

The methods of psychological confrontation adopted by parents to reduce their fears of the spread of Coronavirus among children in Jordan

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Abstract

During the Coronavirus outbreak, all schools shifted from delivering conventional education to distance education. Thus, students received their education at home through using technology. During this crisis, there was great fear among students and parents from getting infected with the Coronavirus. Therefore, the current study examined the psychological confrontation methods used by parents to reduce their fears of having their children infected with the Coronavirus in Jordan. The researchers adopted the survey-based descriptive approach. The sample consists of four hundred and seventy-three (473) mothers and fathers who were randomly selected from Jordan. Online survey was used to obtain data from them. After the use of the SPSS program, the researchers found that the level of the parents' fear of having their children infected with COVID 19 virus is high. It was found that the measure carried out the most by parents for avoiding the infection of their sons and daughters with the virus is represented in following the guidelines and preventive measures issued by healthcare organizations. In addition, the researchers found that there isn't any statistically significant difference between the respondents in terms of the used psychological confrontation methods which can be attributed to the age of son/daughter nor respondents' academic qualification. However, it was found that there are statistically significant differences in this regard which can be attributed to the respondents' age and the province they reside at. The latter

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differences are for the favor of the ones whose ages range between (20 – 30) years. They are also for the favor of the ones residing in the Central and Northern Provinces of Jordan.

Keywords: Coronavirus; Psychological confrontation; Survey-based approach

1. Introduction

The world has been facing a serious threat that is represented in the Coronavirus pandemic. It has also been facing a difficulty in the way of dealing with this crisis. Countries had to take fast and effective measures in order to handle this crisis effectively. The country that fails in taking effective measures would have lost its prestige in front of the global community. Such measures include: taking measures related to the way of delivering education. It should be noted that countries have two options. They shall either handle this crisis effectively through taking measures or refrain from taking measures in this regard.

According to Singh et al. (2020), the COVID-19 pandemic and the associated lockdown promoted feelings of anxiety and fear among people worldwide. They negatively affected children and adolescents in terms of psychosocial and mental wellbeing. The severity of the impacts of Coronavirus pandemic on minors were affected by several factors. Such factors include: developmental age, pre-existing mental health conditions, and academic qualification. Such factors include: being economically underprivileged and being in a quarantine due to having an infection or experiencing a fear of getting infected (Singh et al., 2020).

According to Landoni et al. (2022), life-threatening events (e.g. COVID-19 crisis) promote a sense of insecurity and feelings of fear among people. Parents' capability to assist children to accept their negative emotions is important and essential during any crisis. Such acceptance shall enable children to handle the crisis effectively (Landoni et al., 2022)

The most serious challenges during any crisis include dealing with children effectively. The childhood stage is considered the most significant developmental stage in one's life. That is because the characteristics of one's personality start to manifest during childhood. The childhood stage involves a long series of changes. It affects all the following developmental stages of one's life (i.e. adolescence and adulthood). It is a very sensitive stage (Saleh, 2014).

The scholars who are specialized in psychology and education suggest that the first couple of years of one's life significantly affect one's development in later stages in life. . It was found that many behavioral deviations are attributed to the mistakes committed during early stages of life. That is because one's personality is formed during the early stages of one's life. Such formation is affected by the available resources in the environment and the educational conditions as well. The early stage of one's life are also very significant because one's emotional, social, cognitive, and physical characteristics develop throughout this stage.

According to the scholars who are specialized in psychology and education, the early childhood stage is the most important stage of one's development. That is because this stage affects the subsequent developmental stages. The early childhood is also crucial and significant because it impacts the following stages of one's life (late childhood, adolescence, adulthood, youth, and elderly stages). In addition, it affects one's social, and language development. It affects one's ethical behavior, and psychological adjustment. During the first couple of years of one's life, interests in reading, friendly behavior, and altruism are in the process of formation (Ayad, 2009).

Thus, the family is considered the first social entity that provides the child with religious, social, and ethical values and standards. One shall keep adopting such values and standards throughout his / her life. The family aims at enabling one to engage in the social formation processes. It allows him / her to interact effectively with others. In addition, it also allows him /her to adapt himself / herself with the changes and

circumstances. All religions encourage families to promote religious, social, and ethical values among their children to strengthen the bonds between the family members.

Hanafi (2007) suggests that families-related studies must target the whole family. That is because a family can't be examined without examining the relationships between its members. Hence, families with more than one child have been receiving much attention by scholars and researchers. In addition, many scholars and researchers aim at exploring the economic, social, psychological, and cognitive characteristics of the families having children with special needs.

Al-Bilawi (2014) believes that family plays a very important role in child's life. He adds that awareness can't be promoted among families nor support can be offered to them without identifying their behaviors toward their children. Such behaviors reflect the families' emotions. They reflect the nature of the challenges faced by the families. Today, there is a need to play a major role by parents. There is a need to fulfill several responsibilities by parents towards their sons and daughters (Al-Bilawi, 2014).

Ahmad (2009) adds that the family is considered the entity that has the strongest impact on socialization. He adds that socialization is affected by the economic, social, educational, and cultural status of the family. It is also affected by the way in which the parents deal with their children. In addition, it is affected by the stability of the children, and the strength of the family bonds.

Several challenges face families. To handle such challenges, parents must identify such challenges and exert effort in order to handle them. Therefore, they need to ensure that their children live in a secure environment. Such an environment shall make the children live in peace and healthy. Creating such a secure environment for children is a real challenge that faces families and the future of their children. Without identifying the challenges faced by families and implementing awareness-raising programs, there shall be shortcomings in the way of raising up children (Ahmad, 2009)

Landoni et al (2022) reported that there is a major need for providing families with support during the pandemic and after it. They added that children must be provided with adequate and clear information about the pandemic to understand how serious this pandemic. Such information shall enable children to identify the way they ought to handle this pandemic.

In this regard, the Family Stress Theory was set. It suggests that the quality of relationships between parents and child adjustments are affected by stressful events. It allows people to identify the impacts of the COVID 19 crisis on the wellbeing and stability of the family members. Based on the latter theory, the changing, pervasive, and unpredictable stressful conditions associated with the pandemic threaten the stability of families for sure.

Statement of the Problem:

Due to facing the Coronavirus crisis, the world experienced several social and cultural major changes. Such changes affected the way in which people handled this crisis. They led to making changes in the way of dealing with children at home during the quarantine period. They led to making changes to the way of meeting the desires and needs of children.

It should be noted that parents play a major role in handling the challenges facing children during the Coronavirus crisis due to several reasons. For instance, parents play a major role in raising up the future generation. They also play the main role in the teaching-learning process during this crisis. In addition, they play a major role in enabling their children to handle the challenges associated with this crisis. In light of the aforementioned information, the present research work aimed to identify the psychological confrontation methods used by parents to reduce their fears of having their children infected with the Coonavirus in Jordan. To be specific, the problem of this study lies in the question displayed below:

(What are the psychological confrontation methods used by parents to reduce their fears of having their children infected with the Coronavirus in Jordan?)

Significance of the Study:

This article is deemed significant due to the reasons listed below:

- 1)- The research work identified the challenges related to children during the pandemic.
- 2)- The research work identified the way of handling the challenges associated with the Coronavirus crisis in relation to children.
- 3)- The research work may benefit the educators in Jordan through providing them with information about the way of enabling parents to handle the challenges associated with the Coronavirus crisis.
- 4)- This research work offers recommendations that contribute much to handling the challenges associated with the Coronavirus crisis.
- 5)- It offers a reliable instrument for researchers

Objectives:

The study aimed to

- 1)- Identify the psychological confrontation methods used by parents to reduce their fears of having their children infected with the Coronavirus in Jordan
- 2)- Identify whether there is any significant differences – at the significance level of $\alpha \leq 0.05$ - between the respondents' use of psychological confrontation methods which might be attributed to: the child's age, or respondents' age, academic qualification, or province.

Questions:

The study answered the following questions:

- Q.1. What are the psychological confrontation methods used by parents to reduce their fears of having their children infected with the Coronavirus in Jordan?
- Q.2. Is there any significant differences – at the significance level of $\alpha \leq 0.05$ - between the respondents' use of psychological confrontation methods which might be attributed to: the child's age, or respondents' age, academic qualification, or province?

2. Review of Literature

Landoni et al. (2022) analyzed the coping strategies that were used by Italian caregivers for reducing their children's fears of the COVID-19 crisis. They used a survey during the lockdown period in Italy. They gathered data from six hundred and forty nine (649) parents who have at least one child whose age is between (5 to 17 years). A qualitative content analysis was conducted to analyze the answers to the open-ended question (N = 569; 87.9% women; MAge = 45 years). It was found that the primary approach of the families is represented in communication and meaning-making. Other strategies used by families include: (the importance of safe space) represented in keeping their children in a safe place. The researchers found that the factors affecting the effectiveness of the management of the children's fears include: religious beliefs, adaptation, having a positive attitude, and a sense of humor and hope. They found that there are two strategies deemed significant by the targeted families. Those strategies are 'flexibility' and 'maintaining virtual contacts.

Samani et al (2022) examined the COVID 19-related experiences of the families having children with psychiatric disorders in a psychiatric outpatient clinic located in Iran. The phenomenological method was used. A qualitative approach was used too. The population involves the parents who have a child suffering from psychiatric disorders and were referred to the pediatric psychiatric clinic of Imam Hussein hospital. The sample consists of fourteen (14) parents. The Colaizzi method was employed for analyzing data. The researchers identified the factors affecting behaviors and the factors affecting the creation of new behaviors during the quarantine. Regarding the factors leading to worsening the behaviors, they include: exacerbation of underlying diseases, fear of the coronavirus and discontinuation of medical and psychological treatments. Regarding the factors leading to improving behaviors, they include: staying at home for longer time with family members, and reduction in the stress due to limitations on social relationships. Regarding the factors affecting the creation of a new behavior, they include: having more family conflicts, and increased addiction to social media and the Internet. They include changes to previous daily habits

Ravens et al (2022) explored the effect that the COVID-19 pandemic has on the mental wellbeing and the health-related quality of life (HRQoL) of adolescents and children residing in Germany. They explored that from the children's perspective. They used an online survey targeting 1586 families who have 7- to 17-year-old children and adolescents. They collected data during (May 26 and June 10). They used a survey that includes validated and international scales. The survey measures HRQoL (KIDSCREEN-10), mental health-related problems (SDQ), anxiety level (SCARED), and depression level (CES-DC). The results reached by the researchers were compared with the data gathered from the nationwide, longitudinal, representative BELLA cohort study (n = 1556) conducted in Germany before the pandemic. Two-thirds of the sampled adolescents and children reported being highly burdened due to the pandemic. In addition, they experienced lower HRQoL levels (40.2% vs. 15.3%), more mental health-related problems (17.8% vs. 9.9%), and higher levels of anxiety (24.1% vs. 14.9%) than before the pandemic. Furthermore, it was found that the children with low socioeconomic status, limited living space, and migration background were influenced much more than other children.

Johnson et al (2022) explored the parents' perceived stress, symptoms of depression, anxiety, and associated risk- and protective factors across demographic subgroups during the first wave of the aforementioned pandemic. Norwegian parents (N = 2868; 79.5% mothers) with >1 child under 18 years of age completed an online survey two weeks after the implementation of government-initiated distancing measures. The survey includes measures of COVID-related risk factors (parental stress, depression, burnout, anxiety, parents' level of anger towards children, difficulty in terms of working at home, and positive beliefs and ideas about worrying) and protective factors (social support and self-efficacy). Several results were concluded. For instance, the mothers and parents living with several children, and parents suffering from a psychiatric diagnosis show higher levels of parental stress, and burnout than others. They show a higher level of anger towards their children. They offer less social support for their children. About 25% of the parents show anxiety and depression symptoms which are clinically deemed significant symptoms. In addition, the parents who carried out distancing measures show a significantly higher level of distress. Furthermore, the parent's anger toward children can explain 41% of the changes to parental stress.

Pereira et al (2021) investigated parental behavior during the COVID-19 crisis in two countries located in Europe (i.e. Portugal and UK). They investigated the relationship between the parents' behavior from one hand and the children's levels of anxiety and quality of life from another hand. The sample consists from several caregivers of adolescents and children (N = 442; 86.7% mothers). The age of those adolescents and children range between 6 - 16 years old (M = 10, SD = 2.85). Those caregivers filled an online cross-sectional survey in Portugal and UK. Based on the results, the higher the children's anxiety level, the lower their quality of life would be. The latter two variables were associated with higher levels of unrealistic parental demands. They were associated with lower levels of parental self-care. Furthermore, they were associated

with higher levels of parental emotional dysregulation. It was found that encouraging children to express their feelings and the management of exposure to COVID-19 information have a negative relationship with the anxiety of children. In addition, encouraging children to have a good routine, and supporting children's emotional modulation have a positive relationship with the quality of life of the children. To add more, it was found that the promotion of healthy lifestyle habits among children has a positive relationship with the quality of life of the children.

Spinelli et al (2020) investigated the effects of several risk factors associated with the COVID-19 outbreak on the well-being of children and their parents. The sample consists of several parents having children whose ages are between 2 -14 years. Those parents filled out an online survey with reporting data about their home environment conditions. In addition, they offered data about the consequences of the pandemic. They also offered data on the difficulties experienced as a result of the quarantine. In addition, they offered data on their perception towards individual and parent-child dyadic stress. They offered data on the emotional and behavioral problems of children. Based on the reached results, the perception of the difficulty of quarantine is a major factor that affects the well-being of parents and children. Quarantine's effects on children's emotional and behavioral problems are mediated by the individual and dyadic stress of parents. The parents who reported more severe difficulties in terms of handling the quarantine show a higher level of stress. In addition, they reported more severe children's problems.

Based on the aforementioned studies, the Coronavirus crisis has affected the overall lives of families in general. The financial status, lockdown, and home quarantine affected the psychological well-being of parents. Thus, they affected the way in which the parents deal and interact with their children. It should be noted that the lockdowns, home quarantine, and fear of getting infected negatively affected the well-being of children and increased the stress experienced by parents. Parents' stress shall increase due to the increase in the parents' fear of having their children infected with this virus or getting sick due to any other disease.

Limits of the Study:

Temporal limits: The study was conducted during the year 2022.

Spatial limits: This study was conducted in Jordan.

Human limits: This study targets mothers and fathers.

3. Methodology and Procedures:

Approach

A descriptive survey-based approach was used. This approach was used because it allows the researchers to meet the study's goal. It was used because there is a need to describe the current reality of the study's problem. It was used in order to offer information and facts about the reality of the study's problem.

The Instrument:

The researchers used a survey consisting of two parts. Part one collects demographic data. Part two collects data related to the study's problem. The five-point Likert scale was employed. The rating categories in the latter scale are: (strongly agree, agree, neutral, disagree, and strongly disagree). These categories represents the following scores (5, 4, 3, 2, and 1) respectively.

Sample:

The sample consists of 473 mothers and fathers. Those mothers and fathers were chosen through employing the random technique. Data was obtained from those parents through using an online survey. Table (4) presents the characteristics of the targeted sample.

Table (4): Data about the sampled parents

N=473

Variable	Category	Frequency	Percentage
Child's age	Less than 5 years	371	78.4
	More than 5 years	102	21.6
Parent's age	20 – 30 years	163	34.5
	31 – 40 years	205	43.3
	41 – 60 years	105	22.2
Marital status	Married	465	98.3
	Divorced	2	0.4
	Widow / widower	6	1.3
Academic qualification	Secondary school certificate	146	30.9
	BA degree	283	59.8
	Graduate degree	44	9.3
Monthly income of the family	Less than 500 JDs	237	50.1
	500 – 1000 JDs	178	37.6
	1000 – 2000 JDs	46	9.7
	More than 2000 JDs	12	2.5
Relationship with the child	Father	55	11.6
	Mother	418	88.4
	Province	Northern Province	171
Province	Central Province	159	33.6
	Southern Province	143	30.2
City / village	City	371	78.4
	Village	102	21.6
Type of accommodation	House	189	40.0
	Apartment	276	58.4
	Villa	8	1.7

Validity of the Instrument:

Content validity

To check the validity of the instrument, the researchers passed the instrument to several faculty members who are specialized in the educational field and psychological well-being. Those faculty members were requested to evaluate the survey and offer comments. They added that the survey is clear and relevant to the goals. The comments offered by the faculty members were taken into consideration and the relevant changes were made to the instrument.

- Factor analysis:

The results obtained through the factor analysis are displayed below:

Table (1): The results of the factor analysis

Factor No.	The value of the latent root	Explained variation %	Cumulative explanatory value %
1	7.226	21.898	21.898
2	3.012	9.128	31.026
3	2.103	6.372	37.398
4	1.928	5.843	43.241

5	1.610	4.879	48.120
6	1.446	4.383	52.503
7	1.350	4.090	56.593
8	1.283	3.887	60.479
9	1.088	3.298	63.778

Based on the results of the factor analysis, the values of the latent root for all the factors are greater than (1). They explain 63.778% of the changes. Thus, the survey enjoys a high level of validity.

Internal Validity:

The researchers checked the internal validity of the survey. That was done through calculating the values of the correlation between each item and the overall value and calculating Pearson correlation coefficient values. Table 2 shows such values.

Table (2): The Pearson correlation coefficient values and the values of the correlation between each item and the overall value

Item No.	Correlation coefficient value	Item No.	Correlation coefficient value
1	0.548*	18	0.396*
2	0.324*	19	0.528*
3	0.307*	20	0.365*
4	0.270*	21	0.381*
5	0.263*	22	0.584*
6	0.262*	23	0.514*
7	0.587*	24	0.636*
8	0.575*	25	0.568*
9	0.243*	26	0.577*
10	0.577*	27	0.390*
11	0.466*	28	0.621*
12	0.535*	29	0.621*
13	0.452*	30	0.534*
14	0.544*	31	0.552*
15	0.395*	32	0.397*
16	0.342*	33	0.498*
17	0.316*		

(*): This sign indicates that the correlation is classified as significant at the significance level of 0.01

Based on table (2), all the values of the correlation between each item and the overall value are positive and significant statistically. They are within the range of 0.243 – 0.636. That means that this survey is suitable for meeting the study's goals. Thus, the survey enjoys a high validity.

Reliability of the Instrument:

The researchers checked the reliability of the study's instrument through calculating the value of (The Cronbach alpha coefficient). This value is 0.857. It is suitable for meeting the study's goals.

Statistical Analysis

To offers reliable answers to the questions in this work, the researchers used the SPSS software. They also used the following statistical methods:

- The simple descriptive statistical methods: They're represented in means, standard deviations, frequencies, and percentages. They were used to identify the characteristics and attitudes of the study's sample.
- The value of Cronbach alpha coefficient: It's calculated to identify the level of internal consistency.
- Pearson correlation coefficient values are calculated to have the validity of the instrument checked
- The t-test for the independent sample was conducted to identify whether there is any difference – deemed significant- between the respondents' attitudes and the default mean (3).

Classification of the means:

The researchers calculated the interval in order to set criteria for classifying means. Those criteria were used to classify the means into moderate, high or low means. The interval was calculated as follows:

Interval = (maximum value – minimum value) / the number of the required criteria

Interval = (5 – 1)-3

Interval = 1.33

Thus, the criteria that were used to classify the means are shown below

2.33 – 1.00: (Low)

2.34 – 3.67: (Moderate)

3.68 – 5.00: (High)

4. Results:

First Question:

Q.1. What are the psychological confrontation methods used by parents to reduce their fears of having their children infected with the Coronavirus in Jordan?

Table (5): Means and standard deviations representing the psychological confrontation methods used by parents to reduce their fears of having their children infected with the Coronavirus in Jordan

No.	Item	Mean	Std.	Rank	Level
1.	I carry out various art-based activities with my children in order to get rid of the fears of having my children infected with the Coronavirus. Such activities include: (art, writing poems, etc...)	3.79	0.94	23	High
2.	I plan to take preventive measures to prevent my children from being infected with the Coronavirus	4.61	0.62	2	High
3.	I follow the guidelines and carry out the preventive measures issued by the healthcare organizations to prevent having my children infected with the Coronavirus	4.71	0.46	1	High
4.	I believe that preventing the infection of my children with the Coronavirus is the most important priority in my daily life routine	4.53	0.78	3	High

5.	I keep informing my children that the fears of getting infected with the Coronavirus are overrated fears	3.07	1.22	31	Moderate
6.	I don't overthink about my fears of having my children infected when talking about the spread of the Coronavirus	4.02	0.89	17	High
7.	I seek changing my negative ideas when thinking about my fears of having my children infected with the Coronavirus	4.08	0.86	13	High
8.	I can control my fears of having my children infected with the Coronavirus when talking about the infection with this virus	4.06	0.75	16	High
9.	I convince my children that the Coronavirus problem isn't a major problem	2.63	1.23	33	Moderate
10.	I can control my fears of having my children infected with the Coronavirus in front of them	4.10	0.68	11	High
11.	I promote a positive perception among my children towards our life in the future during the Coronavirus crisis	3.80	0.90	21	High
12.	I seek finding solutions for getting rid of my fear of having my children getting infected with the Coronavirus	4.07	0.87	15	High
13.	I am keen on using the day dream method with my children to reduce their fears of getting infected with the Coronavirus	3.45	0.92	30	Moderate
14.	Although the Coronavirus has been spreading, I pretend that I am living my life normally in front of my children. I try to hide my fears and stress from them	3.77	1.10	24	High
15.	I avoid listening to the news and information related to the spread of the Coronavirus while my children are sitting	2.74	1.12	32	Moderate
16.	I think in an ongoing manner about the available solutions for reducing the risk of having my children infected with the Coronavirus. I think about that more than thinking about anything any else.	3.96	0.96	18	High
17.	I seek reading religious and holy books aloud with my children to get rid of any fear of having my children infected with the Coronavirus.	3.80	0.81	22	High
18.	I inform my children that the spread of the Coronavirus in society became a reality	3.75	0.84	25	High
19.	I avoid having my children interacting with anything that may increase their risk of having them infected with the Coronavirus.	4.45	0.60	4	High
20.	I convince my children that the Coronavirus crisis shall end peacefully	3.58	1.13	27	Moderate
21.	I am keen on communicating with others in order to identify their experiences in terms of the way of handling this crisis to avoid having my children infected with the Coronavirus.	3.55	1.03	28	Moderate

22.	I am keen on promoting awareness among my children to make sure that they won't get infected with the negative ideas connected to the Coronavirus.	4.07	0.82	14	High
23.	I am keen on watching movies and TV with my children in order to reduce their extent of thinking about the risk of getting infected with the Coronavirus	4.08	0.72	12	High
24.	I listen to my children in order to let them express their ideas about their fears of the Coronavirus	4.17	0.62	10	High
25.	I seek refraining from keeping my child alone in order to reduce his / her thinking about getting infected with the Coronavirus	3.91	0.86	19	High
26.	I use a simple language when talking to my children about the Coronavirus-related issues	4.33	0.60	7	High
27.	I tell my children that children rarely get infected with the Coronavirus	3.59	1.12	26	Moderate
28.	I encourage my children to carry out sport activities. I also engage with my children in doing sport activities to reduce their stress due to thinking about the Coronavirus	4.20	0.69	9	High
29.	I teach my children how to avoid getting infected with the Coronavirus	4.21	0.72	8	High
30.	I try to keep my children in touch with their friends through letting them communicate with them regularly	3.90	0.86	20	High
31.	I seek keeping incorrect information and scary scenes on social media far away from my children	4.41	0.69	6	High
32.	I would have consulted a psychiatrist who is specialized in children psychiatry in case signs of stress and anxiety were shown by my children	3.51	1.12	29	Moderate
33.	I make my children fee that I am protecting them and taking all the preventive measures to make them feel secure	4.45	0.67	5	High
34.	Overall	3.92	0.37		High

N = 473

Based on the table above, the extent of adopting the methods of psychological confrontation adopted by parents to reduce their fears of the spread of the Coronavirus among children in Jordan is high from the parent's perspective. That is because the overall mean is 3.92 and the standard deviation is 0.37. The mean of statement No. 25 is high. The means of eight (8) statements are moderate. The means in the above table range between (2.63 - 4.71). The mean of statement No. 3 is ranked first. The latter statement states as follows: (I follow the guidelines and carry out the preventive measures issued by the healthcare organizations to prevent having my children infected with the Coronavirus). The mean of statement No. 3 is 4.71 and is considered high. The standard deviation of this statement is 0.46.

The mean of statement No. 2 is ranked second. The latter statement states as follows: (I plan to take preventive measures to prevent my children from being infected with the Coronavirus). The mean of the latter statement is 4.61 and is considered high. The standard deviation of this statement is 0.62. The mean of statement No. 9 is ranked last. The latter statement states as follows: (I convince my children that the

Coronavirus problem isn't a major problem). The mean of the latter statement is 2.63 which is deemed moderate. The standard deviation of this statement is 0.1.23.

Based on those results, there are various psychological confrontation methods used by parents to reduce their fears of having their children infected with the Coronavirus in Jordan. The most important methods among those methods include: promoting general awareness among children about the significance of carrying out the relevant preventive measures to avoid getting infected. Other measures include washing hands, personal hygiene and etc... There were various campaigns launched on social media and other types of media for promoting awareness in this regard.

The method of utilizing free time during the quarantine is important to reduce the stress experienced by parents and their children. That is because children are in need of playing and investing their efforts and talents in useful manner. During the Coronavirus crisis, receiving education online increased students' stress. That is because online education differs from face-to-face education. To illustrate more, online education deprives students from the opportunities to communicate and play with peers, engage in sport clubs, and carry out various school activities.

Landoni et al. (2022) found that families during the Coronavirus crisis adopted the following primary strategies for handling this crisis (safe zone, adaptation, holding to religious beliefs, optimism, sense of humor and showing hope and resilience, and maintaining virtual connection).

Pereira et al. (2021) found that high anxiety levels and low-quality life levels among children are correlated with parents' high expectations. They found that high anxiety levels and low-quality life levels among children are correlated with parents' low self-care and emotional disorders. They found that the realization of the difficulty of the home quarantine is a critical factor that influences the welfare of parents and children

To identify whether significant differences exist between the mean representing the respondents' attitudes and the default mean (3), the t-test for independent sample was conducted.

Table (6): The results of the t-test for the independent sample

N = 473

Mean	Average of measurement	Calculated t value	Tabulated t value	Df	Sig.
3.92	0.37	53.832	1.972	317	0.000*

*: This sign indicates that the difference is classified as significant at the significance level of $\alpha \leq 0.05$

Based on the results of this t-test, there're significant differences - at the significance level of $\alpha \leq 0.05$ - between the total value of the respondents' mean on the scale and the default mean (3). Regarding the calculated t value, it's 53.832. It's much higher than the tabulated t value at the degree of freedom (317) and error level (0.05). The tabulated t-value is 1.972. Thus, there are differences between the methods of psychological confrontation used by parents to reduce their fears of the spread of the Coronavirus.

Those results indicate that parents used a variety of strategies and methods to handle the psychological impacts of the Coronavirus pandemic on themselves, children. Those methods vary due to the variation of the cultures of the parents and the society they live in.

Second question:

Q.2. Is there any significant differences – at the significance level of $\alpha \leq 0.05$ - between the respondents' use of psychological confrontation methods which might be attributed to: the child's age, or respondents' age, academic qualification, or province?

Table (7): Means and standard deviations for identifying whether there are differences between the respondents' use of psychological confrontation methods which might be attributed to: the child's age, or respondents' age, academic qualification, or province

Variable	Category	Frequency	Mean	Std.
Child's age	Less than 5 years	367	3.94	0.37
	More than 5 years	106	3.86	0.39
Respondent's age	30-20	163	4.03	0.36
	40-31	205	3.89	0.35
	60-41	105	3.82	0.39
Academic qualification	Secondary school certificate	146	3.97	0.41
	BA degree	283	3.91	0.35
	Graduate degree	44	3.81	0.34
Relation to the child	Father	55	3.98	0.33
	Mother	418	3.91	0.38
Province	Northern Province	171	3.99	0.35
	Central Province	159	3.96	0.41
	Southern Province	143	3.79	0.33

Based on the table above, it appears that differences exist between the parents' use of psychological confrontation methods that can be attributed to the child's age. Those differences appear to be for the favor of the individuals whose children are less than 5 years. It also appears that there are differences between the parents' use of psychological confrontation methods that might be attributed to the respondents' age for the favor of those whose ages range between 20-30 years. It appears that there are differences between the parents' use of psychological confrontation methods that might be attributed to the academic qualification for the favor of members with an academic qualification. It appears that there are differences between the parents' use of psychological confrontation methods that can be attributed to the relationship with the child for the favor of fathers. It appears that there are differences between the parents' use of psychological confrontation methods that might be attributed to the province for the favor of the individuals residing in the Northern Province.

Table (8): The results of the variance analysis for determining whether the differences between the respondents' use of psychological confrontation methods which might be attributed to: the child's age, or respondents' age, academic qualification, or province

Source of variance	Mean square	Df.	Mean square	Calculated f value	Sig.
Child's age	0.401	1	0.401	3.262	0.072
Respondent's age	2.524	2	1.262	10.273	0.000*

Academic qualification	0.733	2	0.366	2.983	0.052
Relationship with the child	1.143	1	1.143	9.302	0.002*
Province/ place of residence	2.738	2	1.369	11.146	0.000*
Error	56.998	464	0.123		
total	7331.236	473			
Adjusted total	65.123	472			

*: This sign indicates that the value is classified as significant at the significance level of $\alpha \leq 0.05$

Based on the results of the variance analysis, there are significant differences -at the significance level of $\alpha \geq 0.05$ - between the use of psychological confrontation methods by parents- that can be attributed to the province. The calculated f values are (10.27311.146 ,9.302 , respectively. The significance values of all those values are less than 0.05. Based on the aforementioned table, there are differences that can be attributed to the relationship with the child for the favor of fathers.

Based on the results of the analysis of variance, the researchers concluded that there no significant difference exists – at the significance level of ($\alpha \leq 0.05$)- between the use of psychological confrontation methods by parents- that can be attributed to the child’s age nor the respondent’s academic qualification. That’s because the calculated f- values are 3.2622.983 ,) respectively. The significance values of those f -values are greater than 0.05.

Those results could be attributed to the nature of the child’s age, and respondent’s academic qualification and relationship with the child. Those factors can’t deactivate the Coronavirus nor prevent its spread. This virus can affect all categories of the society.

Scheffe test was conducted and its results are shown in table 9 and table 10. It was conducted to identify whether the differences which might be attributed to age and province are classified as significant or no-significant.

Table (9): The results of the Scheffe test (This test identifies whether the differences that can be attributed to age are significant or not)

Age category		Average of difference	Sig.
30-20	40-31	0.141	*0.001
	60-41	0.209	*0.000
40-30	30-20	0.141-	*0.001
	60-41	0.068	0.299
60-41	30-20	0.209-	*0.000
	40-31	0.068-	0.299

*: This sign indicates that the value is classified as significant at the significance level of $\alpha \leq 0.05$

Based on the results of Scheffe, it was found that there are significant differences - at the significance level of 0.05- between the use of psychological confrontation methods by parents- which can be attributed to the respondent's age category. Those differences are for the favor of the respondents whose ages range between 20 – 30 years when comparing this category with the respondents whose ages range between 41 0 60 years.

Table (10): The results of the Scheffe test to identify whether the differences that can be attributed to the province are significant or not.

Province / place of residence		Average of difference	Sig.
Northern Province	Central Province	0.025	0.822
	Southern Province	*0.194	*0.000
Central Province	Northern Province	0.025-	0.822
	Southern Province	0.169	*0.000
Southern Province	Northern Province	0.194-	*0.000
	Central Province	0.169	*0.000

*: This sign indicates that the value is classified as being significant at the significance level of $\alpha \geq 0.05$

Based on the results of Scheffe, it was found that significant differences exist - at the significance level of 0.05- between the parents' use of psychological confrontation methods - which can be attributed to the respondent's province. Those differences are for the favor of the ones residing in the Northern or Central Province when having them compared with the ones residing in the Southern Province.

Those results indicate that the parent's age is a factor that can't undermine the seriousness of the Coronavirus crisis nor prevent the spread of this virus. This virus can affect all classes of society. According to the World Health Organization, the Coronavirus spread in all countries and became a pandemic. Thus, anyone can get infected with this virus.

Conclusion

After the use of the SPSS program, the researchers found that the level of the parents' fear of having their children infected with COVID 19 virus is high. It was found that the measure carried out the most by parents for avoiding the infection of their sons and daughters with the virus is represented in following the guidelines and preventive measures issued by healthcare organizations. In addition, the researchers found that there isn't any statistically significant difference between the respondents in terms of the used psychological confrontation methods which can be attributed to the age of son/daughter nor respondents' academic qualification. However, it was found that there are statistically significant differences in this regard which can be attributed to the respondents' age and the province they reside at. The latter differences are for the favor of the ones whose ages range between (20 – 30) years. They are also for the favor of the ones residing in the Central and Northern Provinces of Jordan.

Recommendations:

In the light of the above results, the researchers recommend:

- Conducting more studies on the issue to explore the impact of the psychological well-being of parents on the types of methods used by them to reduce the stress and anxiety of their family members, especially their children.
- Conducting more studies to identify the most effective methods and strategies for reducing the stress and anxiety of people during lockdowns.
- Promoting knowledge through media and the web about the way of handling crises during any crisis. That shall contribute to reducing the stress of people

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