

Parenting self-efficacy among Ukrainian immigrants living in Poland: The role of parent psychological adjustment, cultural and relational factors.

The main aim of this project is to analyse the cultural and relational factors associated with parenting self-efficacy (PSE) among immigrants from Ukraine living in Poland depending on the gender of the parent. The present study combines such fields of study as child and family clinical psychology and cross-cultural psychology.

Migration can be considered a global and common phenomenon nowadays. Since 1989, Ukrainians have represented the largest group of migrants among those choosing Poland as their destination. In addition, the events in Ukraine, beginning with the Orange Revolution in 2004, followed by the 2014 Euromaidan Revolution, the Russian annexation of Crimea and the Donbass war, provided new reasons for emigration from Ukraine.

Immigrating to another country can be a positive experience, but usually it primarily represents a difficult period frequently marked with a negative reception/ attitude in a new place, and a change of language, identity, and values. This emotionally difficult situation can significantly worsen the mood of immigrant parents as well as their self-esteem, and consequently lead to poor psychological adjustment, i.e. psychosomatic symptoms, anxiety, depression or disorientation of identity. The high level of stress is often associated with fewer positive parental practices and a generally worse functioning of the family. It is especially in such moments that it is important to experience success, which will stimulate confidence in one's own parental competence, and a positive way of perceiving oneself as a parent can be particularly supportive in this context. Based on numerous studies, it can be concluded that a high level of parenting self-efficacy helps parents feel satisfied with their parenting role and it is also a predictor of a better psychological functioning of a parent and indirectly of a child.

A multi-faceted analysis of the cultural and relational factors contributing to psychological adjustment of parent and parenting self-efficacy of immigrants living in Poland will be performed. Multiple methods will be used including questionnaires, observation of parent-child interactions, and in-depth interviews with mothers and fathers. An attempt will be made to disentangle the complex interrelations linking variables based on all four approaches to conceptualizing (and studying) PSE.

As Poland is a relatively new destination for immigrants, the relations between cultural variables and relational variables, and parenting self-efficacy of immigrants residing in this country have not been yet investigated. The results that will be obtained can make an important contribution to knowledge about the relationships between the process of acculturation and parenting, with important implications for cross-cultural and clinical psychology as well as developmental and educational psychology. Besides that, projects of this kind can be particularly important, especially since they can show the processes and mechanisms of cultural adaptation that take place in a situation of little institutional support, and therefore from a different perspective than in Western societies.