

The Effects of Parent Psycho-Education Program on Problem-Solving Skills of Parents

Authors : Tuba Bagatarhan, Digidem Muge Siyez

Abstract : The aim of this research is to examine the effects of the psycho-education program on problem-solving skills of parents of high school students in the risk group for Internet addiction. A quasi-experimental design based on the pre-test, post-test and follow up test including experimental and control groups was used in the research. The independent variable of the study was the parent psycho-education program on problem-solving skills; the dependent variable was the problem-solving skills of parents. The research was conducted with the parents of 52 tenth-grade students in the risk group for Internet addiction from two high schools and volunteer to participate research on evaluation of the effectiveness of internet addiction prevention psycho-education program within the scope of another study. In this study, as 26 students were in the experimental groups in the first-high school, the parents of these 26 students were asked if they would like to participate in the parent psycho-education program on parental problem-solving skills. The parents were volunteer to participate in parent psycho-education program assigned experimental group (n=13), the other parents assigned control group 1 (n=13) in the first high school. The parents of the 26 students were randomly assigned to the control group 2 (n=13) and control group 3 (n=13) in the second high school. The data of the research was obtained via the problem behavior scale - coping - parents form and demographic questionnaire. Four-session parent psycho-education program to cope with Internet addiction and other problem behaviors in their children was applied to the experimental group. No program was applied to the control group 1, control group 2 and control group 3. In addition, an internet addiction prevention psycho-education program was applied to the children of the parents in experimental group and control group 1 within the scope of another study. In the analysis of the obtained data, two-factor variance analysis for repeated measures on one factor was used. Bonferroni post-hoc test was used to find the source of intergroup difference. According to the findings, the psycho-education program significantly increases parents' problem-solving abilities, and the increase has continued throughout the follow-up test.

Keywords : internet addiction, parents, prevention, psyho-education

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