

The Relationship Between Parenting Stress and Subjective Well-Being among Young Mothers with Mediating Role of Resilience in Zhuhai, China

Lifang Yu¹, Saeid Motevalli^{1,2}, Yifei Pan¹

¹Department of Psychology, Faculty of Social Sciences & Liberal Arts, UCSI University, Kuala Lumpur, Malaysia, ²Wellbeing Research Centre, UCSI University, Kuala Lumpur, Malaysia.

Corresponding Author Email: motevalli.saeid@gmail.com, saeid@ucsiuniversity.edu.my

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Abstract

Today, young mothers in China confront increasing difficulties as they deal with the demands and subjectivity of parenting at a later stage of their lives. Although previous research has confirmed links between parenting stress and subjective well-being, this study added to the body of knowledge by identifying the role of resilience as a mediator in that relationship. The main purpose of this research was to examine the correlation between parenting stress and subjective well-being among young mothers, while determining the mediation effect of resilience on the above correlation. The cross-sectional research design was utilized. The population in this study were young mothers who resided in Zhuhai, China. The convenience sampling method was used. In total 120 young mothers completed self-report questionnaires including Warwick Edinburgh Mental Well-Being Scale, Parenting Stress Scale, and Resilience Scale. Results showed that there is a significant negative correlation between parenting stress and subjective well-being, while resilience would significantly partially mediate the above correlation. This study offers scientific information regarding parenting stress and subjective well-being, as well as the significance of resilience. The findings can raise public and professional awareness of the risk factors associated with young mothers' subjective well-being, allowing for the development of appropriate initiatives to address them.

Keywords: Parenting Stress, Subjective Well-Being, Resilience, Coping Strategies

Introduction

Subjective well-being (SWB) is a construct used in social science research to investigate happiness. It is considered as one of the core concepts in the quality of life paradigm, and is regarded as part of a positive method to study health, human behavior and its determinants (González-Carrasco et al., 2020). It is about a good state of mind and how people experience their lives. Thus, an individual's level of happiness is completely dependent on his or her own feelings (Blasco-Belled et al., 2022). According to Andrews and Withey (1976), it is made up of three essential elements, namely life satisfaction (LS), positive affect (PA), and negative

affect (NA). While PA and NA are the emotional indices, showing people's moods, LS is the cognitive evaluation index focused on someone's overall happiness or contentment (Dey & Wiafe-Akenteng, 2021). According to OECD statistics, the average level of life satisfaction increased slightly between 2013 and 2018, from 7.2 to 7.4. Nevertheless, approximately 7% of people on average had low life satisfaction, and 12.5% experienced more negative emotions than positive emotions on a typical day (OECD, 2022).

Parenting stress (PS) refers to the negative psychological response to perceived parenting needs, especially when the available resources do not match the parents' expectations (Burgdorf & Abbott, 2019). Parenting stress may have extensive effects on parents, children, and the parent-child relationship. Specifically, higher levels of parental stress have been associated with elevated levels of depression, anxiety, and fatigue in parents (Fang et al., 2021). In addition, parents who report higher levels of parenting stress are likely to exhibit poorer parenting behavior (Fang et al., 2021; Jones, 2005). Notably, mothers were frequently found to be the primary carers (Braunstein et al., 2013), and this expectation may be particularly prevalent in more traditional societies. As early as the transition to parenthood, mothers have more time pressure than fathers (Ruppner et al., 2019). Correspondingly, Jones et al (2013) found that mothers reported higher levels of psychological distress and positive gains than fathers.

Resilience is defined as the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress (APA, 2013). It could be the key to explaining resistance to risk and the way people cope with challenges across the lifespan (Färber & Rosendahl, 2020). There are a variety of biological, psychological, social, and cultural factors that interact with one another to determine how an individual responds to adversity (Southwick et al., 2014). Resilience is essential to mental health and well-being, particularly in the face of adversity, while resilient individuals include those who go through difficult life events and manage to get through them in a way that keeps their well being high (Eva et al., 2020).

Past studies have shown that individuals with higher subjective well-being are more satisfied with their lives and have better health. Besides, literature indicates that high subjective well-being buffers the impact of negative emotions on individuals, as positive emotions can reduce stress and promote healing, allowing individuals to potentially recover better after coping with stress-induced situations (Martín-María et al., 2017). However, a survey shows that 25% of people experience mental or behavioral issues at least once in their lifetime WHO (2001), which not only imposes a psychological, social and economic burden on society, but also increases the risk of physical illness of individuals. It is obvious that there are still some people living with low subjective well-being currently. With the rise of the problem, the study aims to examine the mediating role of resilience in the relationship between parenting stress and young mothers' subjective well-being in Zhuhai, China.

Parenting style has a significant impact on children's and teenagers' mental health, providing psychological insights into the traditional ways parents use in their child-rearing efforts (Jinan et al., 2022; Marsus et al., 2022; Jing et al, 2023). It is critical to recognize that parents have a direct and long-lasting impact on their children's lifelong development (Khairi et al., 2022). Parents' communication style, upbringing strategy, monitoring capacities, and their culture appear as protective variables against psychological problems (Khairi et al., 2022; Motevalli et al., 2022). Parenting styles and social contact are important factors in the development of children's and teenagers' mental health and well-being. Adapting to

developmental changes may have a substantial influence on children's and teenagers' mental health as well as their overall human development (Aziz et al., 2022).

According to the transactional model of stress and coping (Lazarus & Folkman, 1984), the interaction of stressors, cognitive appraisal, and coping produces stress. An individual experiences stress when he or she perceives that the situation exceeds his or her resources and employs coping mechanisms to restore functioning (Lazarus & Folkman, 1984). Parental stress is caused by difficulties associated with child rearing, initiates a process of evaluation and coping. As young mothers evaluate the demands of motherhood, they employ coping mechanisms to manage the stressors. For this matter, the mediating role of resilience becomes apparent. The capacity for positive adaptation to adversity influences how these mothers perceive and react to stress, while a greater capacity for resiliency facilitates effective coping, enabling young mothers to navigate stress with greater skill. Young mothers can experience improved emotional states and an enhanced sense of well-being as they develop coping mechanisms for parenting stress and bolster their resilience.

In contemporary society, women have transcended the conventional role of being solely homemakers, since a significant majority of them now actively pursue professional careers. Most of them are faced with the dual responsibility of providing for their families and procreating, while simultaneously striving to generate income in order to actualize their sense of personal value. In the present scenario, the levels of pressure and challenges faced by women in China are on the rise. Moreover, commencing the journey of motherhood in contemporary Chinese society typically occurs around the age of 25 and 26. Consequently, women in this demographic encounter the dual challenges of societal expectations and personal perspectives as they navigate the realm of parenting.

Mother is the cradle of raising children, thus the close relationship between the child and the mother is irreplaceable for the father. Parent-child relationships are the growth of children who cultivate physical, emotional and social relations. Hence, every child and parent can benefit from the development of this particular bond. Research shows that an individual's emotional experience and overall emotional well-being are critical to quality of life (Skevington & Böhnke, 2018). According to Lai et al (2020), subjective well-being is a potential health-protective factor that reduces the risk of chronic physical disease and promotes longevity. Also, the researchers found that positive emotions and well-being were associated with stronger immunity and reduced inflammation (Lasselin et al., 2016). Furthermore, De Neve et al. (2013) found that subjective well-being was associated with a lower risk of heart disease and stroke, faster recovery from illness, and increased practice of health-promoting behaviors. Moreover, individuals who have higher subjective well-being also have better social relationships and engage in more prosocial behaviors (De Neve et al., 2013). In contrast, individuals with lower subjective well-being may have some negative effects on their physical health and social relationships (Das et al., 2020). Specifically, they may have generally weaker immunity and are less adept at adopting healthy behaviors and lifestyles, along with a lower average life expectancy than those with higher subjective well-being (Lawton, 2020). Moreover, they may be unwelcome in social situations and even have difficulty building stable intimate relationships, thus, support and help from others may also be reduced (Diener & Chan, 2011).

Nevertheless, there are still few gaps in the literature. Firstly, the majority of previous research on subjective well-being has focused on adult participants; yet, the group of young moms has received very little attention. Secondly, studies on the topic of subjective well-

being are not yet systematic on the whole, since the research angle is not broad enough, and the measurement methods and tools are also different (Nilsson et al., 2022). Thirdly, a significant portion of scholarly inquiry in this field has focused on the cognitive aspects of life satisfaction and subjective happiness specifically within Western societies.

While the above gaps will be filled in this present study by proposing the following research questions

1. Is there any significant relationship between parenting stress and subjective well-being among young mothers in Zhuhai, China?
2. Does resilience mediate the relationship between parenting stress and subjective well-being among young mothers in Zhuhai, China?

Correspondingly, the hypotheses are:

1. There is a significant relationship between parenting stress and subjective well-being among young mothers in Zhuhai, China.
2. Resilience can significantly mediate the relationship between parenting stress and subjective well-being among young mothers in Zhuhai, China.

Methods

The present study employs quantitative research methods and adopts a cross-sectional design to examine the relationship between parenting stress and subjective well-being, while investigating the mediating role of resilience. The data collection for this study employed the questionnaire survey method, which spanned from May 2023 to August 2023. A total of 120 Chinese young mothers were selected as participants in Zhuhai, China.

Participants

The present study utilized an online sampling technique to recruit young mothers residing in ZhuHai. Specifically, the Xiangzhou District and Jinwan District were delineated as two distinct regions within ZhuHai. Subsequently, questionnaires were posted and shared through online platforms and social media of local community groups in Zhuhai. By employing a convenience sampling approach, young mothers who are currently residing in Zhuhai were encouraged to participate in the survey.

Instruments

Warwick Edinburgh Mental Well-Being Scale (WEMWBS). WEMWBS was collaboratively developed by the Universities of Warwick and Edinburgh in the year 2006. Subsequently, it was adopted and implemented by NHS Health Scotland. It is a widely used measurement tool consisting of 14 items that assess various aspects of mental well-being, specifically focusing on feeling and functioning aspects (Collins et al., 2012; Maheswaran et al., 2012). The WEMWBS is intended to be filled out by individuals on paper or via computer. Examples of questions are: *"I have been feeling optimistic about the future"*, *"I have been feeling useful"* and so on. The 14 statements in the survey employ a 5-point Likert scale, ranging from 1=none of the time, 2=rarely, 3=some of the time, 4=often, 5=all of the time to capture participants' levels of agreement or disagreement. Children and young adults are requested to describe their experiences over the past two weeks. The scores range from 14 to 70, with higher scores indicating greater mental well-being of participants. In this study, the Chronbach alpha for WEMWBS is 0.89, which indicates a good reliability.

Parenting Stress Scale (PSS). PSS is a substitute for the 101-item Parenting Stress Index created by Berry and Jones in 1995. The assessment tool is characterized by its brevity, simplicity in administration, and accessibility without cost (Berry & Jones, 1995). It gives a measurement that takes into account both the positive and the negative, or stressful, parts of parenting. The 18-item self-report measure includes both positive, such as the emotional benefits and personal growth and negative, such as the resource demands and restrictions on parenthood-related themes. Examples of questions are: *"I am happy in my role as a parent"*, *"There is little or nothing I would not do for my child if it was necessary"* and so on. Items are rated on a 5-point Likert scale, 1=highly disagree, 2=disagree, 3=undecided, 4=agree, 5=highly agree. It could be used for self-report questionnaires and can be efficiently and expeditiously administered, requiring less than 10 minutes to complete. Items 1, 2, 5, 6, 7, 8, 17, and 18 should be scored in reverse to determine the parental stress score. After that, the item values are added to calculate the total score of parenting stress. The higher the scores, the higher parenting stress of participants. In this study, the Chronbach alpha for PSS is 0.93, which indicates a perfect reliability.

Resilience Scale (RS). RS is a self-report measure consisting of 25 items that was developed by Wagnild and Young in 1993. It is a measurement tool used to assess an individual's ability to endure and adapt to various stressors in life, as well as their capacity to flourish and derive significance from these challenges. It comprises two subscales: the "Personal Competence" subscale, consisting of 17 items, and the "Acceptance of Self and Life" subscale, consisting of 8 items (Wagnild & Young, 1993). Examples of questions are: *"I follow through with my plans"*, *"I usually manage one way or another"* and so on. Participants are requested to answer all 25 questions using a 7-point Likert scale with a maximum score of 7, where 1 =disagree, 4=neutrality, and 7=strongly agree (Wagnild & Young, 1993). It has an overall score range of 25 to 175 points. A total score for resilience was calculated by adding the results of each item, and a greater score shows higher levels of resilience of participants. In this study, the Chronbach alpha for RS is 0.93, which indicates a perfect reliability.

Procedure

The research proposal was sent to UCSI Institutional Ethics for review prior to data collection. An online form was developed after receiving approval from the board of ethics. It consists of two parts, namely an information letter and informed consent. It also includes the Warwick Edinburgh Mental Well-Being Scale (WEMWBS), Parenting Stress Scale (PSS), and Resilience Scale (RS). Participants were given a briefing on informed consent prior to beginning the questionnaires, and they were required to sign the informed consent document. The questionnaires were produced as digital copies, and participants completed them by scanning QR codes that led them to Google Form questionnaires. After all the data was gathered, the participants who did not satisfy the inclusion or exclusion criteria were removed, and the data was cleaned to remove missing values and extreme values to guarantee that the raw data was error-free. After all the data had been reviewed, analysis of the data was done.

Current study utilized the IBM SPSS version 26 to analyze all data collected. Before any analysis was conducted, data cleaning was carried out. A descriptive analysis was conducted to determine the frequency of demographic information among participants. Following that, the total score and mean score for the Warwick-Edinburgh Mental Well-being Scale (WEMWBS), Perceived Stress Scale (PSS), and Resilience Scale (RS) were calculated and

validated. Before computing the total scores and mean scores, items in the scales that need to be recorded into a reverse score were identified. After that, the WEMWBS, PSS, and RS were all subjected to a reliability analysis to determine their internal consistency in relation to the present population. Then, the normality of the variables provided above was evaluated by calculating the Skewness and Kurtosis measures. The subsequent step involved the utilization of the Pearson correlation coefficient to determine the relationship between parenting stress and subjective well-being. In addition, the study utilized the PROCESS macro, a tool established by Hayes (2013), to investigate the role of resilience as a mediator in the relationship between parenting stress and subjective well-being.

Results

Demographic Information

The process of data analysis was conducted on a sample size of 120 individuals who completed all of the surveys. Table 1 displays the demographic data of the participants. Age range for the participant is 26 to 36 years ($M=26.133$, $SD=3.723$). The age of the participants was categorized into three distinct ranges: below 27 years old; 28-34 years old, and above 35 years old. Based on the available data, 67 participants (55.8%) were between the ages of 28 and 34, and 32 participants (26.7%) were beyond the age of 35, while 21 participants (17.5%) were under the age of 27. The 120 study participants were all recent mothers. The study included participants from two districts: Jinwan District ($n=52$), representing 43.33% of the sample, and Xiangzhou District ($n=68$), comprising 56.67% of the sample.

Table 1

Descriptive Statistics of Age and Area (n=120)

Variable	n	%
Age		
27 and below	21	17.5
28 – 34	67	55.8
35 and above	32	26.7
Area		
Jinwan District	52	43.33
Xiangzhou District	68	56.67

Reliability Analysis

To determine the internal consistency of the parenting stress, subjective well-being, and resilience scale, a reliability analysis is being conducted. By measuring how well items belonging to the same construct yield answers that are similar, the instrument's dependability is assessed (Cho & Kim, 2015). Cronbach's alpha coefficient (Cronbach, 1951) is the internal consistency measure that is most frequently employed. In order for a scale to be regarded as dependable, the Cronbach's alpha coefficient should preferably be higher than 0.7 (Nunnally, 1967). Cronbach's alpha of less than 0.50 is regarded as unacceptably low reliability, above 0.50 as bad reliability, above 0.60 as doubtful dependability, above 0.70 as acceptable reliability, above 0.80 as good reliability, and over 0.90 as extremely high reliability, according to George and Paul Mallery (2003). However, the amount of items in an instrument affects the Cronbach's alpha coefficient (Garth, 2008).

The dependability of each scale employed in this investigation is shown in Table 2. The parenting stress scale's internal consistency demonstrated exceptional reliability with a Cronbach's alpha of 0.916 ($M = 50.86$, $SD = 14.906$). With a Cronbach's alpha of 0.879 ($M =$

67.69, SD = 11.654), the subjective well-being measure has good reliability. With a Cronbach's alpha coefficient of 0.92 (M = 127.60, SD = 18.876), the resilience scale demonstrated good reliability.

Table 2

Reliability analysis of parenting stress, subjective well-being and resilience scale.

Scale	No. of items	Cronbach's alpha	Mean	SD
Parenting stress	13	0.916	50.86	14.906
Subjective well-being	14	0.879	67.69	11.654
Resilience	25	0.920	127.60	18.876

Normality Assumption

According to Byrne (2013), it is posited that data can be classified as normally distributed when the skewness value falls within the range of -2 to +2, and the Kurtosis value falls within the range of -7 to +7. Table 3 displays the normality assumption for each instrument employed in this study. It can be seen that all data acquired are within the range accordingly, therefore the data was considered normally distributed.

Table 3

Normality Assumption for Subjective Well-being, Parenting Stress, and Resilience

Scale	Skewness	Kurtosis
Subjective Well-being	0.236	-0.740
Parenting Stress	-0.382	-1.147
Resilience	-0.001	-0.668

Correlation Analysis

The first goal of this study is to examine the relationship between parenting stress and subjective well-being via using Pearson correlation coefficient analysis. The results showed a significant negative correlation between parental stress and subjective well-being ($r=-0.563$, $p<0.01$). This suggests that parenting stress would impact young mothers' subjective well-being, with a higher level of parenting stress may cause a lower subjective well-being. Notably, the above correlation is not strong, as r values between 0.3 and 0.7 represent a moderate linear relationship (Ratner, 2009). Hence, the result shows a moderate negative relationship between parenting stress and subjective well-being.

Table 4

Correlation Between Parenting Stress and Subjective Well-being

	1	2
Parenting Stress (1)	-	
Subjective Well-being (2)	-0.563**	-

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

Mediation Analysis

The second goal of this study is to determine the mediation effect of resilience on the correlation between parenting stress and subjective well-being via utilizing a regression analysis with bootstrapping. The results demonstrated that resilience would partially mediate the correlation between parenting stress and subjective well-being. In this mediation analysis, it was sought to elucidate the underlying mechanisms driving the relationship between parenting stress and subjective well-being by introducing resilience into the model. The findings revealed a multifaceted picture of the associations involved. First, the direct effect of parenting stress on subjective well-being was statistically significant ($\beta = 0.563$, $SE = 0.0573$, $p < 0.01$), indicating that parenting stress exerts a significant influence on subjective well-being even when not considering resilience. This underscores the importance of parenting stress as a direct predictor of subjective well-being. Second, the indirect effect representing the mediating role of resilience was also significant ($\beta = 0.365$, $SE = 0.0686$, $p < 0.01$), with a 95% confidence interval excluding zero (-0.4109 to -0.1392). This provides compelling evidence for the mediation hypothesis, suggesting that resilience partially mediates the relationship between parenting stress and subjective well-being. Table 5 displays the model's overall effect, direct effect, and indirect effect, and Figure 3 highlights the importance of each mediation analysis pathway.

Table 5

Mediation Analysis

	B	SE	t	95% CI		β
				Lower	Upper	
Path a						
Parenting Stress -> Resilience	-0.9202	0.1116	-8.2423	-1.1413	0.6991	-0.604**
Path c						
Parenting Stress -> Subjective Well-being	-0.4236	0.0573	-7.3909	0.5372	0.3101	-0.563**
Path c' and Path b						
Parenting Stress	-0.2751	0.0686	-4.0100	-0.4109	-0.1392	0.365**
Resilience	0.1615	0.0451	3.5839	0.0722	0.2507	0.326**
-> Subjective Well-being						

Note. ** B = Unstandardized Regression Coefficient; SE = Standard Error, LLCI = Lower Level Confidence Interval, ULCI = Upper Level Confidence Interval; β = Standardized Regression Coefficient. ** $p < 0.01$

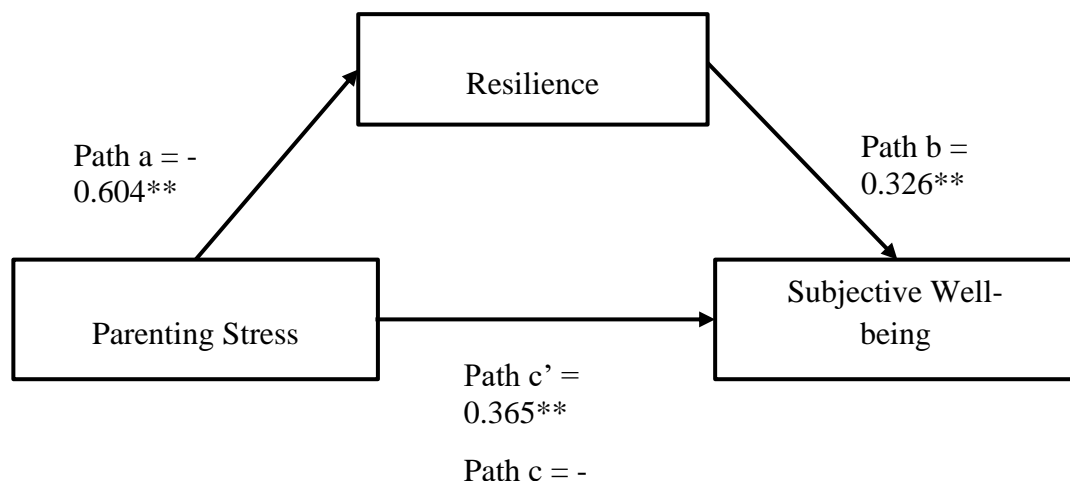


Figure 3: Path Analysis

Note. Mediation model shows correlations between parenting stress and subjective well-being, controlling resilience. Coefficients presented are standardized linear regression coefficients. $**p < 0.01$

Discussion

Parenting Stress and Subjective Well-being

The primary goal of the current study is to examine the relationship between parenting stress and subjective well-being among young mothers. A significant negative relationship between parenting stress and subjective well-being was found in the study, which was consistent with previous literature (You et al., 2019; Hong et al., 2022; Irzalinda et al., 2022). Parenting stress, as a sort of unpleasant emotional experience for parents, is linked to the subjective well-being of the family. Recently, researchers found that younger parents had higher levels of parental stress (Pérez & Santelices, 2016; Tacca et al., 2020). Having children at a young age in the current sociocultural context entails significant stress due to the limited resources available for their care and the conflict with other demands of this crucial stage, in addition to the reduced experience in handling such duties (Pérez & Santelices, 2016; Nelson-Coffey et al., 2019). Besides, numerous research reveals that mothers are more tired, more stressed and have lower levels of subjective well-being than fathers (Musick et al., 2016; Nomaguchi & Milkie, 2020). According to relevant studies, parental stress can negatively impact parents' subjective well-being, resulting in unpleasant experiences such as job-related negative emotional experiences, diminished family happiness, and reduced life satisfaction (Greenhaus & Powell, 2006; Xu & Qi, 2016; Jian, 2021). Moreover, a study in Malaysia under COVID-19 context found that parental stress was negatively correlated with parent-child relationships and parents' psychological well-being (Tan et al., 2023). However, in a study of parents of preschool and school-aged children from Chile, almost no correlation between stressors and parental satisfaction was found (Oyarzun-Farias et al., 2021), which was inconsistent with the current finding.

Mediating Role of Resilience

Another goal of the study was to investigate the resilience as a mediator in the relationship between parenting stress and subjective well-being among young mothers. The mediation analysis revealed that there is a significant partial mediation effect of resilience on

the relationship between parenting stress and subjective well-being. In other words, people who experience less parenting stress may have higher levels of resilience, which in turn contribute to improved subjective well-being.

Several past literature have examined potential mediators between parental stress and subjective well-being (You et al., 2019; Hong et al., 2022; Irzalinda et al., 2022), yet few research have explored resilience as a mediator of the above correlation. Specifically, stress and resilience are intertwined and play crucial roles in an individual's personal life, family, and society as a whole. Scholars have shown that high levels of parenting stress can negatively impact the development of resilience (John & Roblyer 2017). Conversely, someone may become more resilient if they experience fewer stressors and more protective factors (Rew & Horner 2003). Similarly, researchers found that resilience is negatively related to parental stress, and resilience is predictive of parental stress (Arakkathara & Bance, 2020). In addition, Indriasari (2022) discovered that resilience impacts the parenting stress experienced by mothers.

On the other hand, parental resilience is the capacity to successfully deal with and recover from various difficulties and caregiving pressures. Related studies have indicated that young mothers are quite capable and willing to take care of their own wellbeing (Baidun et al., 2020), while it was found that resilience can help working mothers manage negative health-related emotions, including stress, anxiety, and depression, as well as life satisfaction (Uysal Irak et al., 2022). According to Davydov et al (2010), resilience and wellbeing are fundamentally connected. Resilience is highly related to subjective well-being, and resilience can significantly predict subjective well-being, which can directly predict mental health (Jiao, 2020). Thus, it can be concluded that individuals with higher levels of parenting stress may have a lower resilience, which may lead to a lower subjective well-being, and vice versa.

Implications

For young mothers, this research allows them to realize the importance of parenting stress and thus experience higher subjective well-being through better resilience or coping skills. Within society, acknowledging these connections underscore the significance of reducing the social stigma surrounding young mothers and promoting a more inclusive environment. Moreover, communities should invest in networking to provide these mothers with peer support and resources to develop their resilience and overall mental health. In addition, the government should recognize the long-term societal impact of the problem and allocate resources for accessible health care, affordable childcare, and educational initiatives tailored to the needs of young mothers. Furthermore, the findings provide scientific evidence and valuable information for future researchers on parenting stress and subjective well-being, thereby allowing them to discover relevant variables under the related topic, such as parental burnout, social support, and parenting styles.

In sum-up, the findings of the present study are sufficient to imply the significance of resilience in young moms. Although young women will inevitably experience parenting stress during this period of adjustment, this does not necessarily imply that they will engage in more talkative habits. Parenting stress and young children's subjective well-being may be protected by resilience. To reduce the likelihood of young moms engaging in subjective well-being, which may involve internet and gaming addiction, resilience is not a stable attribute and can be trained. Resilience training for young mothers is therefore important.

Limitations and Recommendations

Discovered that there are some limitations presented in the analysis of this study. Firstly, self-reported questionnaires have the potential to introduce response bias, which can have a detrimental effect on the accuracy of the research findings. Secondly, the utilization of a cross-sectional design may impose limitations on the ability to establish causal relationships, thereby impeding a definitive determination of whether alterations in parenting stress result in subsequent changes in subjective well-being. Thirdly, the potential lack of representativeness in the sample raises concerns, as it may result in the exclusion of specific subgroups of young mothers who encounter distinct difficulties. Consequently, the findings cannot be readily generalized to a broader population.

There are some recommendations to improve upon the limitations described in future research. First of all, it is advisable for researchers to contemplate the integration of diverse data collection methodologies, including observations and interviews, to enhance the comprehensiveness of their understanding regarding the experiences of the participants. Besides, future research would be enhanced by the adoption of a longitudinal methodology, which would involve the systematic tracking of alterations in parenting stress and subjective well-being over an extended duration. This would enhance the ability to accurately evaluate causality and reveal possible temporal associations. Furthermore, future researchers should employ diverse recruitment strategies to include a broader range of young mothers from diverse socioeconomic backgrounds, cultural contexts, and parenting circumstances. This would strengthen the external validity of the findings and provide a more inclusive perspective.

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