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The Effectiveness of Teaching Parenting Styles Based on Nahj al-Balaghah on Behavioral Outcomes in Students

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ABSTRACT

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Objective : Nahj al-Balaghah encompasses guidance for all facets of human existence, whereby adherence to its teachings can lead to an enhanced quality of life, societal dynamics, and governance. Among the various dimensions of familial life, child rearing occupies a position of paramount importance. Thus, the objective of this research endeavors to enhance the efficacy of instructing parenting styles based on Nahj al-Balaghah on behavioral outcomes in students.

Methods: Behavioral outcomes were assessed among students, with the statistical population consisting of all students exhibiting behavioral consequences and their respective parents. Employing cluster sampling as the sampling technique, a sample size of 30 parents and their children was selected. These parents were subsequently assigned to either the experimental or control group, with the experimental group undergoing 8 sessions focused on parenting styles derived from Nahj al-Balaghah. The data was collected through a questionnaire examining behavioral consequences and subjected to statistical analysis of covariance.

Results: The findings indicate that the instruction of parenting styles based on Nahj al-Balaghah exerts a positive influence on the behavioral outcomes of students.

Conclusions: The findings, in general, provide evidence to substantiate the efficacy of parental education that is rooted in religious texts, in terms of its impact on the behavioral outcomes of children.

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Introduction

Adolescents are involved with issues that are special to them. Among these issues, the following can be mentioned: rapid growth and development, physical, social and psychological maturity, sexual maturity and the beginning of sexual activities, lack of knowledge and skills needed to make the right decision in many cases, mental pattern in which meeting immediate needs is superior to trying to achieve long-term goals and also initiating behaviors that may become habits of all life, habits that sometimes cause diseases and problems for all life ([Crane & Broome, 2017](#); [Su et al., 2018](#)). Therefore, while adolescents enter adult roles and appear physically large, they are still not fully equipped with the tools needed to deal with the tasks and challenges of adulthood ([Zhou et al., 2020](#)). This is despite the fact that the structural changes during puberty are considered a crisis for adolescents and can lead to the creation and continuation of adolescent problems, including behavioral consequences ([Poorgholamy et al., 2022](#)).

Aggressive behavior during adolescence can be a predictive factor for delinquency, substance abuse, depression and academic failure ([Alizadeh & Alavi, 2022](#)). Aggressive disorders are the root of many psychological and behavioral problems of teenagers, the lack of control of which can cause interpersonal problems and crime, delinquency and aggression, as well as endangering physical health, such as stomach ulcers and migraines ([Koshkaki et al., 2020](#)). Social adaptation is also one of the important behaviors during adolescence that undergoes change. Most adolescents are unable to recognize desirable social behaviors and create compatible interactions with others ([Fernandez-Kranz & Nollenberger, 2022](#)). Another dimension is the behavioral consequences of physical health. Women and children have a lower level of health, which is the root cause of the inequality of access to society's resources. Men and women are different in terms of biology and in terms of the roles and responsibilities that society assigns to them, and also in terms of their position in the family and society ([Sepehri et al., 2017](#)).

One of the concepts that can affect behavioral outcomes is the parenting styles of parents. On the other hand, Islam has many instructions for a better human life. Imam Ali (peace be upon him): When the soul is empty of thoughts and fertility, height does not benefit him. So, the principle is to fill that void first in the shadow of education. The scandal of a bad generation: A bad child brings dishonor to the predecessors and corrupts and destroys the future ones (Letter 31 of Nahj al-Balagheh, 235; Letter 31, p. 373). This reference deals with the importance of raising children

in Nahj al-Balaghah. In this letter, the Holy Prophet mentioned these points: "And the young heart is like an empty land, full of capacity and acceptance... And before your heart becomes hard and accepts another seed, you must cultivate politeness in your being." I appointed it is clear that his holiness believes that education should not be postponed. His talk about the readiness of the heart of the youth is so clear that it does not need any explanation, it should be noted that he also mentions that if parents do not make an effort to educate our children in childhood and adolescence and do not plant the seeds of politeness in their hearts. There are those who will train him according to their wishes and interests ([Hoseinzadeh & Ghasemi gavarti, 2023](#)). In this part of letter 31, Nahj al-Balagheh mentioned the influence of peers and friends and also refers to lax families in the theory of dying. Children of permissive families do not have the skills of self-reliance and self-sufficiency and do not accept responsibility. Also, the children of authoritarian families are withdrawn, timid and lack a sense of independence, they are not courageous and suspicious, and they also have low social skills and a high level. They have depression and anxiety. In this episode, Hazrat Ali (A.S.) has described this style of parenting well and considered it harmful.

In another place of letter 31 of Nahj al-Balagheh, it refers to the period of adolescence and we see an examination and emphasis on the hardships and certain rules of the world; Issues such as death, passage of time, illness, not achieving dreams, etc.; "And know that in front of you is a very long and difficult road." "And know that in this journey, your path is not all smooth, but hard ridges and long passes await you". The teenager should know that he is not going to achieve all his desires in the world. He should know that obstacles are always and everywhere, nothing is easily obtained and even after many efforts, he may still be lost. It can be seen from this text that the concept of resilience in the education of teenagers is well mentioned and in addition to that, it is also possible to make references to problem solving. In this part, we can mention the authoritative parenting style, authoritative parents who monitor children's behavior based on rules and regulations, correct children's bad behavior, encourage individuality and open mutual relationships, and have warm and supportive behaviors and this is well mentioned in this section ([Sharifzad et al., 2020](#)).

Nahj al-Balagheh encompasses a comprehensive set of guidelines applicable to all facets of the human existence, the adherence to which has the potential to yield a vastly enhanced quality of life, both at the individual level and within the broader context of society and governance. Among

the myriad of crucial considerations that must be undertaken when examining the life of any given familial unit, the process of nurturing and raising a child assumes paramount importance. It is with this in mind that the present study endeavors to enhance the efficacy of teaching various parenting styles, all of which are grounded in the principles espoused within Nahj al-Balagheh. An exploration into the behavioral ramifications that ensue as a consequence of adopting these parenting styles has been undertaken, with a particular focus on the effects observed amongst student populations.

Materials and Methods

According to the subject of the research, the current research is semi-experimental. In an overview of experimental research (experimental, semi-experimental), it can be said that in experimental research, the effect of one or more independent variables on one or more dependent variables is studied. This type of research, in cases where it is possible to manipulate the variables, can provide important knowledge and information about the cause and effect relationships between the variables. The semi-experimental design used in the research is a two-group design (one experimental group and one control group) with pre-test-post-test. The statistical population of the research included all the parents of students who have daughters with behavioral problems in schools. A number of 30 parents (father or mother) have been eligible to participate in the treatment program by using the available sampling method, and were randomly divided into two experimental and control groups of 15 people. Before the pre-test was taken from the students and then the parents were trained and after the training classes the post-test was taken from the students.

Measurement tool

Adolescent behavioral consequences scale was created by [Achenbach and Edelbrock \(1979\)](#) in order to evaluate the positive and negative behavioral consequences of adolescents. Does it follow or have a negative outcome? This scale has 56 items and the subject must choose yes or no to determine whether he performs the desired behavior or not. It evaluates issues related to physical health, social compatibility and sexual vulnerability and therefore has 4 subscales. A low score in each of the subscales and in the whole test indicates positive behavioral consequences. The scoring method is Yes is 1 point and no is 2 point.

In statements 19, 20, 21, 23, 24, 25, 27, 28, 54, 55 and 56 scoring is done in reverse, that is, 2 points are given to the yes option and 1 point to the no option. To get the score of each subscale, it is enough to add the score of all the items related to the desired subscale together. Statements related to each subscale

1. Tendency to violence: 6, 15, 16, 35, 36, 37, 38, 39, 40, 41, 42, 43, 45 and 46.
2. Issues related to physical health: 1, 3, 12, 14, 29, 30, 31, 32, 33, 34 and 44.
3. Social compatibility: 17, 20, 21, 22, 23, 24, 25, 26, 27, 28, 47, 48, 49, 50, 51 and 56.

To get the overall score of the test, you must add the score of all 56 statements together. A lower score in each of the subscales and in the whole test indicates positive behavioral consequences and a high score indicates negative behavioral consequences of the teenager.

Summary of training sessions

The first session: introduction of members, description of meeting rules, definition of parenting, reasons for choosing Nahj al-Balagha. Description of students' problems from parents' point of view

The second session: Teaching how parents communicate with students based on Najbalagheh (how to empathize, how to call, how to talk about demands)

The third session of the description of refinement and patience and training for teenagers

The fourth session describes social compatibility and its definition and presents Nahj al-Balagheh solutions to increase this option

The fifth chapter describes kindness and openness for parents and education for teenagers

The sixth session of removing self-conceit, greed and pride in parents and how to deal with anger in Nahj al-Balagheh

The seventh session of training in the field of weak will and bad mood of parents and when interacting with teenagers

The eighth session of summarizing the results.

To analyze the data at an inferential level, assumptions tests (Kolmogorov-Smirnov and Lewin's test of normal distribution of scores) and analysis of covariance were used. All statistical analyzes were performed using the statistical package for social sciences version 23.

Results

One of the assumptions related to parametric tests is the assumption of the normality of the distribution of the scores of the groups in the society. In order to check this assumption, Kolmogorov-Smirnov test was used. Table 1 shows the results of this test. Non-significant results (significance value greater than 0.05) indicate the normality of the distribution of grades in the groups.

Table 1. Kolmogorov Smirnov test results

Variable	Group	K-S	
		Value	p
Physical health	Pretest	0.82	0.50
	Posttest	0.72	0.67
Social adaptation	Pretest	0.80	0.54
	Posttest	0.75	0.62
Tendency to violence	Pretest	0.70	0.69
	Posttest	0.64	0.79

The assumption of homogeneity of regression slopes

While there is an assumption that the variables in the analysis of covariance should show linearity in the whole data, this assumption should also be considered that the regression lines for each group in the study should be the same. If the regression is heterogeneous, then the covariance analysis will not be appropriate. Regression homogeneity assumption is a key issue in covariance ([Giles, 2002](#)). This assumption is demonstrated by using similar slopes in the regression line for each group. Unequal slopes indicate that there is an interaction between the pretest and the intervention. This hypothesis is statistically investigated through the significance test of the interaction between the intervention and the pre-tests. As can be seen in Table 2, the F value of the interaction for all research variables is not significant. Therefore, the assumption of homogeneity of the regression slope is also confirmed.

Table 2. The results of the test of the assumption of homogeneity of the regression slopes of the research variables

Variable	Source	F	p
Social adaptation	Group*pretest	3.66	0.057
Physical health	Group*pretest	0.81	0.37
Tendency to violence	Group*pretest	2.002	0.16

The assumption of homogeneity of variances

The basis of this assumption is that it is assumed that the variances of the scores of two groups in the society are equal and do not differ statistically. In order to check this assumption, the results of Leven's test were referred to. A significance level higher than 0.05 indicates no violation of this assumption. According to Table 3, the significance value is greater than 0.05. Therefore, this level of significance shows that the assumption of equality of variances has not been violated.

Table 3. Results of Levens's test to check the homogeneity of variances

Variable	DF1	DF2	F	p
Social adaptation	1	28	3.70	0.065
Physical health	1	28	0.99	0.32
Tendency to violence	1	28	0.69	0.41

After making sure that the covariance analysis assumptions were not violated, the research hypotheses were examined using the one-way covariance analysis (ANCOA) method.

The research hypothesis: Teaching parenting styles based on Nahj al-Balaghah has an effect on behavioral outcomes in students. One-way covariance analysis has been used to investigate this hypothesis on the behavioral consequences of students, and the results of this analysis are presented in Table 4.

Table 4. The results of one-way covariance analysis

Variable	Source	SS	DF	MS	F	p	Effect size
Behavioral consequences	Pretest	455.03	1	455.03	213.04	0.001	0.88
	Group	2365.25	1	2365.25	1107.48	0.001	0.73
	Error	57.66	27	2.13			

As shown in table 5, by controlling the effect of the covariate variable (pre-test) on the dependent variable, there is a significant difference between the two groups in terms of behavioral outcomes in students (significant value less than 0.05), or in other words, parenting styles based on Nahj al-Balagheh have an effect on the behavioral outcomes of students. This indicates that the training of parenting styles based on Nahj al-Balagheh has been able to improve the behavioral outcomes and has caused a significant increase in the behavioral outcomes of these people in the experimental group. On the other hand, due to the fact that the eta squared value for the group is equal to 0.73,

it can be said that 73% of the total variance of the behavioral outcomes are explained by the group effect.

Discussion

Our results indicate that the training of parenting styles based on Nahj al-Balagheh has been able to improve the behavioral outcomes and has caused a significant increase in the behavioral outcomes of these people in the experimental group. On the other hand, due to the fact that the eta squared value for the group is equal to 0.73, it can be said that 73% of the total variance and variable dispersion of the behavioral outcomes are explained by the group effects. The results of the research are in line with the results of past studies ([GHODSI & Ghaemi, 2015](#); [RahimianBoghar, 2013](#); [Sahabat Anvar & Safari, 2022](#); [Yarmohamadi vasel et al., 2020](#)).

In explaining these results, it can be said that Islam is the most complete religion that has been presented to humanity. In his statements in Nahj al-Balagheh, Hazrat Ali (AS) has explained in detail the important points of life. In letter number 31 addressed to Imam Hasan (A.S.), Nahj al-Balagheh specifically and in other places has provided instructions for the correct upbringing of children. Hazrat Ali (A.S.) says: Know that the one who does not help himself and does not warn and warn himself, no one else will warn and warn him (Nahj al-Balagheh, sermon 89). Therefore, if the internal factors that control behavior Indeed, the use of the power of thought and thinking is before doing anything, if it is not used, other external factors will not have much effect on human control and will have no results. For this reason, the importance of self-control and self-calculation has been emphasized in religious statements widely with different literature and methods ([Duckworth et al., 2014](#)). In another saying, Hazrat Ali (AS) considered one of the benefits of self-discovery and self-care to achieve stability and self-control (self-control) and said: O servants of God, I recommend you to do something that is the factor of control and the source of your stability (Nahj). Delivery of sermon 83). In addition to recommending authoritative parenting methods, Nahj al-Balagha emphasizes not to use arbitrary and permissive methods. In addition, in Nahj al-Balagha in letter 19 (letter 19: 302 p.) and also in letter 27, external moral qualities such as kindness and non-aggression is emphasized (Letter 27: 308). And in another place, they emphasize the importance of stubbornness in behavior (Khort 16). In Nahj al-Balagheh and in the words of Hazrat

Ali (AS), reassurance is one of the basic aspects of parenting that is lacking in parenting styles, which can be very effective in the success of the process of raising children in any style.

On the other hand, the way parents express their wishes to their children in Nahj al-Balagheh is with reason and reasoning, and this is what prevents many abnormal behaviors in children, especially teenagers, because teenagers attach great importance to their independence and separate identity. And in fact, in Letter 31, Hazrat Ali (AS) uses the word "Prophet" more than 13 times, which is used to show kindness and love, and this emphasis showed the parents to focus more on love when talking to teenagers. And the correct calling of the child is emphasized, and by emphasizing this issue, parents can find a door to talk with their teenager, and this leads to a relationship between parents and the child, and by following other recommendations, it is possible to help solve the problems of the teenager.

In addition to the discoveries made, the current investigation possesses a number of constraints. The primary constraints lie in restricting the sample solely to parents of female students, as well as relying solely on self-report questionnaires. These limitations hold significant importance in their implications. To address these limitations, it is recommended that researchers replicate the current study using different samples, thus expanding the scope of their findings. Additionally, it would be beneficial for researchers to explore the impact of teachings from Nahj al-Balaghah on various other aspects of motivation and emotional well-being among both parents and students.

Data availability statement

The original contributions presented in the study are included in the article/supplementary material, further inquiries can be directed to the corresponding author.

Ethics statement

The studies involving human participants were reviewed and approved by ethics committee of Islamic Azad University.

Author contributions

All authors contributed to the study conception and design, material preparation, data collection and analysis. The author contributed to the article and approved the submitted version.

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Conflict of interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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