

Research Article

Mindful Parenting as a Strategy to Reduce Parenting Stress in Parents with Early Childhood

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Abstrak

Parenting stress is a common challenge experienced by parents of young children, often leading to negative emotional and behavioral consequences. Mindful parenting has emerged as an effective strategy to reduce parenting stress by fostering awareness, emotional regulation, and responsive interactions between parents and children. This study employs a qualitative approach through a literature review (library research) to explore the role of mindful parenting in alleviating stress among parents with young children. By analyzing existing theoretical frameworks and empirical findings, this research highlights how mindfulness-based practices enhance parental well-being and improve parent-child relationships. Key components of mindful parenting, such as present-moment awareness, nonjudgmental acceptance, self-compassion, and emotional responsiveness, are discussed in relation to their impact on stress reduction. Findings indicate that mindful parenting contributes to lower levels of stress, increased emotional resilience, and greater parental satisfaction. Furthermore, the literature suggests that mindfulness interventions, such as meditation, breathing exercises, and structured programs, can effectively enhance mindful parenting skills. This study underscores the importance of integrating mindful parenting practices into family life and parenting programs to promote healthier parent-child interactions. The results provide valuable insights for psychologists, educators, and policymakers in developing strategies to support parents in managing stress effectively. Future research should explore the practical application of mindful parenting in diverse family contexts to ensure broader applicability.

Kata Kunci: Mindful Parenting, Parenting Stress, Early Childhood, Mindfulness Intervention, Qualitative Study.



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PENDAHULUAN

Parenting stress is a significant issue experienced by parents of young children, often leading to emotional distress and impaired parent-child relationships (Shirmohammadi et al., 2024). The demands of early childhood care, including meeting children's emotional, cognitive, and physical needs, can result in elevated stress levels (Guorgui, 2024). Unmanaged stress may lead to parental burnout, negative parenting behaviors, and adverse developmental outcomes for children (Laila & Bisawa, 2024). Mindful parenting, an approach that emphasizes present-moment awareness, emotional regulation, and nonjudgmental acceptance, has been proposed as a potential solution to mitigate parenting stress (Pierantonelli et al., 2025). By integrating mindfulness principles into daily parenting practices, parents can develop greater resilience and responsiveness, fostering healthier interactions with their children (Naseh et al., 2024).

Despite the growing interest in mindful parenting, research on its effectiveness in reducing stress among parents of young children remains limited, particularly in non-Western cultural contexts (Erus et al., 2025). Many existing studies have focused on mindfulness-based interventions for clinical populations, such as parents of children with autism or ADHD, leaving a gap in understanding its broader applicability (Sher et al., 2024). Additionally, while some research has explored the relationship between mindfulness and parenting stress, there is a lack of comprehensive reviews synthesizing these findings (Mo et al., 2024).

The increasing prevalence of parenting stress and its potential negative impact on both parents and children underscore the urgency of this research (Heidarei et al., 2025). High stress levels have been linked to adverse outcomes, including child behavioral problems, marital conflicts, and reduced parental well-being (Lindhiem et al., 2025). Given the growing interest in mindfulness practices as a stress management tool, it is crucial to explore the role of mindful parenting in supporting parents of young children (Zahira et al., 2025).

Previous studies have highlighted the benefits of mindfulness-based interventions for parents. A meta-analysis by Mo et al. (2024) found that mindfulness training significantly reduced parenting stress and improved emotional regulation. Similarly, a study by Gillies (2024) demonstrated that parents who practiced mindfulness reported lower stress levels and improved parent-child relationships. Another study by Shirmohammadi et al. (2024) emphasized the role of mindful parenting in mitigating the effects of toxic parenting, showing its potential as a preventive intervention. However, these studies have primarily focused on specific populations, necessitating further research on its broader implications.

This study contributes to the literature by conducting a qualitative review of existing research on mindful parenting as a strategy for reducing stress among parents of young children. Unlike previous studies that primarily focused on intervention outcomes, this research provides a holistic perspective by synthesizing theoretical frameworks, empirical findings, and practical implications. Additionally, it highlights cultural considerations and contextual factors that may influence the effectiveness of mindful parenting (Neff, 2024).

The primary objective of this study is to examine the role of mindful parenting in reducing parenting stress through a systematic literature review. Specifically, this research aims to:

1. Identify key components of mindful parenting that contribute to stress reduction.
2. Analyze existing empirical studies on the effectiveness of mindful parenting interventions.

3. Explore cultural and contextual factors that may impact mindful parenting practices.

The findings of this research are expected to benefit psychologists, educators, and policymakers by providing insights into the development of mindfulness-based parenting programs. Additionally, parents may gain practical strategies to enhance their emotional well-being and improve parent-child relationships.

METODE PENELITIAN

This study employs a qualitative research approach using a literature review (library research) method to analyze and synthesize existing studies on mindful parenting as a strategy to reduce parenting stress in parents of young children. The literature review approach allows for an in-depth understanding of theoretical perspectives, intervention effectiveness, and key factors influencing mindful parenting (Simione et al., 2024).

Data Sources

The data for this study were obtained from secondary sources, including peer-reviewed journal articles, books, and academic reports published within the last five years. The primary databases used for data collection include Google Scholar, PubMed, ScienceDirect, ProQuest, and SpringerLink. Keywords such as *mindful parenting*, *parenting stress*, *mindfulness interventions*, *parental well-being*, and *early childhood parenting* were utilized to retrieve relevant studies (Suvarna, 2024). Only studies that explicitly discussed mindful parenting and its relationship to stress reduction in parents of young children were included.

Data Collection Techniques

The data collection process involved systematic literature searching and selection following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Studies were screened based on their relevance, methodological rigor, and findings related to mindful parenting and parenting stress. Inclusion criteria were:

1. Peer-reviewed journal articles published between 2019-2024.
2. Empirical studies focusing on mindful parenting and parenting stress reduction.
3. Studies utilizing qualitative, quantitative, or mixed-method approaches.
4. Research conducted in diverse cultural contexts to ensure broader applicability (Durham, 2024).

Data Analysis Techniques

Data analysis was conducted using thematic analysis, which involves identifying, coding, and categorizing key themes across selected studies. The process included:

1. Familiarization with Data – Reviewing and summarizing key findings from each study.
2. Generating Initial Codes – Extracting relevant themes such as *emotional regulation*, *stress reduction*, *mindful awareness*, and *parent-child interaction*.
3. Theme Development – Categorizing recurring patterns and relationships between mindful parenting and stress reduction.
4. Interpretation and Synthesis – Integrating findings into a coherent narrative to highlight theoretical and practical implications (Simione et al., 2024).

Reliability and Validity

To ensure the credibility of this study, triangulation was employed by cross-referencing findings from multiple sources. Additionally, peer debriefing was used to validate thematic findings with experts in child psychology and mindfulness research.

(Suvarna, 2024).

By utilizing this qualitative literature review method, the study aims to provide a comprehensive understanding of mindful parenting as an effective strategy for reducing parenting stress in parents of young children.

HASIL DAN PEMBAHASAN

Hasil

The following table presents the 10 selected articles from the last five years (2019–2024) from Google Scholar that were analyzed in this literature review. These articles were carefully chosen based on their relevance, methodological rigor, and contribution to the understanding of mindful parenting as a strategy to reduce parenting stress.

Table 1 Literature Review

No.	Author(s) & Year	Title	Key Findings	Link
1	Madani & Ebrahimzadeh (2024)	The Effectiveness of ACT on Parental Stress and Mindfulness	Acceptance and Commitment Therapy (ACT) significantly reduces parental stress and enhances mindfulness skills.	Link
2	Simione et al. (2024)	Mindfulness-Based Interventions for ASD Parents	Mindful parenting interventions help parents of children with autism spectrum disorder (ASD) manage stress effectively.	Link
3	Zahira et al. (2025)	Toxic Parenting and the Role of Mindful Parenting	Mindful parenting acts as a protective factor against toxic parenting behaviors, reducing parental burnout.	Link
4	Mo et al. (2024)	Systematic Review of Parental Mental Health Interventions	Mindfulness-based interventions are the most effective in reducing parenting stress and increasing self-efficacy.	Link
5	Nayyar (2024)	Effects of Mindfulness on Student and Parental Stress	Systematic mindfulness interventions improve emotional regulation in both parents and children.	Link
6	Valenzuela et al. (2025)	Emotional Regulation and Mindful Parenting	Mindful parenting enhances emotional regulation in parents and promotes secure attachment with children.	Link
7	Lindhiem et al. (2025)	Parental Stress Reduction via mHealth	Mobile-based mindfulness applications show promise in reducing parenting stress through digital interventions.	Link
8	Chaudhari	Mindfulness	Mindful parenting workshops	Link

	(2025)	Programs for Educators and Parents	benefit not only parents but also improve teachers' ability to handle stress.	
9	Kulandaiammal et al. (2024)	Conceptual Framework of Mindful Parenting	Examines theoretical perspectives on mindful parenting and its role in reducing parental anxiety.	Link
10	Canavarro et al. (2024)	Mindfulness-Based Interventions for Parents	Analyzes intervention features that successfully lower parenting stress and improve family dynamics.	Link

1. Effectiveness of Mindful Parenting in Reducing Parenting Stress

The literature consistently supports the effectiveness of mindful parenting in mitigating parenting stress. Studies by Madani & Ebrahimzadeh (2024) and Simione et al. (2024) indicate that mindfulness-based interventions, such as Acceptance and Commitment Therapy (ACT) and mindfulness meditation, contribute to reduced stress levels by improving parents' ability to regulate emotions. These findings align with broader research emphasizing mindfulness as a critical tool in stress management.

2. Mindful Parenting and Its Role in Emotional Regulation

A significant theme emerging from the review is the impact of mindful parenting on emotional regulation. Valenzuela et al. (2025) and Nayyar (2024) highlight how mindfulness strengthens parents' ability to manage emotions, leading to improved parent-child interactions. Emotional regulation not only enhances parental well-being but also fosters a positive developmental environment for children, reducing behavioral issues.

3. Digital and mHealth Interventions for Parenting Stress

An interesting trend in recent research is the rise of digital mindfulness-based interventions. Lindhiem et al. (2025) provide evidence that mobile applications and online platforms facilitate mindful parenting practices, making stress-reduction strategies more accessible. These digital tools allow parents to engage in guided meditation, stress tracking, and real-time support, demonstrating the potential for scalable intervention strategies.

4. Mindfulness as a Protective Factor Against Toxic Parenting

The study by Zahira et al. (2025) highlights an important aspect of mindful parenting—its role in mitigating toxic parenting behaviors. Parents who practice mindfulness exhibit lower tendencies of engaging in harsh discipline, reducing the likelihood of childhood anxiety and depression. This protective effect suggests that integrating mindfulness into parenting education programs could be an effective strategy for preventing adverse childhood experiences.

5. Cultural and Contextual Considerations in Mindful Parenting

Despite the positive findings, Mo et al. (2024) point out that the majority of mindfulness-based interventions have been developed in Western contexts. More research is needed to explore how cultural factors influence the adoption and effectiveness of mindful parenting strategies in diverse populations. For instance, Eastern cultures may integrate mindfulness more naturally due to their existing meditative traditions, whereas Western populations might require tailored adaptations.

6. Future Directions and Practical Implications

While the reviewed studies provide strong support for the benefits of mindful parenting, future research should focus on long-term outcomes and cross-cultural applicability. The increasing incorporation of mindfulness in schools and parenting programs (Chaudhari, 2025) suggests that a holistic approach—combining parental, educational, and clinical interventions—may yield the most sustainable impact. Additionally, further exploration into digital mindfulness interventions can help bridge gaps in accessibility for parents facing time and financial constraints.

Pembahasan

1. The Growing Concern of Parenting Stress in Modern Society

Parenting stress has become an increasingly prevalent issue, particularly among parents of young children. The transition to parenthood brings numerous challenges, including balancing work and family responsibilities, financial pressures, and the emotional toll of caregiving. Studies like those by Madani & Ebrahimzadeh (2024) highlight how Acceptance and Commitment Therapy (ACT) has proven effective in mitigating parenting stress, demonstrating the urgent need for structured interventions in today's fast-paced world. The rise of dual-income households and the impact of social media on parenting expectations have exacerbated stress levels, making mindfulness-based approaches more relevant than ever.

2. The Role of Mindful Parenting in Emotional Regulation

One of the most significant findings from the literature review is the connection between mindful parenting and emotional regulation. Valenzuela et al. (2025) found that mindfulness practices help parents develop greater self-awareness, reducing impulsive reactions to child misbehavior. This aligns with the Self-Regulation Theory, which suggests that individuals who practice mindfulness are better equipped to manage their emotions, leading to healthier interpersonal relationships. The ability to remain calm and composed during stressful parenting situations fosters a more positive environment for child development.

3. Digital Interventions as a New Avenue for Mindful Parenting

A particularly novel aspect of recent research is the emergence of digital mindfulness interventions. Lindhiem et al. (2025) explored how mobile applications and digital platforms facilitate mindful parenting practices, making stress-reduction strategies more accessible to modern parents. With the increasing reliance on technology, these digital tools can offer guided meditation, cognitive restructuring exercises, and real-time support. However, while promising, further research is needed to determine their long-term effectiveness and how they compare to traditional in-person mindfulness programs.

4. The Protective Role of Mindful Parenting Against Toxic Parenting Practices

Zahira et al. (2025) emphasize that mindful parenting acts as a buffer against toxic parenting behaviors, which can have detrimental effects on children's psychological well-being. Attachment Theory suggests that children develop secure emotional bonds when caregivers are responsive and emotionally attuned. Mindful parenting enhances this responsiveness by encouraging present-moment awareness and reducing reactive parenting styles. In contrast, parents who experience high levels of stress and do not practice mindfulness are more likely to engage in harsh disciplinary tactics, increasing the risk of anxiety and depression in children.

5. Cultural Considerations in Mindful Parenting Research

Despite the positive findings on mindful parenting, Mo et al. (2024) highlight a significant gap in research—most mindfulness-based interventions have been developed and tested in Western societies. This raises concerns about their applicability in non-Western cultural contexts. In many Eastern cultures, mindfulness is already embedded in religious and philosophical traditions, suggesting that adaptations may be necessary to align with existing parenting norms. Future research should explore how mindful parenting can be effectively integrated into diverse cultural frameworks.

6. Practical Implications for Parenting Programs and Policies

Given the effectiveness of mindful parenting, it is essential to incorporate these practices into formal parenting programs and policies. Schools and healthcare providers could collaborate to offer mindfulness workshops for parents, as suggested by Chaudhari (2025). Policymakers should also consider subsidizing mindfulness-based parenting interventions to make them accessible to low-income families. These proactive measures can help prevent parental burnout and enhance overall family well-being.

7. Addressing Criticisms and Limitations of Mindful Parenting Research

While the benefits of mindful parenting are well-documented, some scholars argue that its effectiveness depends on individual motivation and commitment. Nayyar (2024) notes that not all parents are receptive to mindfulness practices, and some may struggle to incorporate them into their daily routines. This highlights the need for personalized intervention strategies that cater to different parenting styles and stress levels. Additionally, more longitudinal studies are required to assess the long-term impact of mindful parenting on both parents and children.

8. Real-World Challenges in Implementing Mindful Parenting

Despite its theoretical benefits, implementing mindful parenting in real-world settings presents challenges. Busy parents may find it difficult to allocate time for mindfulness exercises, and societal pressures often prioritize productivity over emotional well-being. Furthermore, the stigma surrounding mental health and mindfulness in certain cultures may discourage parents from seeking mindfulness-based interventions. Addressing these barriers requires a multi-faceted approach, including community support systems, employer accommodations for parental well-being, and greater public awareness of the benefits of mindfulness.

9. The Need for Cross-Disciplinary Collaboration

The findings from this literature review suggest that mindful parenting should not be studied in isolation but rather integrated with disciplines such as psychology, education, and public health. By combining insights from these fields, researchers can develop more holistic intervention models. For example, incorporating mindfulness training into early childhood education programs could benefit both teachers and parents, creating a more supportive environment for young children.

10. Future Directions and the Author's Perspective

Based on the literature, mindful parenting emerges as a highly effective strategy for reducing parenting stress, improving emotional regulation, and fostering healthy parent-child relationships. However, there is a clear need for culturally tailored interventions, digital accessibility improvements, and greater societal support for parental well-being. As an author, I believe that integrating mindfulness into

mainstream parenting education is not just beneficial but essential in today's fast-paced, high-stress world. Moving forward, researchers should focus on developing scalable mindfulness-based interventions that can reach a broader demographic, ensuring that all parents—regardless of background—can access the benefits of mindful parenting.

KESIMPULAN

The findings from this literature review highlight the significant role of mindful parenting in reducing parenting stress among parents of young children. Across multiple studies, mindfulness-based interventions have been shown to enhance emotional regulation, self-awareness, and positive parent-child interactions, ultimately leading to reduced parental burnout and improved well-being. Additionally, mindful parenting serves as a protective factor against toxic parenting behaviors, fostering a more secure and supportive environment for children. The rise of digital interventions has also expanded access to mindfulness practices, making stress reduction strategies more adaptable to modern parenting challenges. However, cultural differences in parenting practices indicate the need for further exploration of context-specific mindfulness adaptations to ensure broader applicability.

Despite the overwhelming support for mindful parenting, several challenges remain, including individual receptivity to mindfulness, time constraints, and accessibility issues. While digital mindfulness applications provide promising solutions, their effectiveness in the long term requires further empirical validation. Additionally, most research on mindful parenting has been conducted in Western contexts, raising concerns about the universal applicability of these interventions across diverse cultural backgrounds. Addressing these gaps will require more longitudinal studies, cross-cultural comparisons, and personalized mindfulness programs tailored to different parenting styles and stress levels.

For future research, it is recommended that mindfulness-based interventions be adapted for non-Western cultural settings to ensure their effectiveness across diverse populations. Moreover, integrating mindfulness training into parenting education programs in schools, healthcare settings, and community support initiatives could enhance their accessibility and impact. Further exploration into hybrid mindfulness approaches, combining digital and in-person interventions, may also provide a more comprehensive and flexible solution for parents facing time and financial constraints. By expanding research in these areas, future studies can strengthen the scientific foundation of mindful parenting and its practical applications, ultimately contributing to healthier and more resilient families.

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