

# How a Group-based Anger-Management Parenting Program Changed Mothers' Cognition, Attitude and Behavior

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**Background:** Parenting can be very challenging since it requires much time, energy and patience; while at the same time, parents get almost no training to fulfill this difficult duty. Many mothers rearing children claim that they get too angry with their children too often and express their anger in negative ways, and they feel guilty about it.

**Objective:** This study aimed to examine how participating in a group-based anger-management parenting program changed mothers' cognition of their anger, their attitude and their behavior toward their children.

**Methods:** A group-based parenting program, applying both anger-management skills and parenting skills, was conducted for 50 mothers. Each group consisted of 5-8 mothers who had at least one child aged 4-12 years and wanted to cope with their anger toward their children in better ways. Each group received three two-hour long programs. The trained anger-management facilitator with parenting experience led the program by giving lectures and supporting the participants by frankly discussing their problems, negative feelings and desires. At the second and the third program, the participants reported the changes they had experienced using the skills and knowledge they had obtained in the programs. Also an original questionnaire was used to examine how the mothers changed.

**Results:** The following are the statements with which most mothers either agreed or strongly agreed: I have increased my knowledge and understanding of anger. I feel less guilty when I feel or express my anger. I can see my anger more objectively. I get angry with my child less often. I express my anger with harsh words less often. I have more realistic expectations toward my child. I try to focus on the things my child can do rather than the things he/she can't do. I try not to worry too much about my child's future.

**Conclusion:** By participating in the group-based anger-management parenting program, mothers increased their knowledge and understanding of anger, eased their guilt, changed their perspective of the child, decreased the frequency of their anger and expressed their anger in more appropriate ways.