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Mental Health of Parents During COVID-19

In “Associations of parenting daily hassles with parents’ mental health during the COVID-19 school closure” by Li et al., (2022), the purpose of the study was to look into the effects of COVID-19 and parents’ mental health. Moreover, the study looked into how lockdowns during the pandemic contributed to parents’ levels of depression, anxiety, and stress (Li et al., 2022). The research question for this article was as follows; would the COVID-19 lockdown relate to higher levels of parenting hassles (Li et al., 2022)? The authors then predicted that social supports such as family, friends, and co-parenting would help decrease the amounts of mental health issues experienced by parents during COVID-19 (Li et al., 2022).

The research was conducted using cross-sectional and longitudinal studies (Li et al., 2022). In order to conduct the experiment, a sample of 7,314 parents with children aged 3-14 was surveyed to observe and measure the amounts of depression, anxiety, and stress they were experiencing. (Li et al., 2022). The variables listed in this article consisted of “categorical variables” such as age, sex, number of children, and other demographics (Li et al., 2022). Data was then collected using an “online platform” (Li et al., 2022). The results of this study supported the proposed hypothesis. Moreover, researchers found that 50.2% of parents were likely to experience parenting hassles. Furthermore, the data showed that parents were more likely to experience depression (18.7%), anxiety (22.4%), and stress (12.1%) due to parenting duties during COVID-19 (Li et al., 2022).

The findings from this article are supported by previous research. In fact, the authors stated that “Existing studies demonstrated that the COVID-19 pandemic and related containment strategies disrupted most people’s lives worldwide and caused widespread psychosocial stress” (Li et al., 2022). The authors concluded the study by stating the implications and the limitations of the study. Implications included a generalized data collection due to the use of using an online platform for the convenience of data collection. Furthermore, the authors noted that individuals’ responses may have been biased due to “social desirability” (Li et al., 2022). Lastly, researchers noted the implications for this study. The authors stated that parents should be provided with strategies and mechanisms to not only manage their mental health, but also to help aid in parenting during stressful times.

References

- Li, S., Xu, Q., Xie, J., Wang, L., Li, H., Ma, L., & Xia, R. (2022, August 29). *Associations of Parenting Daily Hassles with parents' mental health during the COVID-19 school closure*. *Social Science & Medicine*.
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