Full adaptation" means there is no difference between the adopted children and legal children of a family in custody, rearing, marriage, inheritance and guardianship of the child's name also the relationship of adopted child will be interrupted with his original family. But in" simple adoption" the adopted child just received some benefits of legal child, this type of adoption is revocable and the relationship of the child with his original family will not be inter erupted (Civil 1979).

This useful legal entity may be sometimes abused and rarely exploited economically. Such abuses may be happen in all institutions, including the sacred institution of marriage .So excuse possible corruption cannot overlook this useful and important institution and did not use it to advance social goals.

To prevent abuse of the regulatory laws it must be done carefully and supervision in directly to protect innocent children from the adoptive families (Khazaei2005).

Sociological studies show that adaptation had a religious function. For many religions adoption was a way to open the gates of heaven and for some tribes, child acceptance, was a way to stay away from enemy's invasion (Cole et al 1987).

In Islam Whether there is no relation between adoptive family and adopted child but taking care of orphans is important and in Traditions heaven is promised to adoptive parents (Naghinia2008).

### **Research Tools**

Public health questionnaire, includes 28-point Form (GHQ-28), and in 1979 by Goldberg and Hiller was designed for screening non-psychotic psychiatric disorders (Goldberg, 1972). The questionnaire contains 28 items that examines the person's illness and disorders with an emphasis on psychological, physical and social issues in present time. Each of these areas has seven questions, this question has multiple answers. In all options, low levels indicate health and high levels indicate illness and discomfort. The questionnaire consisted of four sub-scales. Each scale has 7 questions. These measures include somatic symptoms, anxiety and insomnia, social dysfunction and severe depression.

### **Investigation procedure**

In this study semi-experimental investigation procedure includes pre-test, post-test with a control group. Random sampling has been conducted.

At first they visited Isfahan Welfare and got permission of the Organization for study.

On the branch of the family division in Ahmadabad, 30 stepmothers randomly selected. 15 of them were selected in the control group and the other 15 were selected in experimental group.

Then in both groups, marital satisfaction questionnaires were distributed. Control group received no training.

After performing eight sessions of two hours training class for experimental groups, questionnaires distributed between the two groups. Stepmother in this study was in the age range of 30 to 53 years. The minimum and maximum degree of education was between secondary school and diploma. Course of the experiment lasted about a month.

## RESULTS

Kolmogorov-Smirnov statistic given that  $\alpha = 0.05$  is not significant for both group, so the assumption of normality of is all sizes accepted

## Controlling the pre-test and evidence

Was observed for mental health  $F = 0.01$  at level  $\alpha < 0.05$ ,  $\alpha$  shows significant difference between control groups and evidence in post-test's mean can conclude that train in to adoptive parenting style will increase the public health aspects of the stepmother, therefore the hypothesis at level 0.01 and 0.05 is confirmed.

**Table 1.** Results of Kolmogorov - Smirnov normality assumption in both test and control groups

Variables	Mean	SD	k-s-z	
Physical	14.7	4.56	0.78	0.56
Anxiety	15.03	4.48	0.68	0.73
Social	15	4.2	0.76	0.6
Depression	15.97	3.63	0.79	0.55

**Table 2.** Results of one-way analysis of covariance comparing post-adoptive public health aspects of the experimental groups

Dimension	Change sources	Total Squares	degrees of freedom	Average Squares	F	significant level	Etasquared	Power Statistical
Physical Symptoms	Pre-test	395.97	1	395.97	100.83	0.001	0.78	1
	group	89.1	1	89.1	22.68	0.001	0.45	0.99
	Error	106.2	27	3.92				
Anxiety and sleep Disorders	Pre-test	310.85	1	310.85	49.23	0.001	0.64	1
	group	123.28	1	122.28	19.52	0.001	0.42	0.98
	Error	170.45	1	6.31				
Impairment in social functioning	Pre-test	325.65	1	325.65	45.58	0.001	0.62	1
	group	162.13	1	162.13	22.69	0.001	0.45	0.96
	Error	192.88	27	7.14				
Severe depression	Pre-test	277.23	1	27.23	41.56	0.001	0.6	1
	group	77.24	1	77.24	11.58	0.002	0.3	0.9
	Error	180.1	27	6.67				

## DISCUSSION

This hypothesis indicates that adoptive parenting practices training for stepmothers increase their public health. So  $F$  which is observed for mental health at level  $\alpha < 0.05$  shows significant difference between test and control groups at post-test. So we can conclude that training of adoptive parenting style increase the public health aspects of the stepmothers. In contrast the second hypothesis of study at level of, 0.01 and 0.05 are approved.

### Suggestions:

With regard to the impact of adoptive parenting training on public health these programs can be used in teaching and counseling centers and welfare.

Due to increased public health on stepmothers through training, adoptive parenting practices can use this program in counseling centers as a supplement to improve the married life.

Parenting workshops for parents about these programs can be followed.

It seems due to lack of specific training package for adoptions, it is necessary childless couples before adopting receive specific training from the family Division.

## REFERENCES

Bahrami, Sina, & Aslam, Saei. (2009). Examine the relationship between marital and adoptive parenting styles with physical and mental health in

- high school students and their parents in Shiraz. Family Research, 19 and 9
- Brodzinsky, D.M. & M.D. Schechter (eds) (1990). The Psychology of Adoption. New York: Oxford University Press.
- Cartwright. Hatton, S. (2005). Parent Skill training: An effective intervention for internalization, Symptoms in younger Children. Journal of child and Adolescent Psychiatric Nursing, 7, 128-139.
- Civil. U. (1979). The Ecology of Human Development. Cambridge, MA: Harvard University Press.
- Damania. D. (1996). Growing Up Adopted in the United States of America. Unpublished doctoral
- Evan B. (1997) Donaldson Adoption Institute. Benchmark adoption survey: Report on the findings.
- Haggard, J. J. (1998). Is adoption a risk factor for the development of adjustment problems? Clinical Psychology Review, 18, 47±69.
- Henderson, D.B. (2002). Challenging the silence of the mental health community on adoption issues. Journal of Social Distress and the Homeless, 11(2), 131-141.
- Holloway, W. (2002). Guide for effectively recruiting African American adoptive families, Journal of Multicultural Social Work, 5, 532-539.
- Jaffer, F., & Rosenboom, L.G. (1997). Infant-mother attachment of internationally adopted children in the Netherlands. International Journal of Behavioral Development, 20, 93-107.
- Khazaei, Zahra (2005). Moral saints, Theological and Philosophical Investigations 24.
- Razaghi, Reza. (2006). Adoptive, Tehran: Publications of public relations of Welfare Organization.
- Kirk, H.D. (1984). Shared fate: A theory and method of adoptive relationships. Port Angeles, WA:
- Leathers, S. (2002). Coping with differences in mothering adopted children: considering a broader model. Adoption and Fostering, 22(2), 16 - 24.
- Maugham, B. & A. Pickles. (1990). Adopted and Illegitimate Children Growing Up. In L. Robins & M. Rutter (eds). Straight and Devious Pathway from Childhood to Adulthood, pp. 36-61. New York: Cambridge University Press.
- Planiol, J.L. (1986). Children's Understanding of Parenthood. Unpublished dissertation. Ann Arbor: University of Michigan.
- Singer, L.M., D.M. Brodzinsky, D. Ramsay, M. Steir & E. Waters. (1985). 'Mother infant elementary-school-aged children. Journal of Consulting and Clinical Psychology.
- Verhulst, F. C., Althaus, M., & Versluis-den Bieman, H. J. (1990). Problem behavior in international adoptees: I. An epidemiological study. Journal of the American Academy of Child and Adolescent Psychiatry, 29, 94±103.
- Welch, M. (2001). Reactive Attachment Disorders: treatment protocol. Martha Welch center in: www.MarthaWelch.com.