

Adlerian Family
Counselling And
Mindful Parenting
In Kampala Capital
City - Uganda

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ABSTRACT

The study evaluated Adlerian family counselling a pivot for mindful parenting in Kampala (Uganda). The study objectives were: To investigate the nature Adlerian family counselling used to enhance Mindful parenting. To analyze the impact of Mindful parenting on juvenile protection homes used to enhance family adaptability in Kampala Capital City (Uganda). To evaluate the application of Adlerian family counselling as used in mindful parenting in Kampala Capital City (Uganda). The study randomly selected 217 family members (female (60%) and male (40%) respondents), guided by the 39-item Five-Facet Mindfulness Questionnaire (FFMQ) (Baer et al. 2006). Family Environment Scale, and Parental Psychological Control as study instruments. Thematic data analysis and statistical data analysis was used. Study findings revealed that the study revealed that with the increase in Mistaken goal disclosure with the mean score of (Mean: 49.52, SD = 11.78) of the family members through Adlerian family counselling that increased the Family constellations with the mean score of (Mean: = 58.46, SD =15.60) as Adlerian family techniques that consolidated Compassion for the Child and Emotional Awareness of the Child with the mean score of (Mean: 48.53, SD = 9.30), thus further increased the parental cohesiveness and that of the entire family system. However, with the decrease in the Birth order influence on the family system with the mean score of (Mean: 25.33, SD = 5.89) based on the operations of the Adlerian family counselling, this led to the decrease of Non-judgmental Acceptance of Parental Functioning and Emotional Awareness of Self with the mean score of (Mean: 12.76, SD = 3.50) as Adlerian family conceptual aspects as a result of Listening with Full Attention and Emotional Nonreactivity in Parenting that is based on parenting dimension with the means score of (Mean: 39.19, SD = 11.67). The study concluded that the Adlerian family therapies are applicable in mindful parenting practices as reflected in Non-judgmental Acceptance of Parental Functioning and Emotional Awareness of Self and Listening with Full Attention and Emotional Non-reactivity in Parenting. The Adlerian family counselling model had a strong relationship with Mindful parenting that is central for functional living.

Key words: Adlerian family counselling; Mindful parenting

1. INTRODUCTION

This section dealt with the background of the study including the conceptual perspective, contextual perspective, statement of the problem, research question and conceptual framework.

1.1 BACKGROUND OF THE STUDY

Conceptual perspective

Alfred Adler is the advocate of the Adlerian family therapy who perceived the person as a whole in terms of his superiority and inferiority levels, birth ranks and finality of life goals. To Adler mistaken goals play a significant role on how the family is managed and how members interrelate (Goldenberg & Goldenberg, 2012).

The family members' interrelationships clearly explain the how members interact in a home environment where parents play a major guiding role in the process.

Lunts (2003) asserted that parenting refers to implementing a series of decisions about the socialization of one's children. This involves raising children based on the biopsychosocial needs. Parenting enables children to become responsible, members of society. Parenting is the means by which the family socializes children basing on the following dimensions; physical, social, emotional, psychological, spiritual and economical/material. Parenting involves parents, guardians, stepparents, siblings, members of extended family, and any other adults who might carry the primary responsibilities for a child's health, development and education into the meaning of "parents".

Contextual perspective

The context of family therapy in Uganda is closely linked with couple and family HIV/AIDS counselling (Haour-Knipe, 1996). Family therapy has gained momentum in Uganda with the presence of HIV/AIDS. This explains the reason as to why family therapies have been mainly used to handle HIV/AIDS family, couple and children related issues.

The study gained an inspiration from Karin Weber's (2013) argument that the Uganda family social problems that are prevalent are due to the collapsing and disappearing family parenting roles in the presence of the underutilized African and western family therapies. The Ugandan society had transitions that are recognized as part of family dynamics. It is amidst this context that Kampala Capital City experiences new challenges ranging from urbanization, industrialization, globalization and salaried employment. These have impacted on the family and parenting dynamics which has given birth to new trends of child day care takers, house girls and baby sitters, nursery and primary boarding schools. These parenting agents have left children in non biological care takers who do not adequately bond the children due to the life and work hassles. The non biological caretakers do not have direct biological maternal and paternal instincts for the children raised in these places.

In the process of contextualizing family socialisation process enjoyed in parenting the *Ganda* culture of the central Uganda came into play where Boys and girls are to comply to the cultural way of life in accordance with their roles. Burton et al., (2010) elaborated that aunts, uncles and grandparents instruct children soon after entering puberty stage on the future domestic responsibilities. This involves the parenting roles and responsibilities. In this way, *Nabagereka's Kisaakate* (Queen's cultural counselling club) as a parenting enhancement club is used to provide family education (Burton et al., 2010). The problem discussed in conceptual and contextual perspectives of the study brings out a direct link with the statement of the problems of the study.

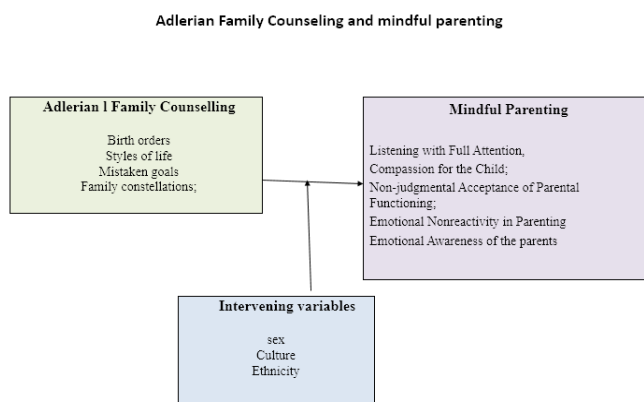
2. STATEMENT OF PROBLEM

The indigenous African way of life was determined by the different roles members played in consideration with the corresponding birth arrangements, societal categorizations and cultural standards and parenting responsibilities used to explain the traditional family situation (Gyeke, 1997). The traditional African family arrangements within the communalistic perspective encouraged social interactions in the parenting process.

There are several arguments on communitarian parenting and family interactions that influences full functioning of the family dynamics. These arguments are in line with (Bamaurind, 1991; Robinson, 2003; Wilcox, 2006) who correlate the family situation with the parenting and nurturing of children. The Adlerian family therapy puts an emphasis on power of family atmosphere as a core setting for raising children (Corey, 2005 and Goldenberg et al., 2012). In spite of the scholars' suggestions, the parenting is in a compromised state that exposes both the children, parents and society to dilemmas of parenthood. As a result, this has led to dysfunctional behaviours among children in families, schools, communities and societies. In conjunction with the above justification, the study explored that relationship between Adlerian Family Counselling as a pivot for Mindful parenting in Kampala Capital City (Uganda).

3. STUDY OBJECTIVES

- To investigate the nature Adlerian family counselling used to enhance mindful parenting in Kampala Capital City (Uganda).
- To analyze the impact of mindful parenting in Kampala Capital City (Uganda).
- To evaluate the application of Adlerian family counselling as used in mindful parenting in Kampala Capital City (Uganda).



Source: Researchers (2015)

The independent variable is Adlerian family counseling with the following sub-variables; birth orders, style of life, mistaken goals and family constellations. The dependent variable is mindful parenting with the following

variables; Listening with Full Attention, Compassion for the Child; Non-judgmental Acceptance of Parental Functioning; Emotional Non-reactivity in Parenting and Emotional Awareness of the parents. Any change in the independent variable directly influences the dependent variable.

4. THE NATURE OF ADLERIAN FAMILY THERAPY

The Adlerian family therapy postulates that the model has theoretical concepts that include family atmosphere, family constellations, family values, birth orders and mistaken goals as a basis for understanding the fundamental functioning of family environment (Corey, 2005). Adler emphasizes the distinctiveness and the uniqueness of each human person that entails the person's attitude in relation to the world, social interest and search for happiness within the family setting (Ankwasiize, 2011). In addition, the concepts of Adlerian family counselling postulated are essential in setting the Adlerian therapeutic goals.

Adlerian family therapy goal is bring together different ways on how family dynamics operate and learn from each other's life encounters (Corey, 2005). In this process, the family members are able to develop social support systems that maintain their family functioning. Every family member's goal disclosure is a central therapeutic goal in this model (Goldenberg et al., 2012). The main aim of these goals is to position family heads in the proper leadership levels. The Adlerian family therapeutic goals facilitate the full application of the Adlerian healing techniques. The Adlerian family therapy techniques entail use of; problem descriptions and goal identification, typical day, child interview and goal disclosure, family constellations, redirecting mistaken goal or interactions (Bitter et al., 1998). Adlerian therapist apply the techniques of reorienting and re-educating the Family natural and logical consequences are used in handling the client(s)' family problems as applied by several practitioners (Christensen, 2004; Dinkmeyer & Carlson, 2001; Dinkmeyer, & Sperry, 2000).

The Adlerian therapy is used for clients who have low self-esteem and who need to be encouraged especially in schools and within families to adapt mindful lifestyles. The types of areas that this therapy focuses on are child guidance, parent/child counseling, marital counseling, family therapy, and group counseling (Corey, 2005, p.104-110). The therapists deal with the narrations of the clients to understand their psychological blind spots through mindful parenting of the children.

4.1 MINDFUL PARENTING

There are four general theories that are used to analyze the transition to parenthood which include: dialectical theory, role theory, developmental theory and systems theory.

Systems theory

In this parenthood theory, there are five dimensions that typify a systems standpoint, as practiced in the process of parenting. For example, think of a man who feels anxious about becoming a new father (inner life) and wants

to be more involved with his child than his father was with him (quality of relationships in family of origin) but feels pressured by the demands of his job – stress outside the family (Cowan& Cowan, 1992).

Developmental theory

Rossi (1968), who helped shift the focus from "crisis" to "transition," did so with the understanding that a transition implies a movement from one stage to another, in this case a movement from pre-parenthood to parenthood. Other researchers have echoed this assumption, including the identification of the transition as a normal developmental event for married adults, the examination of the family life cycle during the transition (Entwisle &Doering, 1981), and how pregnancy and parenthood progress from one stage to the next (Feldman &Nash, 1984).

Role theory

Cowan et al., (1985) have examined role strain during the transition to parenthood using a "pie" analogy. Cowan et al., (1985) added that the parents agree on the different roles they will play raising the children this is done prior to birth of children and actualized after the birth of the children. This therefore, carries a pre and postnatal dimensions of parenting.

Dialectical theory

Rossi (1968) advanced that the process of transition to parenthood is evidenced in the examination of the dialectical theory. This approach is deals with the innate disagreements that include autonomy versus connectedness, expressive versus instrumental communication, and stability versus change (Belsky *et al.*, 1983). The parenting styles are dialectical in nature given the different levels of socio-emotional connectivity that exist in the relationship.

Parenting styles play an important role in child development (Baumrind, 1991). Diana Baumrind (1967) a renowned child rearing psychologist became particularly interested in the connection between the parental behaviour and the development of instrumental competence, which refers to the ability to manipulate the environment to achieve ones goals. Baumrind (1991) asserted that the parenting styles are based on the parents' levels of responsiveness versus unresponsiveness and demanding versus undemanding (parental control versus warmth). The quality of parental control or warmth manifests the levels of parental involvement in the child rearing process.

4.2 AFRICAN VIEW ON PARENTING

Childhood socialization in traditional Africa was geared to achievement of specific objectives. Children were brought up to fit well into the traditional social fabric. Members of the extended family living arrangements, communality with college of elders, acquaintances, and neighbors' involvement in raising children (Achebe, 1958). Ayot (1979) argued that:

“When we say that African people have a great love for children, it is not for any kind of child. It is for the well-bred child. This is why the big challenge faced by present family specialists and educators in Africa is how to construct and promote that caliber of curriculum that can assist in making every modern African child a well-bred child”

The researchers agrees with the above writer whereby the children in the African family belong to the community and are raised for the community well being. According to Nwoye, (2000).

“Traditional African culture places enormous emphasis on seniority. Elders including one’s parents are to be respected. Obedience to one’s parents is highly valued while resistance to their commands is frowned on”.

4.3 MINDFUL PARENTING

Mindful parenting is awareness of parents in the present moment of everything going on within the children and around family. Buddharakkhita (2017) contended that Mindfulness is the “observing power” of the mind that clearly and simply experiences an object without reacting to it. Mindfulness is like a mirror, revealing experience without adding or subtracting anything.

Kabat-Zinn (2013) defined mindfulness as an awareness that arises by paying attention on purpose, in the present moment and non-judgmentally. Kabat-Zinn and Kabat-Zinn (1997) elaborated that means paying attention to one’s child and one’s parenting style in a particular way that is intentional, in the current moment, and non-judgmentally in the parent-child relationship. Nakayiza (2016) argues that mindfulness is pillared on three mental skills; focusing on the attention on the here and now through meditation and contemplation; calming and alerting being in the present moment; and experiencing the moment non-judgmentally, be it pleasant or non pleasant. These three mental skills are applicable in the parenting process. Kabat-Zinn and Kabat-Zinn (1997) asserts that mindfulness enables parents to comprehend their children more clearly in a sincere way and so as to act responsibly with integrity.

Coatsworth et al. (2010) advanced that there are fundamental effectiveness of mindful parenting used in addressing problems of parents, children and adolescents with various psychological challenges within family setting. The practical usefulness of mindful parenting practices was evidenced in the internalization and externalization of children’s psychological symptoms, accompanied by reduced aggressive behavior and revelation of improved child self-reports, parent reports (Bögels et al. 2008, 2010; Singh et al. 2006, 2009; Van der Oord et al. 2011; Van de Weijer-Bergsma et al. 2011).

Duncan et al. (2009) forwarded a theoretical model of mindful parenting that includes the Interpersonal Mindfulness in Parenting (IM-P) scale. Duncan (2007) discovered the original ten-item version of the IM-P with the following mindful parenting factors that entail: (1) present-centered attention in parenting; (2) present-centered emotional awareness in parenting; (3) non-reactivity/low-reactivity in parenting; and (4) non-judgmental acceptance in parenting. The IM-P was broadened into subscales: (1) listening with full attention; (2) emotional awareness of self and child; (3) self regulation in the parenting relationship; (4) non-judgmental

acceptance of self and child; and (5) compassion for self and child (Duncan et al. 2009). Duncan et al. (2009) articulated that the five practices of parenting, parental wellbeing, parent–child affection, and child rearing practices improve the relationship between children and parents' wellness.

In addition, mindful parenting practices are meant to enhance the parent-child relationship through honest sharing and interactions (Duncan et al., 2009a).

Mindful parenting brings about positive consequences in the parental engagements that include handling issues of stress, anxiety and increasing self regulation, personal and family growth. (Benn, Akiva, Arel, & Roeser, 2012; Dawe, Harnett, Rendalls, & Staiger, 2003; Dawe & Harnett, 2007; Frye & Dawe, 2008). In the long run, mindful parenting promotes sustainably functional relationships among the family members.

Mindful parenting utilizes the supportive socio-economic and psychological systems in its Endeavour to mediate the wellness of the family members and in deepening the family choices and decisions in handling day to day life challenges (Dawe, 2012; Saltzman & Goldin, 2009). It is in this regard that mindful parenting remains a bench mark for both children, parents and psychologists as a way of promoting functional interactions among family members.

5. METHODOLOGY

This research employed cross section survey and case study design. This research design enabled the researchers to analyze the family emotional levels, thus assisted the researchers to get respondent's/informant's beliefs, attitudes and opinions about the topic of investigation (Amin, 2005). The targeted population was calculated in accordance with Yamane (1967) of 500 parents and children and study randomly selected 217 family members (female (60%) and male (40%) respondents). Thematic data analysis (Amin, 2005): Qualitative data majorly basing on the focus group discussions and questionnaire was analyzed thematically. Weber (1996) supports the technique of content analysis since it extends far beyond simple word frequency counts. Statistical data analysis and descriptive data analysis: It should be noted that quantitatively, data was analyzed statistically by means of approved statistical approaches and packages. Data was analyzed quantitatively basing on statistical data analysis approaches.

5.1 AREA OF THE STUDY

The research was conducted in Kampala- district of central Uganda. This is because the key respondents and informants handling issues of family dynamics applied in the mindful parenting were of contemporary relevance. The program of “*Nabagereka's Kisaakate*” (*cultural initiation programs by the queen of Buganda in Uganda*) played a vital role in provision of the information required for the study. The study area was fundamentally important because of the existing various counselling centres such as Wamukisa Teenage Counselling Centre, Hope and Beyond Rehabilitation Centre, Consider Counselling Centre, Mbuya Reach Out,

Rapport Counselling Centre, Matunda Ya Wazee, Recovery Solutions among others. The juvenile protection homes included Sanyu Babies home, Naguru remand home, Nsambya babies home among others.

5.2 STUDY POPULATION AND SAMPLE SIZE

The population consisted of 500 family members from eight counselling centres and three child protection homes within Kampala Capital City Authority participated in the study. The participants were aged between 7 to 70+ years and were randomly selected using the counselling centres the sampling frame.

5.3 SAMPLE SIZE AND SELECTION

Determining the sample size using Slovene's formula (Yamane, 1967) of calculating the sample size as

$$n = \frac{N}{1 + N(e)^2}$$

n = required sample size, N = population size and e = Level of precision 0.05 (error of 5 percentage point) or level of confidence (usually 5% standard)

$$n = \frac{500}{1 + 500(0.05)^2} \quad n = 217$$

The final sample consisted of 217 family members.

5.4 STUDY INSTRUMENTS AND MEASURES

The 39-item Five-Facet Mindfulness Questionnaire (FFMQ) was used (Baer et al. 2006). This assesses five domains that include; Observing, Describing, Acting with awareness, Non-judging, Non-reactivity (Baer et al., 2008).

Family Environment Scale: The Family Environment Scale (FES) is a self-administered test that assesses the social climate and functioning of all types of families.

6. STUDY FINDINGS

The nature Adlerian family counselling used to enhance Mindful parenting in Kampala Capital City Authority (Uganda)

Table 1: Adlerian Family therapeutic techniques applied in Mindful parenting

Adlerian Family therapeutic techniques are used to enhance Mindful parenting	Frequency	Percent	Cumulative Percent
Strongly agree	48	22.1	22.1
Agree	46	21.2	43.3
Not sure	44	20.3	63.6
Disagree	40	18.4	82.0
Strongly disagree	39	18.0	100.0
Total	217	100.0	

Source: Field data (2014)

According to table.1 about if Adlerian Family therapeutic techniques are used to enhance family adaptability Mindful parenting disclosed that the highest scores were on strongly agree with n=48 (22.1%), while those with lowest scores were strongly disagree with n=39 (18.0%). The cumulative percentage of agreement scores was 43.3% derived from those who strongly agree with 22.1% and those who agreed with 21.2%, whereas the lowest cumulative score was 36.4% derived from disagree scores of 18.4% and strongly disagree scores of 18.0%. However, those who were not sure score n=44 (20.3%).

The impact of Mindful parenting on in Kampala Capital City (Uganda)

Table 2: Descriptive statistical findings for the study variables (n= 217) as based on Adlerian family counseling and 39-item Five-Facet Mindfulness Questionnaire (FFMQ)

Variables	Mean	Minimum	Maximum	SD
Family constellations	58.46	4	92	15.60
Birth orders	25.33	5	35	5.89
Mistaken goal disclosure	49.52	4	65	11.78
Listening with Full Attention and Emotional Non-reactivity in Parenting	39.19	6	71	11.67
Compassion for the Child and Emotional Awareness of the Child	48.53	33	75	9.30
Non-judgmental Acceptance of Parental Functioning and Emotional Awareness of Self	12.76	8	24	3.50

Source: researchers (2015)

The descriptive statistical findings of the study variables are presented in Table 2. The study revealed that with the increase in Mistaken goal disclosure with the mean score of (Mean: 49.52, SD = 11.78) of the family members through Adlerian family counselling that increased the Family constellations with the mean score of (Mean: = 58.46, SD =15.60) as Adlerian family techniques that consolidated Compassion for the Child and Emotional Awareness of the Child with the mean score of (Mean: 48.53, SD = 9.30), thus further increased the parental cohesiveness and that of the entire family system. However, with the decrease in the Birth order influence on the family system with the mean score of (Mean: 25.33, SD = 5.89) based on the operations of the Adlerian family coounselling, this led to the decrease of Non-judgmental Acceptance of Parental Functioning and Emotional Awareness of Self with the mean score of (Mean: 12.76, SD = 3.50) as Adlerian family conceptual aspects as a result of Listening with Full Attention and Emotional Nonreactivity in Parenting that is based on parenting dimension with the means score of (Mean: 39.19, SD = 11.67)

Table 3: Mindful parenting in Kampala Capital City (Uganda).

Mindful parenting is used by Adlerian family therapist.	Frequency	Percent	Cumulative Percent
Strongly agree	77	35.5	35.5
Agree	54	24.9	60.4
Not sure	52	24.0	84.3
Disagree	23	10.6	94.9
Strongly disagree	11	5.1	100.0
Total	217	100.0	

Source: Field data (2014)

The results of table.3 about whether mindful parenting on juvenile protection homes is used to enhance family adaptability, the respondents disclosed that the highest scores were on strongly agree with n=77 (35.5%), while those with lowest scores were strongly disagree with n=11 (5.1%). The cumulative percentage of agreement scores was 60.4% derived from those who strongly agree with 35.5% and those who agreed with 24.9%, whereas the lowest cumulative score was 15.7% derived from disagree scores of 10.6% and strongly disagree scores of 5.1%. However, those who were not sure score n=52 (24.0%).

The application of Adlerian family counselling as used in Mindful parenting in Kampala Capital City (Uganda)

Table 4: Adlerian family counselling as applied in Mindful parenting in Kampala Capital City (Uganda)

Adlerian Family counselling is applied in enhancing mindful parenting	Frequency	Percent	Cumulative Percent
Strongly agree	127	58.5	58.5
Agree	46	21.2	79.7
Not sure	44	20.3	100.0
Disagree	0	0	100.0
Strongly disagree	0	0	100.0
Total	217	100.0	

Source: Field data (2014)

According to table.4 about if Adlerian Family counselling is used in enhancing mindful parenting revealed that the highest scores were on strongly agree with n=127 (58.5%), while those with lowest scores were both disagree and strongly disagree with n=0 (0%). The cumulative percentage of agreement scores was 79.7% derived from those who strongly agree with 58.5% and those who agreed with 21.2%, whereas the lowest cumulative score was 0% derived from disagree scores of 0% and strongly disagree scores of 0%. However, those who were not sure score n=44 (20.3%).

7. DISCUSSION OF FINDINGS

From the statistical findings as presented in Table 1, the research exposed that there was an increase in Mistaken goal disclosure with the mean score of (Mean: 49.52, SD = 11.78) of the family members through Adlerian family counselling that increased the Family constellations with the mean score of (Mean: = 58.46, SD =15.60). The findings are in agreement with Bitter’s (1991b) three additional goals to this Adlerian conceptualization that act as conscious motivations for some behaviors, especially in very young children: these goals are getting, self-elevation and avoidance.

In addition to delineating the mistaken goals of children, several Adlerian writers have suggested interactional, mistaken goal patterns between adults and children (Bitter, Roberts, & Sonstegard, 2000). The researchers concur with the findings and the authors given the fact that goal recognition and disclosure are pivotal in

efficient and effective parenting of children. The researchers in comparing the findings and the scholars' argument got an insight about the family members' involvement in parenting that cuts across different cultures.

The findings from table.2 considered Mistaken goal disclosure patterns between adults and children (Bitter, Roberts, & Sonstegard, 2000). Dreikurs (1948) suggested that parents had mistaken goals that often aligned with the mistaken goals of children.

According to table.3 it was found out that mindful parenting on juvenile protection homes enhanced family adaptability, with the highest scores being strongly agree with n=77 (35.5%). The findings are in agreement with Diana Baumrind (1966) who considered the four basic elements that could help shape successful parenting: responsiveness vs. unresponsiveness and demanding vs. undemanding (parental control vs. warmth).

The findings in the table.4 are in concurrence with Dreikurs (1950) and Dreikurs & Soltz (1964) who developed a systematic approach to goal recognition in Adlerian approach based on (a) descriptions of the child's misbehavior, (b) the parents' reactions to the misbehavior, and (c) the child's reaction to the parents' attempts at discipline.

In working with the Adlerian therapeutic approaches, the therapists need to be cognizant of how the family members uniquely deal with different parenting issues.

8. CONCLUSIONS AND RECOMMENDATIONS

The study concluded that the Adlerian family therapies are applicable in mindful parenting practices as reflected in Non-judgmental Acceptance of Parental Functioning and Emotional Awareness of Self and Listening with Full Attention and Emotional Non-reactivity in Parenting. The Adlerian family counselling model had a strong relationship with mindful parenting that is central for functional living.

The study recommended through the ministry of health, ministry of education and the Uganda counselling association should enhance the practical implementation of the Adlerian family counselling to be practiced in Uganda.

The research recommended that the religious and all cultural institutions should endeavour that all the families should have consistent mindful parenting pattern that form functional family systems.

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