



Original

Coping and Resilience in Families With Children With Behavioral Problems[☆]



María Cantero-García* and Jesús Alonso-Tapia

Universidad Autónoma de Madrid, Madrid, Spain

ARTICLE INFO

Article history:

Received 25 July 2017
Accepted 11 April 2018

Keywords:

Coping strategies
Coping assessment
Person-situation
Resilience
Behavior problems
Bi-factors models

Palabras clave:

Estrategias de afrontamiento
Evaluación del afrontamiento
Persona-Situación
Resiliencia
Problemas de conducta
Modelo bifactor

ABSTRACT

Behavioral problems are one of the main concerns of parents in today's society. There are families that are able to face these problems and get ahead – they are resilient – while others are overwhelmed, and do not know how to act. Lack of emotional self-regulation, effective coping strategies, and resilience contribute to stress increase, affecting health and emotional balance. To know how to act to develop parental resilience, this paper analyzes the coping strategies that adults use to deal with children's behavioral problems and their relation with resilience. With this aim, the 'Coping with Children's Behavior Problems questionnaire' (CCBP) was developed. Participants were 615 parents and mothers of the autonomous community of Madrid. They completed mentioned questionnaire along with the Brief Resilience Scale for validation purposes. Analyses showed the adequate fit of the person-situation model, the way situation influences the use of coping strategies and emotional self-regulation, and the way the type of strategies used relates to resilience.

© 2018 Universidad de País Vasco. Published by Elsevier España, S.L.U. All rights reserved.

Estrategias de afrontamiento y resiliencia en familias con hijos con problemas de conducta

RESUMEN

Los problemas de conducta constituyen una de las principales preocupaciones de las familias en la sociedad actual. Hay familias que son capaces de afrontar estos problemas y salir adelante –son resilientes– mientras que otras se ven desbordadas, sin saber cómo actuar. La falta de autorregulación emocional, estrategias de afrontamiento eficaces y de resiliencia contribuye al aumento del estrés, afectando a la salud y a su equilibrio emocional. Para facilitar el desarrollo de la resiliencia parental, este artículo analiza las estrategias de afrontamiento que utilizan las familias ante los problemas de conducta de los hijos y su relación con la resiliencia. Con este fin se desarrolla el «Cuestionario de Afrontamiento ante los Problemas de Conducta de los hijos» (CAF-PC). Participaron 615 padres y madres de la Comunidad de Madrid. Estos completaron el cuestionario mencionado, y la Escala Breve de Resiliencia, con fines de validación. Los análisis realizados muestran el adecuado ajuste del modelo persona-situación, cómo este influye en la utilización de estrategias de afrontamiento y la autorregulación emocional, y cómo el tipo de estrategias se relaciona con la resiliencia.

© 2018 Universidad de País Vasco. Publicado por Elsevier España, S.L.U. Todos los derechos reservados.

PII of original article: S1136-1034(17)30196-X.

[☆] Please cite this article as: Cantero-García M, Alonso-Tapia J. Estrategias de afrontamiento y resiliencia en familias con hijos con problemas de conducta. Rev Psicodidact. 2018;23:153–159. <https://doi.org/10.1016/j.psicod.2018.04.001>

* Corresponding author.

E-mail address: maria.canterogar@gmail.com (M. Cantero-García).

Introduction

Behavior problems of children, preadolescents and adolescents are one of the main concerns of families in today's society (Cantero-García & Alonso-Tapia, 2017; Rodrigo et al., 2004). Faced with this fact, we find families able to move forward – resilient families – and others who feel overwhelmed, without knowing how to act when dealing with different stressful situations (disobediences,

tantrums, aggressions, etc.) caused by the behavioral problems of their children. The way in which families cope with these stressful situations can influence both the well-being of children and the emotional balance of families (Montiel-Nava, Montiel-Barbero, & Peña, 2005; Robles & Romero, 2011), affecting the family climate as a whole. The lack of adequate coping strategies, especially those necessary for emotional self-regulation, and of resilience contributes to increased parental stress (Montiel-Nava et al., 2005; Pérez-López et al., 2011).

For this reason, it is important to evaluate families' types of coping strategies, both those involved in positive and negative emotional self-regulation, and coping strategies they use that are focused on the problem, so that they can be helped to manage stress. However, the evaluation of coping strategies is not an easy task, since coping is a complex concept with a long history (Carver & Connor-Smith, 2010; Folkman & Moskowitz, 2004; Lazarus & Folkman, 1984). For this reason, before deepening the evaluation of the different coping strategies, it is necessary to clarify concepts, as well as the main styles in which we are going to focus for the analysis.

Although most researchers and professionals agree with the definition proposed by Lazarus and Folkman (1984), according to which coping refers to the *"continually changing cognitive efforts to handle internal and/or external demands that are estimated as tax or that exceed the resources of the person"* (p. 141), there is no unanimity with this definition. Other authors define coping as the set of responses (thoughts, feelings and actions) that a person uses to solve problematic situations and reduce the tensions that this situation generates (Casullo & Fernández-Liporace, 2001) and as well as the thoughts and behaviors used to manage the internal and external demands of high stress situations (Folkman & Moskowitz, 2004).

The same applies to the classification of styles and different coping strategies. Lyndall (1998) already pointed out that the phenomenon of coping is not one-dimensional and that there are many forms of coping. According to Skinner, Edge, Altman, and Sherwood (2003), the coping responses are practically endless: in their study they collected more than 400. The plurality of coping strategies has led to trying to organize them in different categories. The most used classification of coping strategies divides them into two styles: problem-focused coping (PFC) and emotion-focused coping (EFC) (Lazarus & Folkman, 1984). This is the classification assumed in this study. From this classification, it is understood that in the PFC the person uses active strategies aimed at solving the problem. This type of coping is related to better consequences both physically and psychologically (Alok et al., 2014) and with greater resilience in diverse populations (Alonso-Tapia, Rodríguez-Rey, Garrido-Hernansaiz, Ruiz, & Nieto, 2016; Villasana, Alonso-Tapia, & Ruiz, 2016). On the other hand, in the EFC, according to the content of the existing evaluation instruments, the individual uses strategies such as rumination, self-blaming, etc., to deal with the emotional distress associated with the stressful situation. These strategies do not imply a positive response to the problem, but rather tend to maintain it or even increase it, as they are associated with worse physical and psychological consequences for well-being (Herman & Tetrick, 2009), including lower levels of resilience in different populations (Alonso-Tapia et al., 2016).

Recently, López-Valle, Alonso-Tapia, and Ruiz (2017) found evidence that, in addition to the two existing dimensions, there is another style of coping that involves the use of positive emotion self-regulation coping strategies (PESRC), such as relaxation, waiting to see what happens, thinking of pleasant events, etc. These strategies, even if the problem is not solved, result in positive emotional states by keeping the impact of the problem within manageable limits. According to the work of these authors, the greater the use of PESRC and PFC strategies, and the lower the use of EFC strategies, the greater the resilience.

Likewise, coping is often evaluated with standardized general scales that assume that people use the same coping strategies to cope with different stressful situations in the face of different types of problems and in a stable manner over time (Kato, 2015; Schwarzer & Schwarzer, 1996). This idea reduces the complexity of the assessment of copings, since it implies ignoring the weight of the situation in the way of coping. Faced with this mode of evaluation, we have begun to study coping in interaction with different types of stressful situations (Alonso-Tapia et al., 2016; Villasana et al., 2016). The first of these studies focuses on adult populations of people with cancer or HIV, of parents of children with cancer or other serious problems, and of adults belonging to the general population. The second focuses on teenagers. In both studies, it has been observed that the type of situation has an important weight in the strategies that are activated, so it is appropriate to assess coping not in a general way, but taking into account the specific aspects of the stressful situation. However, despite the aforementioned studies, the relationship between coping and resilience has not been studied in the specific case of families with children with behavioral problems.

Given the described facts and the limitations of previous studies, there is a need of adequate instruments that allow us to evaluate the specific strategies used by parents to manage their children's behavioral problems, and to know the relationship of these strategies with parents' resilience. Bearing in mind that what is sought is to know which are the most common coping strategies used by parents, how such strategies can be grouped in different styles, and the role of the situation to be faced in the degree to which such strategies are used, their evaluation requires starting from a model that takes into account the strategies to consider, the styles that group them, and the situations that affect when they are used.

Regarding the inclusion of the different strategies, the theoretical basis is provided by several studies. First, the meta-analysis by Kato (2015), which includes the most relevant strategies on the base of their predictive validity. Second, the study of López-Valle et al. (2017), which shows the role of the strategies for the positive regulation of emotions. Third, the work of Alonso-Tapia et al. (2016) and Villasana et al. (2016), whose results are in line with the previous studies. According to these works, it seems necessary to evaluate the following strategies: self-blame, impulsiveness, rumination, isolation, relaxation, waiting, cheerful thinking, avoiding thinking, positive thinking, retry, solve problems and seek help.

In addition, the literature suggests that these strategies can be grouped in three categories, each of which includes a coping style. Two of them (PFC and EFC) derive from the Lazarus and Folkman studies (1984), and the third, positive emotion self-regulation (PESRC), derived from the work of López-Valle et al. (2017). The grouping of the strategies into categories of different levels involves hypothesizing a hierarchical model whose validity will be tested in this study.

Finally, a previous study by Cantero-García and Alonso-Tapia not published yet, shows that the most frequent behavior problems and for which families ask for help more often can be grouped in three categories: (a) problems of disobedience; (b) problems of bad behavior (tantrums, aggressions, etc.); and (c) insults. Consequently, the evaluation model on which to support the development of the instrument should take them into account.

Based on the previous assumptions, the objective of this article is to analyse the coping strategies of parents with children with behavioral problems, and the relationship of such strategies with resilience. For this analysis, a previous objective is to develop and validate the *Coping with Children's Behavior Problems questionnaire* (CCBP-Q), a questionnaire that takes into account both, the different coping strategies mentioned and the stressful situations that families face. To achieve this objective, the psychometric properties of such instrument will be analysed. It is also important to point

Download English Version:

<https://daneshyari.com/en/article/8929209>

Download Persian Version:

<https://daneshyari.com/article/8929209>

[Daneshyari.com](https://daneshyari.com)