Original Article

Investigating The Relationship Between Parenting Styles And Depression And Anxiety And Educational Performance, By Distance Learning In Primary School During Coronavirus Crisis

Mastooreh Mafakheri[1*]

1- Master Of General Psychology, Azad University of Sanandaj, Kurdestan, Iran.

***Corresponding author:** Mastooreh Mafakheri, Master Of General Psychology, Azad University of Sanandaj, Kurdestan, Iran. mafakheri195@gmail.com. ORCID: https://orcid.org/0000-0001-5948-719X.

Abstract:

Background: This study investigates the relationship between parenting styles on depression and anxiety and the performance of distance education in primary school during coronavirus crisis.

Method: The present study is applied in terms of purpose and descriptive-analytical in terms of method using a questionnaire. The statistical population was children in Tehran and the number of samples was calculated using Cochran's formula 384 people. SPSS software was used to analyze the data obtained from the questionnaire. Kolmogorov-Smirnov test showed that the data were abnormal, so the nonparametric Spearman test was used to test the research hypotheses.

Results: There is a positive and significant relationship between parenting styles with depression and anxiety and the performance of distance education in primary school during coronavirus crisis with a 95% confidence level. Results: There is a positive and significant relationship between parenting styles with depression and anxiety and the performance of distance education in primary school during coronavirus crisis.

Conclusion: There is a correlation between the two variables of parenting styles on the performance of primary school during coronavirus crisis.

Keywords: parenting styles, depression, anxiety, distance learning, children

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Introduction

Each family uses certain methods in the individual and social upbringing of their children, these methods, which are called parenting methods, are influenced by various factors, including cultural, social, political and economic factors, etc. [1]. Parenting methods refer to the methods that parents use to raise their children. These styles are influenced by many variables, including parental personality type, living environment, lifestyle, mental health, culture and race.

Educational styles usually fall into three groups: Uninvolved (easy-going), authoritarian, and authoritative. Some of these inappropriate parenting practices and the inappropriate use of punishment and encouragement reinforce anger and aggression in children. The first seven years of life are the years of forming the foundations of morality and behavior and even looking at life. A person who has not been in peace and security in the first seven years of his/her life, it is natural that he/she cannot live normally for the rest of his life. Understanding the relationship between mental health problems today and past problems in childhood can be an effective way to solve the problems caused by these mental health problems.

One who knows that his/her bad temper, aggression and intolerance are caused by the anxiety and anger of his/her childhood, can better control and correct these bad moods and aggressions. Parents, as the first teacher of children, have many duties and roles, including regular monitoring of their healthy growth and creating a calm environment [2].

Prevalence and incidence of various infectious diseases during History has been one of the most serious threats to human health, the most recent of which is the emerging Covid-19 virus. [3]

By 2018, the World Health Organization had identified six types of coronavirus in humans. In late December 2019, the new coronavirus; Wuhan pneumonia began to spread throughout China, which now poses a major health threat to global public health. In January 2020, the World Health Organization stated that there was a high risk of Covid-19 spreading to other parts of the world; Because the virus is transmitted from human to human, the average incubation period is estimated at two to five hours, allowing air travelers to spread the disease worldwide. Evidence suggests virus transmission occurred during the latency period. During the latent period, patients are asymptomatic. In March 2020, the World Health Organization described Covid-19 as an epidemic. Until March 1, 2020 Covid-19 pandemic spread worldwide and has affected 67 countries, including Iran.

This form of the disease epidemic is, in fact, a major social event that has been raised all over the world. Now it is necessary to pay attention to its effects on people's lifestyles [4].

Anxiety can be considered as an adaptive and normal response to a threat that prepares the organism for escape or conflict. Anxiety is a common disease and reasonable estimates of its one-year prevalence range from 3% to 8%. The ratio of women to men in this disorder is two to one, and approximately 25% of patients who refer to psychiatric disorder’s clinics have generalized anxiety disorder.

Anxiety as a part of every human life is present in all people to a moderate degree and this limit is considered as a compromised response, but to the extent that anxiety becomes a clinical concern when it has reached such a level that it impairs the ability to function in daily life, so that the person develops an maladaptive state characterized by severe physical and mental reactions. [5]. Depression can occur for no apparent reason and can sometimes be life-threatening.

With just one symptom, you cannot say that you have depression, but there must be several symptoms of the disease in a person to be diagnosed with depression. Many depressive symptoms are similar to those that occur in normal people. However, when you are depressed, these symptoms are usually more severe and last longer [6]. Research has shown that major depression, one of the most common mood disorders, accounts for more than 10 percent of total non-productive costs and disease-related stressors, with an estimated economic burden of $ 43.7 million annually.

In Iran, according to the results of the study of mental health in people 15 years and older in 1999, 21% of the subjects 25.9% of women and 14.9% of men with suspected mental disorders and depressive symptoms were the most common.

Virtual education is a creative learning that, while changing the process of teaching and learning and information management, plays a key and pivotal

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role in the development and stabilization of ICT culture. Virtual education using the growth of the information and communication technology industry It is the current world and according to information and communication technology experts, for several years, online education based on electronic space will be the standard educational method in the world. According to experts, e-learning provides conditions in which existing information can be manipulated or transformed. Training in this method is the production of new products, not the return of information received without change.

In this type of training, new solutions to problems can be found. Training based on information technology based on e-learning method, allows learners to think actively and innovatively and use these ideas together [7].

Rezaei et al. (2015) [8] conducted a study entitled "Study of the relationship between parenting styles and child anxiety". Many researchers consider behavioral disorders to be common and debilitating disorders that cause many problems for the family, the environment, and the child. By realizing more and more parenting styles and considering it, appropriate interventions can be done to eliminate these disorders.

The methods of upbringing and how to raise children in childhood are very important, and the social adjustment and mental disorders of adolescents and young people depend on their parenting style in childhood. Therefore, educating families on how to communicate with their children is necessary and important and should be given special attention in schools by family education teachers and the Parents and Teachers Association [8]. Hosseinpour and Babapour Khairuddin (2016) [9] conducted a study entitled "The relationship between parenting styles and social anxiety in adolescents." Perceived parenting styles were found to be correlated with social anxiety. Among the styles, the authoritarian style has shown the highest correlation with the value of regression coefficient 0.08, correlation coefficient r = 0.04 with social anxiety [9]. Haghighat (2016) [10], conducted a study entitled "Study of the relationship between parenting styles with depression and loneliness of first year high school students in public schools in Gonbad in 2015-2016".

The results of the main hypotheses showed that according to the students of the first year of high school in Gonbad schools, there is no significant relationship between parents' careless parenting style with depression and students' loneliness, and between parents' authoritarian parenting style with depression and feelings. Students' loneliness has a positive and significant relationship and there is a negative and significant relationship between parents' authoritarian parenting style and students' depression and feelings of loneliness.

Authoritarian parenting styles can also predict depression, and authoritarian parenting styles can predict loneliness. It can be concluded that parenting style is effective on depression and loneliness of children [10].

Yaghoubi Rad (2014) [11] conducted a study entitled "Study of the relationship between parenting styles and students'' anxiety". Findings showed that the level of students 'anxiety based on parents' educational styles are significant. There was a significant relationship between parenting styles and family socioeconomic status according to the K2 test, and families with low socioeconomic status, their child's upbringing style is more authoritarian and families with medium and high economic status, their upbringing style is often light. It was logical. Anxiety is higher in female students than male students. Also, the level of anxiety of students in the low socio-economic base is higher than the average and high base. [11].

Research objectives

- Investigating the relationship between parenting styles and depression in primary school during Coronavirus conditions.
- Investigating the Relationship between Parenting Styles and Anxiety in primary School Children during coronavirus crisis.
- Investigating the relationship between parenting styles and the performance of primary school during coronavirus crisis.

Virtual training

Virtual education refers to a wide range of applications and educational methods based on information technology such as computers, CDs, Internet, network, intranet, etc. This educational method is an evolved and developed distance education that in addition It is also very effective and practical on educational centers for various

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organizations and departments. Different organizations and departments can easily provide their required courses to their employees and save a lot of costs and time [12].

Parenting styles

Parenting practices are combinations of parenting practices that occur in a wide range of situations and create a continuous parenting environment:

Uninvolved parenting style

In the negligent method, the parents allow the child to perform as much as he wants or knows rationally and have no control over his actions [13].

Authoritarian parenting style

In this style model, the opinion is basically the opinion of the parents and the child has no right to comment, otherwise the parents will be punished [13].

Democratic parenting style

Parents rationally control the child's actions and allow him to comment when appropriate [13].

Anxiety

Anxiety is one of the most common mental disorders and a distressing feeling that evokes an unknown and vague danger. Anxiety with physical symptoms (such as tremors, palpitations, nausea, diarrhea, and dry mouth) and cognitive symptoms (such as decreased concentration, alertness, confusion, fear of going insane), perceptual symptoms (such as depersonalization and metamorphosis) and behavioral symptoms (Such as irritability, immobility). Low levels of anxiety increase a person's control over the environment and their awareness of a potential threat; But severe anxiety disrupts a person's behavioral persistence and prevents him or her from responding logically. [14]

Emotional anxiety is a very unpleasant, often vague, anxiety that is accompanied by one or more physical feelings, such as a feeling of emptiness in the heart, shortness of breath in the chest, and palpitations. In fact, anxiety is an extremely widespread and pervasive trait that makes a person's life very bitter and deprives him of all human contact and destroys his hope for a peaceful life. This disorder is more common in women [15].

Depression

According to the American Psychiatric Association (APA), Depression is a heterogeneous disorder that is characterized by symptoms at the physiological, behavioral and psychological levels. The term depression, for ordinary people, refers to a specific state of sadness, cramps, and infertility, and to a physician, it refers to a wide range of mood options with multiple subtypes.

Different definitions of depression refer to a wide variety of symptoms that can be combined in different ways, which sometimes makes it very difficult to recognize depression among these combinations. However, it can be accepted that depression is accompanied by psychological and physical symptoms at the same time, and physical symptoms sometimes overshadow the clinical table to such an extent that they prevent the recognition of depression [16].

New coronavirus (Covid-19)

The new coronavirus (nCoV-2019) or (COVID-19) was identified by the World Health Organization (WHO) in early 2020 in Wuhan, China. Covid-19 is the most dangerous virus of the Coronaviridae family these days and is a serious warning to all countries of the world. The virus has caused severe respiratory and intestinal infections in animals and humans. Infection is also caused by this virus and leads to death [17].

In general, the new coronavirus-2019 (SARS-CoV-2) is a coronavirus belonging to the beta-coronavirus category. Covid is the third known animal coronavirus disease after SARS and Middle East respiratory syndrome, both of which belong to the beta-coronavirus category. Patients infected with the emerging Covid-19 virus showed mainly symptoms of severe pneumonia, including fever, fatigue, dry cough, and acute respiratory distress. Preliminary studies have shown that during the 5.2-day incubation period of pneumonia in patients with emerging Covid-19 virus (NCIP), it is possible to cause a rapid global outbreak through respiratory droplets [18].

At the end of December 2019, a new coronavirus, called 2019-nCoV, spread pneumonia from Wuhan, Hubei Province, to the whole of China, posing a major threat to public health and attracting worldwide attention. Drew himself. To date, there is no clinically approved vaccine or antiviral drug

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for this human coronavirus [19]. In February 2020, the World Health Organization identified COVID-19, which stands for Coronavirus 2019. The virus that causes COVID-19 has been identified as the Coronavirus of Acute Respiratory Syndrome 2 (SARS-CoV-2), formerly known as 2019-nCoV.

Understanding of COVID-19 is progressing. Interim guidance is provided by the World Health Organization and the US Centers for Disease Control and Prevention [20].

Research Hypotheses

- There is a positive and significant relationship between parenting styles and depression in primary school during coronavirus crisis.
- There is a positive and significant relationship between parenting styles on primary school's anxiety during coronavirus crisis.
- There is a positive and significant relationship between parenting styles on the performance of primary school during coronavirus crisis.

Research method

The present study is descriptive-analytical in terms of applied purpose and method. The statistical population of the study was children in Tehran. A questionnaire was used to collect data and then SPSS software was used to analyze the data. Kolmogorov-Smirnov test showed that the data were abnormal. Finally, the nonparametric Spearman test was used to test the research hypotheses.

Results

According to Table (1), Kolmogorov-Smirnov test showed that the research data were abnormal, so Spearman test was used.

Table 1 - Kolmogorov-Smirnov test to check for normality

Variable	Number	Kolmogorov-Smirnov	Significance (P)
Parenting styles	384	0.852	0.002
Anxiety	384	0.783	0.002
Depression	384	0.789	0.003
Distance Learning	384	0.896	0.003

Investigation of research hypotheses

The first hypothesis

H_1: There is a positive and significant relationship between parenting styles and depression in primary school during coronavirus crisis.

H_0: There is no positive and significant relationship between parenting styles and depression in primary school during coronavirus crisis.

According to Table (2), the results obtained for the significance level indicate that the correlation between the two variables of parenting styles and depression in primary school during coronavirus crisis with a coefficient of 0.500 and sig = 0.004 was confirmed and with a confidence level of 95 Percentage is acceptable. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two variables of parenting styles and depression in primary school during coronavirus crisis and as a result, H0 hypothesis is rejected and H1 hypothesis is confirmed.

Table 2- Spearman correlation test assumptions for the first hypothesis

Spearman correlation coefficient value	The significance level	Result
0.500	0.004	Significant positive correlation and rejection H_0

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The second hypothesis:

H_1: There is a positive and significant relationship between parenting styles and anxiety in primary school during coronavirus crisis.

H_0: There is no positive and significant difference between parenting styles and anxiety in primary school during coronavirus crisis.

Table 3 - Spearman correlation test assumptions for the second hypothesis

Result	Spearman correlation coefficient value	The significance level
Significant positive correlation and rejection H_0	0.504	0.003

According to Table (3), the results obtained for the level of significance indicate that the correlation between the two variables of parenting styles and anxiety of primary school during coronavirus crisis with a coefficient of 0.504 and sig = 0.003 was confirmed and with a 95% confidence level. acceptable. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two variables of parenting styles and anxiety in primary school during coronavirus crisis and as a result, hypothesis H0 is rejected and hypothesis H1 is confirmed.

The third hypothesis

H_1: There is a positive and significant relationship between parenting styles on the performance of primary school during coronavirus crisis.

H_0: There is a positive and significant relationship between parenting styles on the performance of primary school during coronavirus crisis.

Table 4 - Spearman correlation test assumptions for the third hypothesis

Result	Spearman correlation coefficient value	The significance level
Significant positive correlation and rejection H_0	0.450	0.004

According to Table (4), the results obtained for the level of significance indicate that the correlation between the two variables of parenting styles on the performance of primary school in corona conditions with a coefficient of 0.450 and sig = 0.004 was confirmed and with a confidence level of 95 Percentage is acceptable. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two parenting styles on the performance of primary school during coronavirus crisis and as a result, H0 hypothesis is rejected and H1 hypothesis is confirmed.

Discussion

The results showed that for a significant level, the correlation between the two variables of parenting styles and depression in primary school during coronavirus crisis with a coefficient of 0.500 and sig = 0.004 was confirmed and accepted with a 95% confidence level. Is. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two variables of parenting styles and depression in primary school during coronavirus crisis and as a result, H0 hypothesis is rejected and H1 hypothesis is confirmed. For the level of significance, it indicates that the correlation between the two variables of parenting styles and anxiety of primary school during coronavirus crisis with a coefficient of 0.504 and sig = 0.003 is confirmed and accepted with a 95% confidence level. Consistent with the results of researchers Zolfaghari and Tahereh, (2016)[3], and Haghighat (2016)[10].

Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two variables of parenting styles and anxiety in

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elementary school children during coronavirus crisis. The results showed that the correlation between the two variables of parenting styles on the performance of primary school during coronavirus crisis with a coefficient of 0.450 and sig = 0.004 was confirmed and accepted with a 95% confidence level. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two parenting styles on the performance of primary school during coronavirus crisis. Anxiety as a part of every human life is considered as a limitation as a dangerous reaction, but to the extent that anxiety becomes a clinical concern to the extent that it disrupts a person's ability to act in daily life. Slow, so that the person suffers from an incompatible state [13].

In general, the results showed that for the level of significance, there is a positive and significant relationship between the two variables of parenting styles and depression in primary school during coronavirus crisis.

Conclusion

According to the results studied in this study, we came to the conclusion that there is a correlation between the two variables of parenting styles on the performance of primary school during coronavirus crisis.

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