

## Parental stress and parenting styles during the COVID-19 lockdown in Mbarara City, Uganda

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**Abstract:** This study explored the relationship between parental stress and the diverse parenting styles employed by families in during the COVID-19 lockdown Mbarara City's south division. Parenting style included; Authoritative parenting, Authoritarian parenting and permissive parenting. A structured questionnaire was employed to gather opinions and perspectives on parental stress and parenting styles from 380 households that underwent lockdown and had children during that time in Mbarara city south division. The study identified three parenting styles: authoritative, authoritarian, and permissive. These styles were adopted to manage parental stress, with agreement rates of 80.6%, 54.8%, and 36.2% among respondents, respectively. Pearson correlation analysis confirmed positive correlations between parental stress and authoritative parenting, parental stress and permissive parenting, along with a weak positive correlation between parental stress and authoritarian parenting. The study recommends an urgent need to implement interventions that strengthen parent-child relationships, especially during high-stress periods like the pandemic.

**Key Words:** Parental Stress, Parental Style, COVID-19 Lockdown.

### I. Introduction

Coronavirus disease 2019 (COVID-19) is a potentially fatal disease that is caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). The virus was first identified in December 2019 in Wuhan, China. COVID-19 spread rapidly worldwide, and the fallout from the pandemic is still unfolding (Yip & Chau, 2020). Additionally, policy measures such as lockdown and social distancing were enforced to restrict the spread of the virus (Upal, 2020). Parenting contributes in important ways to the course and outcome of child development (Frosch, Schoppe-Sullivan, & O'Banion, 2019) and parental stress is one important area of focus in parenting research (Chung, Lanier, & Wong, 2022). Based on Deater-Deckard (1998), parental stress has been defined as a psychological reaction when parents experience parental demands that are inconsistent with expectations (expectations of self or from others) or when parents do not have the resources to meet these demands (Holly et al. 2019). The parenting styles into four types based on responsiveness and demandingness. Baumrind classified parenting styles into four include; authoritative, authoritarian, permissive and uninvolved parenting style, however, this study classified parenting styles into three, including; authoritative, authoritarian, and permissive parenting style.

The COVID-19 pandemic in Uganda presented significant challenges, particularly in the realm of family dynamics. The disruptions caused by the pandemic led to elevated levels of parental stress, which, coupled with the absence of adequate social support, often manifested in aggressive parenting behaviors (Sserwanja et al., 2021). Regrettably,

this increase in parental stress also correlated with a rise in the prevalence of violence within households, as reported in a May 2020 child protection rapid survey, where 80% of Ugandan parents admitted to employing violent parenting techniques to manage their children's behavior.

The existing body of research, including studies by Williams et al. (2020) and McPherson et al. (2009), has extensively explored the economic and mental health consequences of the COVID-19 pandemic. However, a noticeable gap exists in understanding the relationship between parental stress and parenting styles during lockdowns, especially within the context of Mbarara City's South Division. This study was driven by the need to understand the link between parental stress and how parents raise their kids in the study area, especially for families greatly affected by pandemic lockdowns. The findings from this study represent a valuable resource capable of informing policy improvements, shaping targeted program designs, and enhancing interventions aimed at more effectively supporting families.

The COVID-19 lockdown resulted in restricted access to essential resources such as food and healthcare for children. The lockdown's impact was particularly severe on families, as a significant number of parents lost their sources of income, leading to challenges in consistently providing for their households (Ren, 2020). Most research studies had been conducted in rural areas of Uganda, and there was a gap in knowledge regarding how parental stress influenced parenting styles in urban centers like Mbarara North Division. This gap called for further investigation. Therefore, the major objective of this study was to establish the influence of parental stress on parenting styles among families during the COVID-19 lockdown in Mbarara City.

**This study was guided by the following research questions:**

1. What was the level of parental stress experienced by families during the COVID-19 lockdown in the South Division of Mbarara City?
2. What were the different parenting styles used by families during the COVID-19 lockdown in the South Division of Mbarara City?
3. What was the relationship between parental stress and the parenting styles used by families during the COVID-19 lockdown in the South Division of Mbarara City?

**The study tested the following hypothesis:**

**H<sub>1</sub>** There was a statistical relationship between Parental stress and Parenting styles used by families during COVID-19 lockdown in the South Division of Mbarara City

This research was designed to bring the following significances:

The significance of the study on parental stress and parenting styles during lockdowns is multi-faceted and extends to various aspects of family dynamics, well-being, and society at large.

Firstly, the study provides valuable insights into how families navigate the challenges posed by lockdowns, offering a deeper understanding of the impact of unique stressors on parenting practices. Secondly, the findings from the study contribute to the design of informed support systems and interventions that target parental stress management and promote effective parenting strategies, enhancing family resilience. Policymakers can draw on the study's insights to develop evidence-based policies that cater to families' unique needs during lockdowns, ensuring their well-being and stability. Healthcare professionals can integrate the study's findings into their guidance for families, offering advice on stress management and effective parenting techniques. Community organizations and support groups can leverage the study's outcomes to tailor their services to meet families' evolving needs during lockdowns and beyond. Thirdly, the study outcomes contribute to the preparedness for future crises, offering lessons to government, NGOs, families and individuals on how to mitigate the impact of stress on parenting and family dynamics. It adds to the body of research on parenting, stress, and crisis response, enriching the academic discourse on these complex topics. Furthermore, the study raises awareness about the challenges families face during lockdowns, fostering empathy and understanding among society members. Ultimately, the study is a requirement for researcher's attainment of the award of a master's degree from Bishop Stuart University to the researcher, recognizing their significant academic achievement and contribution to the field.

## II. Literature Review

### Theoretical Underpinnings

This study utilized the parenting theory by Baum and Diane among families (Baumrind, 1991, 1967, 1971). This is commonly considered a pioneer of research into parenting styles. She introduced a typology with three parenting styles to describe differences in normal parenting behaviours: the authoritarian, authoritative and permissive parenting styles. Baumrind's, in contrast, has also extensively studied the association between parenting

styles and child development. This work consistently demonstrated that youth of authoritative parent's had the most favorable development outcomes; authoritarian and permissive parenting was associated with negative developmental outcomes; while outcomes for children of neglectful parents were the poorest. Baumrind's parenting theory offers a framework for comprehending how parental stress impacts the parenting styles employed by different families during extraordinary situations such as the COVID-19 lockdown. Acknowledging the importance of parental stress and other adverse encounters faced by families, as well as how families react by adopting an array of coping strategies through different parenting styles, this theory formed the basis for justifying the investigation into the correlation between parental stress and parenting styles employed by families in Mbarara City's south division during the COVID-19 lockdown.

#### **Parental stress levels among families during the COVID-19 Lockdown**

COVID-19 presents unique stressors to families, along with cumulative risks encompassing social, economic, and health-related stressors (Prime, Wade, & Browne, 2020). Exposure to such stressors can lead to cognitive, emotional, and physical fatigue, potentially straining the parent-child relationship (Deater-Deckard & Scarr, 2004). Parenting during the COVID-19 pandemic proves highly challenging, with parents grappling with multiple demands concurrently (Calvano et al., 2022). In their study, Calvano et al. (2022) aimed to (1) gather representative data on pandemic-related stress, parental stress, general stress, and parental subjective and mental health. They conducted a survey in Germany in August 2020, involving 1024 parents of underage children. More than 50% of parents reported stress related to social distancing and the closure of schools and childcare facilities. Parental stress increased significantly during the pandemic, with affected families characterized by higher parental stress, job losses, and younger parent and child ages. Positive aspects of the pandemic, primarily related to personal or family life (e.g., a slower pace of life and increased family time), were also noted by Calvano et al. (2022). Parental stress emerged as an important intervention target to address the pandemic's negative effects. It's worth noting that the study was conducted in Germany, and its findings may not generalize to the magnitude of parental stress among families in Mbarara City.

#### **Parenting styles among families during COVID-19 Lockdown**

Parenting style categorizes parents' interactions with their children, with three main styles identified based on parental responsiveness (warmth, supportiveness) and demandingness (behavioral control). Authoritative parenting combines consistent, flexible limits with high warmth and nurturance, while authoritarian parents emphasize control, structured environments, and obedience. Permissive parents are responsive to emotional needs but lack structure and demands (Baumrind, 1971). Authoritative parenting is often considered optimal, while the authoritarian style is seen as the most negative (Baumrind & Black, 1967; Olivari, Tagliabue, & Confalonieri, 2013). COVID-19 has posed significant challenges worldwide, especially for children. Parents play a crucial role in supporting children's well-being and development during these times. Baumrind (1966) identified three central parenting styles: permissive, authoritarian, and authoritative. Permissive parents are warm but lack structure, while authoritarian parents are controlling but low in warmth. Authoritative parents set rules, explain their reasoning, and balance structure with warmth.

However, research by Johnson and Smith (2020) challenges the universal view of authoritative parenting as optimal and authoritarian parenting as solely negative. Cultural context influences the outcomes of these styles. In collectivist cultures, authoritarian parenting can lead to positive outcomes and strong family bonds. Brown et al. (2018) suggest that COVID-19, while posing challenges, has also led to innovative learning experiences and increased family cohesion for some children, indicating a nuanced impact on parenting and child development. Cross-cultural studies by Chen and Lee (2019) emphasize the need for a culturally sensitive approach, recognizing diverse parenting strategies within different sociocultural contexts.

#### **The relationship between Parenting Stress and Parenting Styles**

In recent years, researchers have increasingly focused their attention on the profound and far-reaching effects of stressful events on various facets of family life. One of the most notable stressors in recent memory has been the COVID-19 pandemic, which brought with it a unique set of challenges and disruptions that extended well beyond health concerns. As the pandemic unfolded, it became evident that its impact rippled through every aspect of daily life, including how families functioned and interacted. This prompted scholars to delve deeper into the dynamics of family relationships, particularly the intricate interplay between parental stress and parenting practices during times of crisis.

Khalifa et al. (2022) assessed parental stress during the COVID-19 quarantine and its impact on parenting practices. They conducted a cross-sectional study involving 194 participants, parents of children aged 3-12 years, recruited through convenience and snowball sampling via specific Facebook and WhatsApp groups for parents of this age group. The Cohen Perceived Stress Scale and COVID-19-related parenting questions were used to evaluate

parenting stress and practices. The results revealed that over two-thirds of participants experienced stress according to the perceived stress scale. Statistically significant differences were observed between parental age groups and perceived stress levels, as well as between perceived stress levels and disciplinary methods. While the majority of parents encouraged hobbies, fewer than half engaged in kind interactions with their children, played with them, or discussed what was happening. Parental stress during quarantine emerged as a significant risk factor for child abuse and maltreatment. Furthermore, parental stress significantly influenced various aspects of parenting practices, subsequently affecting children's behavior.

### III. Research Methodology

This section provides the methodological aspects used in the study

#### Research Design

The study was based on the descriptive and correlational research design. This was because the design helped to determine the presence and degree of a relationship among the study variables. With the correlational research design, the main interest was to determine whether the study variables correlated and if so, to establish the direction, magnitude, and form of the observed relationships (Ellis & Levy, 2009). Using the correlation design, the researcher was able to determine whether a significant association existed between parental stress and parenting styles during COVID-19 or not.

Mbarara City South comprises 10 wards: Kakoba, Nyamityobora, Katete, Ruti, Bugashe, Katojo, Kichwamba, Nyarubungo II, Rukindo, and Rwakishakiizi. This division is one of the two divisions of the city, alongside City North Division, and it is situated between 00°37'S and 30°42'E (Uganda Bureau of Statistics, 2020).

#### Population and Sampling Procedures

The sample comprised 380 respondents selected using the Table for determining sample size for a population of a given size by Krejcie and Morgan (1970). The sample was selected using stratified random sampling. Stratified random sampling involved dividing the sample into different subgroups. Thereafter, the respondents were selected proportionally from the different subgroup.

**Table 1: Target Population and Sample Procedures**

Ward	Population	Sample size
Kakoba	10,598	126
Nyamityobora	6,033	72
Katete	4,286	51
Ruti	2,233	27
Bugashe	980	12
Katojo	1,755	21
Kichwamba	1,198	14
Nyarubungo II	1,693	20
Rukindo	1,615	19
Rwakishakiizi	1,482	18
<b>Total</b>	<b>31,873</b>	<b>380</b>

**Source:** Mbarara City Council demographic records

#### Validity and Reliability

To ensure data quality, validity and reliability tests were carried out. The validity test involved calculating of content validity index to determine the validity of the instrument.

#### Statistical Treatment of Data

Data management involved processing of the data by coding, entering them into the computer using the Statistical Package for Social Sciences (SPSS 24.0), summarizing them using frequency tables to identify errors and editing them to remove errors. The data were analyzed using descriptive and inferential statistics. Descriptive statistics involved the means while inferential statistics included Pearson Linear correlation and regression analysis.

#### Findings of the Study

This part presents the finding. It begins with demographic factors and then moves into the analysis of research questions.

#### Demographic Characteristics

The findings in Table 2 on background characteristics of the academic staff revealed that the typical respondent was male (72.7%), in the age category of 50 years and above (49.3%), master's degree holders (61.3%), and had served in the university for 11 years and above (41.3%).

**Table 2: Background Characteristics**

Category	Category	Frequency	Percentage (%)
<b>Gender of respondents</b>	Male	92	24.4
	Female	288	76.4
<b>Age of respondents</b>	21-30 years	108	28.6
	31-40 years	184	48.8
	41-50 years	78	20.7
	51+ years	10	2.7
<b>Marital status of respondents</b>	Single	11	2.9
	Married	355	94.2
	Divorced	1	0.3
	Separated	13	3.4
<b>Academic qualification</b>	None	15	4.0
	Primary	182	48.3
	Secondary	53	14.1
	Tertiary	119	31.6
<b>Occupation of respondents</b>	University	11	2.9
	Business	265	70.3
	Farmer	90	23.9
	Civil Servant	10	2.7
	Casual labour	15	4.0

**Relationship between Parental Stress and Parenting Styles**

The presence of both moderate and high levels of parental stress, alongside the diverse adoption of parenting styles by families, indicated potential relationships between these two variables. To determine the existence of a relationship between parental stress and parenting styles, inferential analyses in the form of correlation and regression were conducted. The results of these analyses are presented in the following subsections.

**Correlation of Parental Stress and Parenting Styles**

To ascertain the potential relationship between parental stress levels—specifically, moderate and high stress—and various parenting styles—namely, Authoritarian, Authoritative, and Permissive—an analysis of correlation was conducted employing the Pearson correlation coefficient. The outcome of this analysis is detailed in Table 4.7 below.

**Table 4.7: Correlation matrix for Parental stress and Parenting Styles**

		<b>Parental Stress</b>	<b>Authoritative Parenting</b>	<b>Authoritarian Parenting</b>	<b>Permissive Parenting</b>
<b>Parental Stress</b>	Pearson Correlation	1.000	.245**	.033	.300**
	Sig. (2-tailed)		.004	.517	.000
	N	380	380	380	380
<b>Authoritative Parenting</b>	Pearson Correlation	.245**	1.000	.033	.116*
	Sig. (2-tailed)	.004		.518	.023
	N	380	380	380	380
<b>Authoritarian Parenting</b>	Pearson Correlation	.033	.033	1.000	.126*
	Sig. (2-tailed)	.517	.518		.014
	N	380	380	380	380
<b>Permissive Parenting</b>	Pearson Correlation	.300**	.116*	.126*	1.000
	Sig. (2-tailed)	.000	.023	.014	
	N	380	380	380	380

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

Source: Primary data (2022)

In establishing the relationship between parental stress and authoritative parenting, the statistical analysis in Table 4.7 above showed a significant positive correlation ( $r = 0.245^{**}$ ,  $p < 0.05$ ).



This suggests that parents experiencing elevated stress levels during the COVID-19 lockdown were more inclined to adopt authoritative parenting behaviors as indicated by the 80.6% representation.

Regarding the relationship between parental stress and permissive parenting, the statistical analysis in table 4.7 above revealed a significant positive correlation ( $r = .300^{**}$ ,  $p < 0.05$ ). This suggests that parents with heightened stress levels were more likely to engage in permissive parenting practices, as indicated by the 36.2% representation.

On the other hand, for the relationship between parental stress and authoritative parenting, the statistical analysis found a positive but statistically non-significant (weak) correlation ( $r = 0.033$ ,  $p > 0.05$ ). In general, from these findings we conclude that authoritative style was the best parenting style because parents were providing both structure and affection to their children.

#### IV. Discussion of the Findings

##### Relationship between Parenting Stress and Parenting Styles during Lockdown

Objective third of the study aimed to establish the relationship between parental stress and parenting styles used by families during the COVID-19 lockdown in the South Division of Mbarara City.

In analyzing the relationship between parental stress and authoritative parenting, the statistical analysis revealed a significant positive correlation ( $r = 0.245^{**}$ ,  $p < 0.05$ ). This suggests that parents experiencing elevated stress levels during the COVID-19 lockdown were more likely to embrace authoritative parenting behaviors, as indicated by the 80.6% representation. This finding is supported by the findings of Khalifa *et al.* (2022) who conducted a study that assessed parental stress during the COVID-19 quarantine and its influence on parenting practices. The research findings indicated a strong association between parental stress and parenting practices, revealing that elevated stress levels during the pandemic significantly impacted parenting behaviors. Specifically, parental stress was found to be a significant risk factor for child abuse and maltreatment. These findings align with the notion that parenting stress can lead to variations in parenting styles, with a notable shift towards authoritarian parenting practices during stressful times.

Concerning the relationship between parental stress and permissive parenting, the statistical analysis also unveiled a significant positive correlation ( $r = 0.300^{**}$ ,  $p < 0.05$ ). This implies that parents with heightened stress levels were more prone to adopting permissive parenting practices, as indicated by the 36.2% representation. The findings are supported by the study outcomes from Hutchison *et al.* (2016), which reported a strong relationship between increased parenting stress and the use of authoritarian and permissive parenting styles. Their findings highlighted an association between parenting stress and parenting practices, with stress levels influencing disciplinary methods and behavior regulation for children.

On the contrary, when analyzing the relationship between parental stress and authoritarian parenting, the statistical analysis found a positive but statistically non-significant (weak) correlation ( $r = 0.033$ ,  $p > 0.05$ ). In practical terms, this suggests that parental stress had limited impact on the adoption of authoritarian parenting practices by families during the COVID-19 lockdown as indicated by the 54.8% representation. This finding is consistent with prior research by Kirby Deater-Deckard & Scarr (1996) and McBride & Mills (1993), who observed a higher prevalence of authoritarian parenting when parents experienced increased stress. The study unveiled that, in challenging times, parents tended to lean towards an authoritarian parenting style rather than an authoritative one due to their desire for immediate compliance, the influence of their own upbringing, and the perception that it provides a straightforward solution for maintaining order. However, Woolfson & Grant (2006) found no significant differences in the stress levels experienced by parents using either authoritarian or authoritative parenting styles.

Recent research has highlighted that the COVID-19 pandemic amplified stress and negative emotions in parents, even in families not directly exposed to the virus. The additional responsibilities of homeschooling and managing children's activities while working from home contributed to parental stress, which, in turn, could affect children's well-being (Chung *et al.*, 2022). These findings support the idea that external stressors, such as a pandemic, can lead to increased parenting stress, which influences parenting practices. In general, the research consistently shows a connection between parental stress and parenting styles. Parental stress, especially during the COVID-19 pandemic, has been linked to changes in parenting practices, with higher stress levels correlating with

more authoritarian and permissive parenting styles. Numerous studies have examined how parents' stress affects how they raise their children, but they often didn't consider events like a pandemic. For the COVID-19 lockdown, not many studies have looked into this, especially in Mbarara City. That's why this study was conducted – to fill in these gaps and find out how the lockdown affects how parents raise their kids and how stress and parenting are connected during this time.

### **Conclusion and Recommendations**

This part presents the conclusions of the study and then gives the recommendations

#### **V. Conclusions**

Parental stress in families is driven by several factors including child behaviours, economic constraints, anxiety and uncertainty, and extreme conditions like the COVID-19 lockdown. The study established the stress levels experienced during lockdown among families in Mbarara city, south divisions. The study found moderate and high parental stress levels among families during lockdown. As such, three parenting styles were adopted to manage the stress levels. Families adopted three parenting styles: authoritative, authoritarian and permissiveness. Pearson correlational analysis was used to establish whether there existed any relationship between parental stress and parenting styles. The study found a positive significant correlations between parental stress and authoritative and permissive parenting styles. However, there a weak positive correlations between parental stress and authoritarian parenting styles. Adopting a mix of three parenting styles by the respondents suggests that families were expiring stress levels that required diverse approaches to managed. Regression models were computed to establish the extent of the relationship between the two variables. The results indicated that the variations in the adoption of the various parenting styles were predicted by parental stress. This result suggested that parental stress had a direct influence on parenting styles used during the COVID-19 lockdown.

#### **VI. Recommendations**

The study revealed that parents experienced stress due to the effects of the COVID-19 lockdown. However, even when there is no lockdown, studies have found out that parents still experience stress due to factors including financial pressure, work-life balance, parenting challenges, relationship issues, health concerns, school-related pressures, societal expectations, lack of support, special needs, safety concerns, and various other factors that impact their family and daily lives. The study recommends mitigations for the possible causes of parental stress, emphasizing both the more preferred and less preferred parenting styles. The recommendations detail who should take actions, how they should do so, and when they should act

The findings on parental stress and parenting styles during the COVID-19 pandemic underscore the need for policymakers to prioritize family support systems during crises. Governments should consider implementing policies that provide financial assistance, mental health services, and accessible childcare solutions, especially for vulnerable families. These measures could help alleviate stress on parents and promote healthier parenting practices. Additionally, policies that support work-life balance, such as flexible working hours and remote work options, could be crucial in mitigating the adverse effects of future crises on family dynamics (Prime, Wade, & Browne, 2020).

In practice, the research highlights the importance of providing parents with resources and guidance to manage stress and maintain effective parenting during challenging times. Mental health professionals and social workers should focus on offering tailored support to parents, particularly those experiencing high levels of stress. Parenting programs that emphasize stress management, positive discipline techniques, and resilience building could be especially beneficial. Schools and community organizations should also play an active role in supporting families by providing educational resources and creating networks for parental support (Spinelli et al., 2020).

The research on parental stress and parenting styles during the COVID-19 pandemic opens new avenues for scientific exploration. Future studies could investigate the long-term effects of pandemic-related stress on child development and family dynamics. Additionally, this research highlights the need for further exploration of how different stressors influence parenting across diverse cultural and socioeconomic contexts. Longitudinal studies could provide valuable insights into how families recover from crises and the effectiveness of various interventions. Understanding these dynamics will be crucial in preparing for and mitigating the impacts of future global challenges (Gassman-Pines, Ananat, & Fitz-Henley, 2020).

The researcher recommends the provision of accessible mental health services and counseling to parents to help them cope with stress, anxiety, and other emotional challenges during the COVID-19 pandemic and due to other stressors. This should be initiated by healthcare institutions, local government authorities, and community organizations. They can set up easily accessible mental health clinics or hotlines that parents can reach out to for support and should train mental health professionals to provide counseling specifically tailored to the needs of parents. These services should be implemented as soon as possible to address the immediate mental health needs of parents facing stress due to the pandemic.

The researcher encourages employers in both the formal and informal sectors to implement flexible working arrangements, allowing parents to balance their work responsibilities with their parenting duties, reducing the stress associated with juggling multiple roles. Employers, business associations, and government labor departments should advocate for flexible work hours, remote work options, and policies that accommodate the challenges faced by working parents. They can also share guidelines and best practices for employers on accommodating the needs of parents. These policies and guidelines should be implemented as soon as possible to assist parents in managing their work and family responsibilities.

The researcher recommends that the government should offer livelihood assistance in form of food, medical care, clean water, shelter, education support and financial resources for families facing economic difficulties, including those who have experienced job losses or financial burdens due to the pandemic. This can help alleviate survival and financial stress. Government agencies, charitable organizations, and community support groups should create livelihood and financial assistance programs that provide direct financial aid to families in need. These programs can include relief, grants, loans, or subsidies to help cover essential expenses like rent, utilities, and groceries. These livelihood and financial assistance programs should be implemented immediately to provide relief to families facing economic challenges as a result of the pandemic and other factors.

The study recommends promotion of Authoritative Parenting through encouraging parents to embrace authoritative parenting styles, emphasizing the importance of maintaining a balance between setting clear rules and boundaries while also providing warmth and nurturing. This recommendation is directed to parents, educators, and community organizations. They should implement this by providing parenting workshops and resources that focus on authoritative parenting techniques. This effort should commence immediately to support parents in adopting authoritative parenting styles.

The researcher recommends the creation of support groups or online communities where



parents can share experiences and learn from each other about authoritative parenting practices. This recommendation is for community organizations, mental health professionals, and educational institutions. They should establish physical or virtual support groups where parents can gather, share their challenges and successes, and learn from one another about authoritative parenting. Start organizing these support groups and online communities promptly to offer parents the opportunity to connect and learn from each other about authoritative parenting practices.

The study recommend providing guidance and resources for parents who adopt permissive parenting styles. This guidance should offer information on setting boundaries, enforcing consequences for misbehavior, and finding a balance between warmth and structure. Parenting support organizations, local community groups, and educational institutions should implement this recommendation by developing and disseminating educational materials, pamphlets, or online resources that emphasize effective permissive parenting strategies. These resources should be made available promptly to assist parents in understanding and adopting these strategies.

The study suggests organizing workshops or online training sessions specifically focused on permissive parenting. These workshops can help parents who lean towards permissiveness develop a better understanding of effective parenting strategies. The target audience includes local parenting support organizations, community centers, and educational institutions. These organizations should host workshops that are accessible to parents, either in person or virtually, providing information and practical exercises on permissive parenting and how to strike a balance between leniency and structure. These workshops should be scheduled regularly, starting as soon as possible, to equip parents with valuable insights and skills.

The study recommends tailoring interventions to be culturally sensitive, recognizing that parenting styles may vary across different cultural backgrounds. It is crucial to consider cultural beliefs and practices when offering guidance and support for parents adopting permissive parenting styles. The target audience includes cultural competence and diversity training programs, parenting support organizations, and community leaders. These entities should develop intervention programs that take cultural diversity into account, offering insights into how permissive parenting practices can be adapted within specific cultural contexts. Resources that respect and align with cultural beliefs and practices should be provided, and these culturally sensitive interventions should commence immediately to ensure that parents from diverse cultural backgrounds receive relevant guidance and support while adopting effective permissive parenting styles.

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