

[6AS 品格教育工作坊對香港家長教養子女態度的效果之影响]

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查詢: 請以電郵方式聯絡葉惠蓮小姐, 電郵地址 wailinfiona@gmail.com

研究結果撮要:

研究顯示, 家長們參加了[6As 品格教育], 有助轉化他們的教養子女態度, 變得更積極正面, 提高對教養子女的自信心, 以及減低壓力

在 2015 年 3 月份至 6 月份期間, 美國 Alliant International University, 對一些居往在香港的父母進行學術研究, 了解[6As 品格教育工作坊對香港家長教養子女態度的效果之影响], 此研究項目由臨床心理學博士學生, 葉惠蓮小姐擔任研究之工作, 研究結果顯示, 家長們參加了[6As 品格教育], 有助轉化他們教養子女的態度, 變得更積極正面; 提高對教養子女的自信心; 以及減低作為家長的壓力。

以往的研究顯示, 香港孩童面對情緒問題的風險越趨增加, 而專權式教養子女法與孩童情緒問題是息息相關的, 專權式教養子女法被形容為 " 苛刻的教養子女法 ", 行為風格包括使用暴力、鬧罵、或是因孩子做出不合意的行為便懲治孩子, 以及要求孩子在學業上不斷長進, 但又沒有對他們在情感上的需要作出適當回應。以往的研究亦指出專權式教養子女法與孩子的外

顯行為問題及內顯行為問題是相關的。外顯行為問題是指激進，破壞性，衝動的或是多動的行為；內顯行為問題是指逃避社交、抑鬱及焦慮。

一些研究報告建議，若把專權式教養子女法改變為正向教養子女法，會帶來好處，正向教養子女法是指 " 提供孩子非紀律性的溝通交流及根據子女的興趣，進行熱誠投入的遊戲，對孩子專注，敏銳回應孩子，給予一個茁壯成長的環境。 "

[6As 品格教育] 是根據約瑟. 麥道衛及迪克. 戴爾在 1991 年的著作 "How to Be a Hero to Your Kids" 的 中文譯本[六 A 的力量]設計而成的正向樂觀教養法訓練。家長在講座中會認識兩個根本信念，就是[愛] 和 [約束]，以及六個原則，就是 [接納]、[讚賞]、[關愛]、[時間]、[責任] 和 [權威]。麥道衛與戴依 (1991, pp 26) 演譯[愛]是支持[約束]的基礎，是保護家庭的防護罩。[約束]是藉着[責任]及[權威]的原則行使。麥道衛與戴依認為越早教養讓孩子發展正向的根本信念和明白六個原則，就越能有效地將之傳承給孩子。

是次研究，收集了 82 名操廣東話在香港居住的父母參與評估[6As 品格教育]的數據樣本，當中的一半父母是有接受[6As 品格教育]訓練，另一半是沒有接受[6As 品格教育]訓練的，研究目的是評估[6As 品格教育]是否有

效地改變中國傳統教養子女的觀念、作為父母的壓力感及自我感覺是否能成為有效的父母。

研究結果顯示，相對於沒有參加訓練的組別，[6As 品格教育] 能提升父母對培訓式教養法及平衡式教養法的信念，培訓式教養法即是以一貫大眾接受的標準，去監察、提醒、作典範及通過社交學習的策略去培養子女。平衡式教養法是以父母對子女的情感、表達及鼓勵，都很敏銳和尊重，並且重視與子女的講通，尊重作為父母及子女的權利。結果同時顯示父母對羞辱式教養法的信念減少了，羞辱式的教養法是以羞辱孩子的錯誤行為或不適當行為，讓孩子感受到這行為在社羣中不被接納時的情緒，以驅使他們發展出在不同場合的社羣中應有的行為表現。至於對自主式教養法的信念則沒有改變，自主式教養法是指父母鼓勵、保護及培育子女探究精神、自我概念、表達及自主能力。

結果也顯示父母參加訓練後有助他們減低作為父母的壓力感和提高他們作為有效父母的信心，參加者也認為這訓練是適合香港的文化環境。研究發現，沒有參加訓練的組別對羞辱式教養法的信念有提升，而羞辱式教養法的信念與沒有參加訓練組別的作為父母的壓力感提升是有關的；相反，培訓式教養法、平衡式教養法及自主式教養法的信念有助減輕作為父母的壓力感。總觀研究結果，香港應專注於推廣正向教養法的培訓。

研究意外地發現，在香港，以羞辱式教養法的信念作為教養子女的策略，在過去十年已減少了被採用，但仍然是主流策略，反影香港仍然強烈地受着重視個人在社羣中之體面的傳統觀念所影響。

[6As 品格教育] 跟其他關於教養子女的培訓不同之處是在於專注改變父母的態度，多於只是着重改變行為；也關注預防問題出現，多於處理現有的問題。所指的態度是包含一套理念或價值觀，及原則去幫助孩子建立強烈安全感及自我價值；感覺被重視及被愛；有自律及決斷能力。[6As 品格教育] 是提倡平衡式教養法，即是不但對子女有要求，同時也回應他們情感的需要。

[6As 品格教育] 在香港相當普及，已有多過八年歷史，香港有品在香港向超過 60 間學校提供免費[6As 品格教育] 講座，有超過 5000 間機構及學校參予[6As 品格教育] 培訓及相關活動，然而，這項研究是其第一次正式的學術研究，調研[6As 品格教育] 的有效性，目的是評估父母或照顧者在學習兩個根本信念，就是[愛] 和 [約束]，以及六個原則，就是 [接納]、[讚賞]、[關愛]、[時間]、[責任] 和[權威] 後，如何幫助父母或照顧者將負面的情緒及闡釋的表達轉化為積極正面的表達。

THE INFLUENCE OF 6AS POSITIVE PARENTING PROGRAM ON PARENTING ATTITUDES AMONG HONG KONG PARENTS

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Enquiry: Please contact Fiona Yip with email address - wailinfiona@gmail.com.

Research Results Summary:

Research indicates that the 6As Positive Parenting Program transforms parents' parenting attitude to a more positive parenting style; increases parent's sense of confidence and decreases their stress

A research study was conducted by Alliant International University to evaluate the 6As Positive Parenting Program's effectiveness in changing parenting attitudes in a sample of Hong Kong parents between March to early June in 2015. The research study was conducted by Clinical Psychology doctoral student Ms. Wai Lin Fiona Yip. This study found that the "6As Positive Parenting Program" transforms parents' parenting attitude to a more positive parenting style; increases in parent's confidence in parenting, and decreases their stress.

Past research has suggested that children in Hong Kong are at an elevated risk for emotional problems, and that authoritarian parenting is one of the factors associated with emotional problems among children. Authoritarian parenting has been described as "harsh parenting," a parenting style that includes parental violence, scolding, or punishing the child for undesirable behavior and demanding better academic results while simultaneously offering limited responses to the child's need for affection. Past research has also shown that authoritarian parenting is correlated with both children's externalizing and internalizing problems. Externalizing problems include aggression, disruption, impulsivity or hyperactivity. Internalizing problems include social withdrawal, depression and anxiety.

Other research has suggested the potential benefits of shifting from authoritarian to a kind of parenting called “Positive Parenting.” Positive Parenting has been described as “providing the child with non-disciplinary interactions and enthusiastic play where the adult follows the interest of the child, provides positive attention, and a responsive, sensitive and nurturing environment.”

The 6As Positive Parenting Program is positive parenting training offered in Hong Kong which was developed based on the book “How to Be a Hero to Your Kids,” written by McDowell & Day (1991). Parents learn the concepts of two key core beliefs in parenting: “Limits” and “Love.” Love” is practiced through principles of acceptance, appreciation, affection and availability. “Limits” are practiced through the principles of accountability and authority. The “6As” are six principles that all begin with the letter “A” in English, acceptance, appreciation, affection, availability, accountability and authority. Parents also learn behavioral skills in a two half-day workshop teaching how to practice “6As” principles with their children. McDowell and Day believe that the earlier in their children’s life parents develop positive core beliefs and understanding of the key principles of 6As parenting, the more likely the positive core beliefs advocated in the program could be transferred to children.

A sample of 82 Cantonese-speaking Chinese parents in Hong Kong participated in the research evaluating the 6As Positive Parenting Program. Half participated in the 6As Positive Parenting Program, and half served as a comparison group who did not participate in the program. The effectiveness of the program was measured by changes of participant’s ratings of their Chinese child-rearing beliefs, their stress associated with parenting and their sense of effectiveness as a parent.

Results of this study showed that relative to the comparison group, the 6As Positive Parenting Program effectively increase parents’ degree of beliefs in the effectiveness of using

training and authoritative parenting approaches in child-rearing. Training parenting approach means using monitoring, regular reminders, modeling, and other social learning strategies to nurture children's ability to socialize with other people according to a set of widely accepted moral standards. Authoritative parenting approach means parents' awareness, respect, and encouragement for children's exploration and expression of ideas and emotions, encouraging parent-child communication, and recognizing parents' and children's rights. The results also indicated a reduction in the belief of shaming parenting approach. Shaming parenting approach means that parents use shaming on children's misbehaviors or unexpected behaviors as a socio-emotional reference and mechanism for fostering the development of children's social awareness of how they should behave in different social contexts. There was no change in degree of autonomy belief, which is parents' need to encourage, protect, and nurture children's exploration, will, self-concept, expression, and autonomy.

Results also indicated that the program effectively reduced parent's rating of their stress and increased their confidence in their parenting. Participants also said that they felt that the program was compatible with Hong Kong culture. Parents in the comparison group who did not participate in the 6As program showed an increase in tendency to use shaming as a form of discipline, and that among those parents, use of shaming was associated with greater ratings of stress. Other findings of this research showed that the greater use of autonomy, authoritative parenting and using training as a parenting style was associated with reduced parenting stress. Taken together, these findings support a focus on positive practices for future parenting training in Hong Kong.

One unexpected finding was that belief in use of shaming as a parenting strategy in Hong Kong appears to have decreased relative to data collected over the past ten years, but it is still a

central belief among in Hong Kong Chinese parents. That might reflect that Hong Kong Chinese parents are still strongly influenced by traditional culture that focuses on the need for social sensitivities.

The 6As Positive Parenting Program is unique from other parenting training programs in its greater focus on changing parents' attitudes about parenting, rather than solely about changing their behavior. The program also focuses on prevention of problems rather than dealing with existing problems. The kinds of attitudes that are inculcated are a set of core beliefs or values and principles for helping children to build a strong sense of security and self-worth; to feel significant; to feel loved; and to develop self-discipline and self-decisiveness. The parenting style advocated in the 6As program is called an authoritative style which is both demanding and responsive.

This program has been in existence and popular for greater than eight years. The Hong Kong Character City has provided free 6As seminars to more than sixty schools in Hong Kong and more than five hundred organizations and schools have participated in the program and other events promoting 6As Positive Parenting. Yet this study represents the first formal program evaluation that assesses the effectiveness of this program. Specifically, this study evaluated the extent to which the 6As Positive Parenting Program could help parents or caretakers to transform their negative expression of emotions and explanatory style to a positive one, by adopting the two core beliefs ("love" and "limits") and the six principles of appreciation, acceptance, affection, availability, accountability and authority, all of which are emphasized in the training.