

## PARENTAL EXPERIENCE. VARIABLES RELATED TO PARENTING

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### *Abstract*

*Parenting is a highly complex process, with a number of demands and challenges. The aim of the present study is to identify a series of variables that influence parenting and to understand the relationships between parenting and the perception of parental relationship from the mother's and father's perspective, as well as the one between parenting and parenting stress in a representative sample of parents. Thus, we shall examine parent-child relationships, as well as the differences between parents (mothers and fathers) regarding their perception towards the parent-child relationship and the assessment of the child's problems, according to several stress factors. 60 parents between 30 and 55 years were examined, using The Parent-Child Relationship Inventory (PCRI) (Coffman, Guerin, & Gottfried, 2006) and Holmes & Rahe's Scale (1976). The results of the study showed similarities but also differences in the mother's and father's perception of the relationship with their own children. There were also differences in the assessment of the relationship with the child from the perspective of parental education level. As far as the degree of confrontation with stressful events is concerned, there were no significant relationships, except for one variable. The assessment of the relationship with your own child is important, because the way in which each parent perceives the relationship influences parenting. Therefore, further research into this subject matter is necessary.*

*Keywords: parenting; mother-child relationship; father-child relationship; gender differences; parenting stress*

Received  
June 2018

Accepted  
September 2018

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