

The Relationship Between Mindfulness in Parenting and Parental Stress Among Parents of Adolescents

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Abstract

During this pandemic era, more challenging parenting experiences were observed. Adolescents either keep the problems to themselves or express them through misbehaving with their parents. This study aimed to examine the relationship between mindfulness in parenting and parental stress. A correlational study was conducted among parents of adolescents in Kuching District, Sarawak. Single-stage cluster sampling was used for recruiting 153 participants. Findings show a significant negative relationship between mindfulness in parenting and parental stress. In conclusion, mindfulness parenting seems to buffer parenting stress. Practically, parents need to be aware, reflect, understand, and seek treatment to improve self-care and assist their adolescents.

Keywords: Mindfulness, Parenting, Parental Stress, Adolescents

Introduction

Mindfulness has been associated with psychological well-being, which involves the elements of awareness, non-judgment - judgmental and acceptance, which helps against common forms of psychological distress (Keng et al., 2011). Meanwhile, mindful parenting is where parents can apply mindfulness elements in interacting and reacting towards their children. Mindfulness in parenting is said to be able to help parents be more understanding towards their children, living in the present, and at the same time able to be aware of one's own emotions and behavior during the parenting process (Han et al., 2019). Parental stress is said to be a normal response from parents throughout the parenting process.

In the adolescence stage especially, children are more in need of time to develop their independent skills, where based on Erikson's Stage of Psychosocial Development, they are at the stage of identity versus role diffusion. At this stage, children and adolescents need to challenge themselves, learn to be independent, and question their identity to figure out what they want to do in their lives, which at some point might lead them to make mistakes in life

during their exploration. There will be times when parents will need to be strict when their children misbehave or do something bad that may lead to parental stress. Bargh and Chartrand (1999; as cited by Duncan et al., 2009), stated that humans usually react automatically and judge every situation without being fully aware of their actions and their distortion of reality happens according to their beliefs, experiences, and expectations. But as parents, it is important to note that this is where adolescents need parental guidance, warmth, understanding, and support to help them be less engaged in risky behavior (Levy, 2020).

Mindfulness in Parenting

The concept of mindfulness has been around for generations from the Buddhist tradition; and recently, this practice has gained popularity among the Western culture (Kaban - Zinn, 1990; as cited in Allen and Kiburz, 2012). The study of mindfulness has been conducted by various participants and occupations such as adolescents (Ma and Fang, 2019); adults (Davis et al., 2016); doctors (Scheepers et al., 2019); teachers (Flock et al., 2013); parents and more. Harley and Gardland (2017) stated that every individual has varying abilities of understanding mindfulness and in a way also can be a challenge for them to apply this practice in response to their life events.

Parental Stress

Kohn et al. (2017) stated that depending on the individual's level of responsiveness to stressors, acute stress can have either good or negative impacts on cognitive functioning. For instance, a study discovered that an increase in stress response helped mothers to maintain their focus on their infant (Laurent et al., 2017); but on the other hand, there are also findings showing that stress is known to be a risk factor for poor health, emotional problems, and accelerated aging (Slavich, 2016).

Parents and Adolescents

Every journey of parenting has always been challenging and parents have to adapt in fulfilling their children's needs in every stage of development. For instance, the needs during infancy are very different from adolescents in physical, cognitive, and emotional aspects. Focusing on adolescents' stage of growth, they are prone to be more independent and make autonomous decisions compared to infancy, early childhood, and middle childhood stages (Kobak et al., 2017). They are also much more sensitive to influence from their friends, from the way they dress up, style, and behave, compared to children and adults (Ciranka & Bos, 2019). As adolescents adapt to changes and influences from their social circle, they will take potential risks in decision-making, with minimal supervision from parents.

Rationale of the Study

Malaysia has been under a Movement Control Order (MCO) by the government to the increase of COVID-19 daily cases. Due to this, schools have been closed for months and students are having online classes at home. Some parents are allowed to work at home as well. For some families, this situation can be quite a challenge for them to stay at home together every day. At some point, parents can be very preoccupied with other stuff and are unaware of their children's change in behavior. Changes in lifestyles also can lead to parental stress in handling everything at once. Mustapha (2020) stated that the lack of mobility to move around, outdoor activities, and strains over family separation have affected Malaysians'

mental health and well-being. The increase in parenting stress may lead to an increase in parents' negative reactivity. Adolescents will also be affected as in these pandemic situations; they are unable to express their problems to their friends or teachers due to the restrictions. When they do not have a close and understanding relationship with their parents, they will decide to keep problems to themselves or misbehave as a sign of disagreement.

Hassan (2021) in The Straits Times online stated that suicidal cases among Malaysians ever since COVID-19 are very concerning, with 465 suicides in the first five months of 2021 which is much higher compared to 631 in 2020 and 609 in 2019. There are also a few causes that may lead to suicide including the stress from family problems, emotional pressure, and finances that they could not handle. There are also limited studies concerning mindfulness and mindful parenting in Malaysia, as most of the founded research focuses on university students (Hj Ramli et al., 2018) and in occupation settings (Ghawadra et al., 2020). Therefore, the current study aims to examine the relationship between mindful parenting and parental stress among parents of adolescents in Kuching, Sarawak.

Research Objectives

The purpose of this study is to determine whether there is a relationship between mindfulness in parenting and parental stress among parents of adolescents in Kuching District, Sarawak. Thus, these research objectives are:

- i) To identify the level of mindfulness in parenting among parents of adolescents in Kuching District, Sarawak.
- ii) To identify the level of parental stress among parents of adolescents in Kuching District, Sarawak.
- iii) To examine the relationship between mindfulness in parenting and parental stress among parents of adolescents in Kuching District, Sarawak.
- iv) To examine the significant difference in parental stress based on parental gender among parents of adolescents in Kuching District, Sarawak.

Research Questions

Based on the objectives above, this study answered all the research questions:

- i) What is the level of mindfulness in parenting among parents of adolescents in Kuching District, Sarawak?
- ii) What is the level of parental stress among parents of adolescents in Kuching District, Sarawak?
- iii) Is there any significant relationship between mindfulness in parenting and parental stress among parents of adolescents in the Kuching District of Sarawak?
- iv) Is there a significant difference in parental stress based on parental gender among parents of adolescents in Kuching District, Sarawak?

Method

This study was conducted by using quantitative research with a research design based on descriptive, correlation, and t-test analysis.

Study design

This chapter discussed the methodology that was conducted in this study. This study was conducted by using quantitative research with a research design based on descriptive, correlation, and t-test analysis. All the data were collected through online Google Forms from the targeted participants. The data was analyzed to help the researcher in finding the level

and relationship between mindfulness in parenting and parental stress among parents of adolescents in the Kuching District of Sarawak.

Setting

The participants for this study are either the parents or guardians of adolescents attending the selected school based in the Kuching District of Sarawak. Table 1 shows the number of students and a list of schools located in the urban Kuching district area:

Table 1

List of schools with the number of students.

No.	List of school	Number of students (people)
1.	Kolej D Patinggi Abang Hj. Abdillah	743
2.	Kolej Vokasional Kuching	386
3.	Sekolah Menengah Kebangsaan (SMK) Batu Lintang	1250
4.	SMK Bandar Kuching No. 1	1108
5.	SMK Agama Tun Ahmad Zaidi	810
6.	SMK D.P.H Abdul Gapor	1783
7.	SMK Demak Baru	1021
8.	SMK Green Road	1541
9.	SMK Padungan	498
10.	SMK Pending	1134
11.	SMK Petra Jaya	1478
12.	SMK Semerah Padi	1713
13.	SMK Seri Setia	1079
14.	SMK St Joseph	1056
15.	SMK St Mary	612
16.	SMK St Teresa	619
17.	SMK St Thomas	718
18.	SMK Tabuan Jaya	433
19.	SMK Tinggi Kuching	1649
20.	SMK Tun Abang Haji Openg	1366
21.	SMK Tunku Abdul Rahman	1102
22.	Sekolah Seni Malaysia Sarawak	315
23.	SMK Bako	1383
24.	SMK Bandar Samariang	1131
25.	SMK Santubong	656
26.	SMK Sejingkat	226
Total population		25 810

Note. Table 1 shows that the total number of students (data as of 31st March 2021) attending public secondary school in Kuching district is 25810 students.

Variables

This study aims to analyze the level and relationship of mindfulness in parenting (independent variable) and parental stress (dependent variable) among parents of adolescents in public secondary schools in Kuching District of Sarawak.

Sample size

In this study, the researcher determined the sample size by using Cochran's (1997) formula. The calculation of sample size is based on the following formula:

$$n_o = (t)^2 * (s)^2 / (d)^2$$

n = Sample size

t = Value for selected alpha level in each tail = 1.96

s = Estimate of standard deviation in the population. Estimate variance deviation of 5 - 5-point scale is by using 5 (inclusive range of scale) divided by 6 (number of standard deviation that includes almost 98% of the possible values in the range = 0.8333).

d = Acceptable margin of error for mean to be estimated = .03 (number of points on primary scale * acceptable margin of error; points on primary scale = 5; acceptable margin of error = .03).

The specified calculation for the current study is given below:

$$n_o = (1.96)^2 (0.8333)^2 / (5 * .03)^2 = 119$$

Therefore, the minimum sample requirement for this study was 119 for 25810 population. Since this number of samples does not exceed 5% of the population, therefore there is no need to recalculate the sample number using the Cochran (1977) correction formula. The researcher used continuous data instead of a categorical data formula to determine the sample size as the primary role for this analysis is to find the relationship between two categorical variables (mindfulness in parenting and parental stress).

Statistical methods

The researcher used descriptive and correlation analysis to analyze the data collected in this research. IBM Statistical Package for Social Sciences (SPSS) version 26 was used to analyze the respective data. Descriptive statistics was used to describe the frequency counts, central tendency, and percentages of mindfulness in parenting and parental stress, along with the antecedent variables in the demographic questionnaire depending on the total data collected. Finally, the current study will also use Pearson Correlation analysis to find the relationship between the studied variables. T-test analyses are also used to test the significant difference in parental stress based on parental gender.

Descriptive Analysis

Descriptive statistics are used to describe the demographic information of the respondents, including parent or guardian age, respondent relation with students, number of children, number of children attending secondary school, and gender of children. In this part of the study, the researcher described a summary of the mean, median, percentage, frequency, and standard deviation of the studied variables.

Inferential Analysis

Inferential analysis was used to test the research hypothesis. Pearson's Correlation analysis was adopted in this current study to find the relationship between mindfulness in parenting and parental stress. Based on Cohen (1988), the correlation coefficient between -1 to +1 indicates a perfect linear relationship between the two studied variables. T-test analysis was also used to test the significant difference in parental stress based on parental gender.

Result and Discussion**Demographic Analysis**

This part of the descriptive findings consists of the respondent demographic background, which includes, the school that the child is attending, the relationship of the respondent with the child, the respondent's age, the total number of children in the family, the number and gender of adolescents that they are taking care of from the age of 13 to 17.

Table 2

Demographics Information of Respondents.

Variable	Frequency (f)	Percentage (%)
School		
SMK Petra Jaya	51	33.3
SMK St Joseph	56	36.6
SMK St Teresa	46	30.1
Relationship with Child		
Father	44	28.8
Mother	98	64.1
Male Primary Guardian	3	2.0
Female Primary Guardian	8	5.2
Parents or Guardian Age		
20 - 29	6	3.9
30 - 39	14	9.2
40 - 49	75	49.0
50 - 59	56	36.6
60 and above	2	1.3
Total Number of Children		
1	16	10.5
2	25	16.3
3	45	29.4
4	39	25.5
5	15	9.8
6	7	4.6
7	1	0.7
8	3	2.0
9	1	0.7
10	1	0.7
Number of Adolescents Aged 13 - 17		
1	90	58.8
2	47	30.7
3	15	9.8
4	1	0.7
Gender of Adolescents Aged 13 - 17		
Male	47	30.7
Female	66	43.1
Both Male and Female	40	26.1

Note. Table 2 shows the demographic information of respondents with frequency and percentage.

Research Question 1: *What is the level of interpersonal mindfulness in parenting among parents of adolescents attending public secondary school in the Kuching district of Sarawak?*

Table 3 shows the level of mindfulness in parenting among parents of adolescents in the Kuching district of Sarawak. This indicates that the majority number of respondents have a moderate level of mindfulness in parenting with a frequency of 111 respondents, which is equivalent to 72.5%. Meanwhile, there are 2% of respondents ($f = 3$) have a low level of mindfulness in parenting and 25.5% of respondents ($f = 39$) have a high level of mindfulness in parenting. The mean value (M) and standard deviation (SD) for the level of mindfulness in parenting are $M = 104.23$ and $SD = 14.200$. Based on the Interpersonal Mindfulness in Parenting Scale, the highest possible value for this inventory is 155, meanwhile the lowest possible value is 31. The higher the value, the higher the level of mindfulness in parenting.

Table 3

Level of Interpersonal Mindfulness in Parenting with Frequency and Percentage

Level of Interpersonal Mindfulness in Parenting	Frequency (f)	Percentage (%)
Low	3	2.0
Moderate	111	72.5
High	39	25.5
Total	153	100

($M = 104.23$, $SD = 14.200$)

Level of Parental Stress

Research Question 2: *What is the level of parental stress among parents of adolescents attending public secondary school in the Kuching district of Sarawak?*

Note. Table 4 shows the level of parental stress among parents of adolescents in the Kuching district of Sarawak. This indicates that there are 61.4% of respondents ($f = 94$) have a low level of parental stress, 36.6% of respondents ($f = 56$) have a moderate level of parental stress and only 2% of respondents ($f = 3$) are in a high level of parental stress. The majority number of respondents show a low level of parental stress in this study with a frequency of 94 respondents and equivalent to 61.4%. The mean value (M) and standard deviation (SD) for a level of parental stress are $M = 40.82$ and $SD = 9.302$. Based on the Parental Stress Scale, the lowest possible value for this inventory is 18, meanwhile the highest possible value is 90. The higher the value of the parental stress scale, the higher the stress level.

Table 4

Level of Parental Stress with Frequency and Percentage

Level of Parental Stress	Frequency (f)	Percentage (%)
Low	94	61.4
Moderate	56	36.6
High	3	2.0
Total	153	100

($M = 40.82$, $SD = 9.302$)

Relationship between Mindfulness in Parenting and Parental Stress.

Research Question 3: *Is there a significant relationship between mindfulness in parenting and parental stress among parents of adolescents attending public secondary school in the Kuching district of Sarawak?*

Table 5 shows the correlation analysis between Interpersonal Mindfulness in Parenting and Parental Stress among parents of adolescents attending public secondary school in the Kuching district of Sarawak. A Pearson Correlation coefficient was computed to assess the relationship between interpersonal mindfulness in parenting and parental stress. There was a negative correlation between the two variables, $r = -.601$, $p = .000$ with $N = 153$ participants. A negative correlation means that the higher the level of interpersonal mindfulness in parenting, the lower the level of parental stress. It also shows that both variables have a moderate correlation coefficient, where $r > -.05$, and indicates that there was a highly significant relationship between interpersonal parenting and parental stress among parents of adolescents, where $p < 0.05$. Therefore, the null hypothesis is rejected.

Table 5

Correlations between Mindfulness in Parenting and Parental Stress

Correlations			Mindfulness in Parenting	in Parental Stress
Mindfulness in Parenting	Pearson Correlation		1	-.601**
	Sig. (2-tailed)			.000
	N		153	153
Parental Stress	Pearson Correlation		-.601**	1
	Sig. (2-tailed)		.000	
	N		153	153

** . Correlation is significant at the 0.01 level (2-tailed).

Relationship between Parental Gender and Parental Stress

Research Question 4: *Is there a significant difference between parental gender and parental stress among parents of adolescents attending public secondary school in the Kuching district of Sarawak?*

Table 6 shows the independent sample t-test of parental stress based on parental gender. A two-sample t-test was performed to compare the mean between male and female parents. Male parents include the father and male primary guardian, meanwhile, female parents include the mother and female primary guardian. Based on the data provided, there was no significant difference between male parents ($M = 1.48$, $SD = .590$) and female parents ($M = 1.36$, $SD = .501$); where the significant level, $p > .05$; $t(148) = 1.253$, $p = .212$ on regards with parental stress. A reliable statistically significant alpha value from performing a t-test is less or equal to 0.05 (Samuels, 2014). Therefore, the null hypothesis failed to be rejected.

Table 6

Independent sample T-test of parental stress based on parental gender.

Gender	N	Mean	SD	T - value	Df	Sig (2 - tailed)
Male	44	1.48	.590	1.253	148	.212
Female	106	1.36	.501			

Discussion

Interpersonal Mindfulness in Parenting and Parental Stress

Results of the current study show that most parents and guardians have a moderate level of interpersonal mindfulness in parenting, with a frequency of 111 parents and 72.5% (M = 104.23, SD = 14.200). Meanwhile, most parents and guardians have a low parental stress level, with a frequency of 94 parents and 61.4% (M = 40.82, SD = 9.302). Pearson correlation for mindfulness in parenting and parental stress shows a high degree of the correlation coefficient, with a negative relationship, and has a statistically significant relationship ($r = -.601$, $p = .000$)

Mindfulness in parenting has been associated with five domains, including listening with full compassion; emotional awareness of self and child; self-regulation in the parenting relationship; nonjudgemental of self and child; and compassion of self and child (Duncan et al., 2009). If the level of mindfulness is higher, this indicates that the possibility that those parents and caregivers have practiced these five domains in their parenting is also higher. The roles of mindfulness in parenting are also related to interpersonal and intrapersonal processes with self, partner, and children (Chen et al., 2017). The interpersonal process focuses on the child-oriented process and parent-child interaction-oriented process, which includes awareness of children's emotions, showing compassion, reflecting on interactions and bonding between parent-child relationship, practicing non-judgemental and acceptance to the child, reducing automatic responses, and being present for their children. Meanwhile, the intrapersonal process focuses more on the parents' well-being and parent-oriented process such as reflecting on their level of self-awareness on personal emotions and self-compassion.

Parental stress occurs due to the inability of parents to handle something that is not in their expectations and new challenges regarding their children and situation. Especially during this pandemic situation, it is expected that the level of parental stress increases, such as a study by Adams et al. (2021) where it shows that parental stress continued to increase over half of all parents from May 2020 to September 2020. The increase in parenting stress can also occur due to various factors such as lack of food, financial crisis, lack of time due to increased work and household tasks, change in daily routine, anxiety due to the pandemic, children's misbehavior, and more. For instance, a purposive study by Arshat et al. (2018) found that three main themes lead to stress among B40 families including economic factors, emotional factors, and parenting stress factors. Focusing on parenting stress in the same study, it was due to children's misbehavior of not getting what they want, which is also related to economic factors where they have limited money to spend besides necessities. Since this current study shows that the level of parental stress is generally low, therefore, we can consider other possible factors such as parents' educational background, initial awareness of the issues, working setting, and salary amount that leads to this value.

The relationship between the two variables shows a negative correlation where when the level of mindfulness in parenting increases, the level of parental stress decreases, and vice versa. This result analysis has similar findings with other previous researchers, such as findings

by Kumalasari and Fourianalistyawati (2020) which shows that there is an increase in parental mindfulness which affects the decrease in parenting stress among mothers with early-age children. This study also shows that there is a significant relationship between the studied variables, which is quite similar to a study conducted by Corthon and Milicic (2016) with mothers who had not received proper mediation training shows that there was a negative significant correlation between mindfulness and parental stress. The similarities of these results can be possibly due to the effectiveness of mindfulness in helping parents with their perceived parenting stress.

The adolescence stage is when children start to explore themselves more and develop relationships with friends or even couples. Each of them has different ways of involvement with peers. For instance, male is prone to take part in deviant and risky activities due to peer pressure compared to female adolescents (McCoy et al., 2019). Females meanwhile are prone to keep their circle private, increase sensitivity to social-cultural acceptance, and need approval for their self-worth. With this analysis, we can also relate it to mental health issues. A study report by Eaton et al. (2011) stated that women showed higher rates of internalizing mental health disorders such as mood and anxiety disorders; meanwhile, men showed higher rates of externalizing mental health disorders such as antisocial personality and substance use disorders. From this statement, most women rebel internally meanwhile men show their rebellion with their attitude. Therefore, the ways for each parent to handle this are also different for each adolescent, despite their gender and individual differences. This is why mindfulness comes in where parents can learn to be aware of their adolescents' current needs and changes, especially in terms of cognitive, physical, and psychosocial developments. The parent needs to be there and support their children by being physically and emotionally present when they need it. A study by Schacter and Margolin (2019) compared that youths felt less happy when they did not receive the wanted support from their peers unless they perceived a high level of support from their parents. When they do not have the support and understanding from their parents, peers will serve as a compensatory function in adolescents' daily lives. Therefore, parents' involvement in adolescents' lives is very important to control their actions from astray to bad influences and to build a responsible generation.

Significant Difference of Parental Stress Based on Parental Gender and Adolescents Gender Among Parents of Adolescents in Kuching District.

Based on the current study, the result from the t-test analysis shows that there was no significant difference between parents' gender and parental stress, where $t(148) = 1.253$, $p = .212$. The relationship between parental gender and parental stress shows that no matter if they are the father or mother of the adolescents, the value of parental stress has no significant difference. Based on a previous study by Oyarzún-Farías et al. (2021), mothers presented a higher level of parental stress compared to fathers.

Father and mother serve different roles in the family. A study by Mastrotheodoros et al. (2018) stated that fathers play a more central role in gender socialization and gender typing, which focuses more on promoting masculinity for sons and femininity in daughters. Meanwhile, mothers are more consistent, most probably due to their maternal roles. The result of this study by Mastrotheodoros et al. (2018) shows that mothers have a significantly higher mean value of parental support and behavioral control towards their adolescents compared to fathers. Being able to be present, having self-control, and being aware of adolescents' behavior change and autonomy are also some important components of mindfulness. These results may vary due to the responsibilities of each parent in the family

system, where if based on the Family System Theory all roles in the family are important. When everyone plays their roles and parts in the system, that is where a family can function well as a whole. Therefore, there are high possibility that all parents have stressors when it comes to relating their roles and situations in the family system.

Summary of Findings and Conclusion

This research study is about the relationship between mindfulness in parenting and parental stress among parents of adolescents in the Kuching district of Sarawak. It focuses on parents of adolescents attending public secondary school in the Kuching district, as a respondent. Preliminary research on the previous literature shows that there are limited studies on mindfulness in parenting and parental stress among parents of adolescents in Malaysia. The main purpose of this study is to (1) identify the level of mindfulness in parenting; (2) identify the level of parental stress; (3) examine the relationship between mindfulness in parenting and parental stress; and (4) examine the significant difference between parental gender and parental stress among parents of adolescents in Kuching district of Sarawak.

Overall, the majority number of respondents for this study were mothers. Most parents that participated are also in the age range from 40 to 49 years old. The highest number of adolescents in the family was 1 and most of them were female adolescents.

The descriptive analysis shows that parents and guardians of adolescents in the Kuching district have a moderate level of mindfulness in parenting. Findings also show that they have a low level of parental stress. Meanwhile, an inferential study shows that mindfulness in parenting and parental stress have a significant relationship and are negatively correlated. This means that the higher the level of mindfulness in parenting, the lower the parental stress. This study also shows that there was no significant difference between parental gender and parental stress based on the studied population. Thus, it means that despite being the mother and father of the adolescents, they have no significant difference in their parental stress level.

Therefore, the null hypothesis for a significant relationship between mindfulness in parenting and parental stress was rejected; meanwhile null hypothesis for a significant difference between parental gender and parental stress was rejected. The results for the relationship between mindfulness in parenting and parental stress are expected to have a significant relationship based on the previous literature reviews, despite differences in population. For instance, the study of mindfulness not only focuses on parents with adolescents but also parents with infants. Besides that, some studies locally also tested the effectiveness of mindfulness practices for students, workers, and professional occupations. Meanwhile, for the significant difference between father and mother with parental stress, it was expected that there was a significant difference in regards to the parental gender. This is because there are previous studies that mentioned that mothers have a higher parental stress level than fathers. There is also a study that shows that both parents have different responsibilities and stressors that lead to parental stress.

Implications

This study focuses more on parents of adolescents. Answering the questionnaire and inventories, helps the participating parents to reflect on their level of perceived interpersonal mindfulness in parenting and parental stress. As parents can reflect on each statement, this will encourage them to try to be better at understanding their adolescents and influencing their parenting styles. When parents have a good level of mindfulness, it will also affect their

stress levels. For instance, the level of mindfulness is negatively correlated with parental stress, based on the result of the current study. With that, parents will be able to react positively or mindfully towards their adolescents. Not only will it benefit the parents in their stress level, but it will also indirectly influence their adolescents' behavior. As parents are more understanding and open to them, it will be much easier for the adolescents to also open up to their parents, without being afraid of being judged or scolded.

Levels of mindfulness are considered moderate in this study. Therefore, it is encouraged that parents actively do their research or participate in any parenting program, consultation, or support group organized by certified professionals to improve their parenting skills. Parenting skills vary depending on the child's age. For instance, the needs of an infant child are different from early childhood, as well as adolescents and adults. New skills are important to help parents adapt to their child's age and cognitive level to understand their needs better. Having a better understanding of their children can contribute to the improvement of perceived stress levels, relationship with the child, and a better family relationship.

Limitation of Study

In this study, certain limitations would need to be considered. Firstly, the participants are limited to parents of adolescents from 26 public schools located in the Kuching District of Sarawak only. Therefore, the given results from this research may not be able to represent the whole population of parents in Malaysia. Secondly, the effectiveness of this study was based on the respondent's understanding of the given items and questions. All the respondents would be either one of the parents or guardians of the adolescent, so there might be a barrier to understanding the terms and meaning of the given questionnaires. Plus, the distribution of questionnaires will be done fully online via Google Form and it can be a challenge for the researcher to directly explain any unclear information to the respondents. The respondents involved are only based on parents and guardians' perceived mindfulness and parental stress, without considering adolescents' perspectives. Therefore, the data gained may be biased to parents' side. Lastly, although this current study required all parents or guardians to fill in the survey, some parents decided not to give their consent or get involved in this study due to various reasons. In some situations, students might not cooperate to pass the questionnaire to their parents. This has led to a low number of responses from the respondents.

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