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Providing a framework to investigate and analyze the impact of stress on the learning of elementary school students

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Abstract

The purpose of this article is to know the role and place of anxiety in reducing the learning of elementary school students, which is written in a descriptive and analytical way. At first, the concept of anxiety, views, symptoms of anxiety, the role of anxiety and freedom from anxiety were discussed. Anxiety is one of the most common disorders among students, which can be called as the root of some problems and it has been introduced as one of the most important problems of human society. The world of children is a world full of chaos and fear, and this state continues in the child until he acquires knowledge of cause and effect relationships, phenomena and the origin of things and events and perceive things and things as they are. For this reason, whenever he is placed in a test situation, he becomes anxious, so one of the important missions of parents and teachers is to pay attention to the cause of anxiety and take the necessary measures to reduce it among children and adolescents, which is of particular importance. Is. Anxiety is actually a direct result of a stressful factor. Anxiety affects many aspects of human functioning, from cognitive ability, learning and memory to appetite, sexual function and sleep. According to the definitions of existing cultures, fear is caused by the evaluation of a potential or actual danger. But anxiety has been defined as an emotional state. Recent research has shown that anxiety is not caused by stress in all cases and is actually a disease that has a biological basis and can be overcome with a combination of drug treatment and behavioral therapy. Therefore, according to the material presented, teachers can recognize the symptoms and help students to get rid of anxiety.

Keywords: Stress, learning, students, elementary school, educational sciences.

1. Introduction

When entering the first year of primary school, some children experience problems such as discomfort, restlessness, fear of school and even disgust and hatred of school. A child's irrational fear of school means refusal to go to school and one of the signs of separation anxiety. It is from parents, home, family, especially mother, or the circumstances that have become dependent on it. Anxiety is an unpleasant feeling of fear of unknown origin. We should know that all people experience anxiety once in their lives, but these conditions are not a problem as long as they do not stop a person from their normal life and are not severe. But in some children, anxiety causes not sleeping and aggressive states, in which case a psychiatrist should be consulted to prescribe initial treatments to prevent the disease from becoming chronic [1]. Of course, these concerns increase when the child is separated from the parents. You should know that the biggest fear of a child is to be separated from the mother, which is also present since infancy, so that the child avoids unknown faces. Childhood fears are a kind of reaction to the surrounding environment and the lack of security in it. If these fears continue, it will be accompanied by symptoms such as sleep disturbance, aggression, nail biting, nocturia, stuttering, dizziness, stomach pain, nausea, etc. It should be noted that if these symptoms are not treated, the child will suffer as an adult [2].

In general, fear of school is one of the signs of separation anxiety, when a child shows great reluctance to go to school. The greater the child's dependence on the mother, the more intense this anxiety is. About 3 and a half percent of primary school children are afraid of school, and research shows that the number of girls is higher than that of boys. Girls have more emotions and dependencies towards the family, and accordingly, the feeling of anxiety of separation from the family is more for girls. Sometimes these anxieties are so intense that the child is always chasing the mother. It is good to know that only 50% of fear of school is related to the fear of academic performance or some aspects of the school environment, and in cases related to the reluctance of the child to be separated from the mother and home. Children from low population families, single children and those with low self-confidence are more afraid of school than others [3]. Children's reluctance to go to school is often normal, but a child's intense and constant anxiety about this issue is a sign of an important abnormal behavior, it is a sign that either an aspect of the elementary school environment and the teachers' behavior creates this quality, or that the environment The house has strong attachment for the child. Research shows that the fear of going to school is more intense in girls. The main cause of

school phobia is the anxiety caused by the separation of parents. Mothers of such children also show unusual attachments and intensify this fear. These mothers try to protect their children from unpleasant incidents and probably consider the school environment as a center that may cause accidents for their children [4].

It is often observed that the insistence of parents causes signs of mental imbalance and physical disorders. Physical disorders appear in the form of heartache, vomiting, headache, dizziness and weakness. It is also important to know that the mentioned symptoms often disappear during holidays. Also, if the parents or the doctor recommend that the child stay at home for a few days, the symptoms of the disease disappear immediately, but the physical symptoms reappear on the day before going to school or on the same day [5]. Children with fear often show other symptoms in addition to the fear reaction. The most common of these symptoms are: sleep disorder, digestive disorder, anger, nail biting, bedwetting and stuttering, fear in children, often with psychosomatic symptoms such as: vomiting, heartache, headache, dizziness, dry mouth, Heart palpitations and diarrhea are accompanied. School phobia can be seen in school children at any age, but it reaches its peak at 11 and 12 years old. What often seems like school phobia is actually the fear of leaving home. Sometimes events such as: death of a family member, separation, divorce, birth of a new baby, parents' conflict or just excessive dependence on the mother are a source of fear and in such cases, school is scary. This issue is sometimes clarified by sending the child to school and insisting him to call his mother frequently.

2. Signs of stress in children and elementary school students

Stress in children may occur for various reasons. Because children cannot express their problems easily; It is very important for parents to recognize the signs of stress in children. The origin and cause of stress in children can be external factors such as problems at school, changes in the family, conflicts with friends. Some of the causes of stress in children are:
Stress caused by changes in the family: changes such as marriage, divorce, death of a family member, change of location and birth of a new child can shake the child's sense of security and cause stress in the child [6].

Stress due to academic pressure: Sometimes children get stressed due to the pressure of school related matters and competition with other classmates to get the best position. Academic

stress is especially common among children who fear making mistakes or not being good enough.

Stress caused by harassment: one of the common causes of stress in children is being harassed by peers or bullies. The child may not raise this issue with his parents or teachers due to fear or embarrassment.

Exposure to bad news: news and images related to war, natural disasters and violence can be a source of stress and anxiety in children. The child may feel unsafe for himself and those he loves by seeing these horrible images.

Instability in the family situation: Job and financial problems in the family are one of the most important causes of stress in children. The child may experience guilt and stress by observing the problems of his parents and not being able to help them.

Watching scary movies or reading scary books: Scary stories or movies may cause stress and anxiety in children.

Over-occupying the child with extra-curricular activities: Some parents or educational centers put a lot of stress on the child by planning too many classes. These children are usually sent from one class to another. Note that children need time for leisure and play.

The most important sign that children show when they are under severe stress is restlessness and anger. Children who are stressed avoid going to school and do not like to go out of the house to study. Some children are stressed because of their school environment, teachers or friends, and other children are stressed from not learning their lessons. They are afraid that they will not be able to give the correct answer when the teacher asks them a question, and this issue causes them stress. The child may not talk about his stress symptoms with his parents; Therefore, recognizing the signs of stress in children is very important. Children's stress symptoms may appear physically or mentally [7].

Physical signs of stress in children:

- Aggressive reaction to trivial matters
- Persistent sleep disorder such as insomnia, nocturia, nightmares
- loss of appetite
- Headache and stomach ache

Emotional and behavioral symptoms of children's stress:

- Restlessness, constant anger
- The emergence of new fears or the return of past fears

- Excessive irritability, mood swings, lack of appropriate response to others
- Avoid going to school or parties [8]

Table I. Background variables in children exposed to high psychological stress in the family, control group, and control group 1

Background Variables	HS (n = 26)	C + C1 (n = 26 + 26)	C (n = 26)	C1 (n = 26)	p
Demographic variables					
Education: mother					0.115 ^a
Low (elementary school = 1)	2	4	0	4	
Higher (all other education = 0)	24	48	26	22	
Education: father					0.183 ^a
Low (elementary school = 1)	4	9	2	7	
Higher (all other education = 0)	20	43	24	19	
Age					
Mother	30.80 (4.11) ^b	29.98 (3.16) ^b	29.00 (2.39) ^b	30.96 (3.59) ^b	0.106 ^c
Father	33.90 (3.77) ^b	31.65 (3.92) ^b	31.57 (4.10) ^b	31.79 (3.90) ^b	0.113 ^c
Foreign origin					0.054 ^a
One/both parents born outside Sweden = 1	4	1	1	0	
Both parents born in Sweden = 0	21	51	25	26	
Number of siblings	1.36 (0.76) ^b	1.47 (0.97) ^b	1.38 (0.90) ^b	1.54 (1.07) ^b	0.752 ^c
Marital status					0.004 ^a
Single = 1	8	2	1	1	
Living with partner = 0	18	50	25	25	
Body mass index child	16.53 (1.89) ^b	15.79 (1.74) ^b	15.40 (1.25) ^b	16.15 (2.10) ^b	0.075 ^c
Diabetes-related variables					
First-degree relative with T1D					0.128 ^a
Yes = 1	2	0	0	0	
No = 0	24	52	26	26	
Glutamic acid decarboxylase autoantibodies					0.128 ^a
>95th percentile					
Positive = 1 (>63.8 U/ml)	2	0	0	0	
Negative = 0	24	52	26	26	
Insulin autoantibodies over 95th percentile					0.289 ^a
Positive = 1 (>2.4 U/ml)	1	2	2	0	
Negative = 0	19	45	19	26	
Tyrosine phosphatase autoantibodies					
Positive = 1 (>9.9 U/ml)	0	0	0	0	
Negative = 0	26	52	26	26	

Background variables (demographical and T1D related) in children exposed to high psychological stress in the family (HS), control group (C), and control group 1 (C1).

^aStatistical analysis: χ^2 test.

^bStatistical analysis: mean (SD).

^cStatistical analysis: ANOVA.

Table II. Concentration and source of Ags used for stimulation of PBMCs

Ag	Protein or Peptide	Concentration	Source
βLG	Protein	50 μg/ml	Sigma-Aldrich, Stockholm, Sweden
GAD65	Protein, 65-kDa isoform	5 μg/ml	Diamyd, Medical AB, Stockholm Sweden
GAD65	Peptide, aa 247–279	5 μg/ml	Department of Medical and Physiologic Chemistry, University of Uppsala, Uppsala, Sweden
HSP60	Peptide, aa 473–460	5 μg/ml	The Weizmann institute of Science, Rehovot, Israel
Insulin β-chain	Peptide, aa 9–23	0.5 μg/ml	New England Peptide, Gardner, MA
PHA	Protein	5 μg/ml	Sigma-Aldrich, Stockholm, Sweden
TT	Protein	20 Lf/ml	SBL, Stockholm, Sweden
IA-2	Peptide, aa 853–872	10 μg/ml	New England Peptide

3. Parents' behavior in dealing with stress in children

Over time, anxiety and stress can cause physical problems for anxious students. Since this type of anxiety and stress is not intentional and occurs completely unconsciously, simply inviting the student to relax will not have an effect. But with the exercises that students can do, as well as the cooperation and companionship of parents and teachers, this anxiety and stress can be controlled. In this article, we have given some tips for teachers, parents and

anxious students so that students can control their anxiety and stress with the help of their teachers and parents. Parents and teachers have an important and undeniable role in dealing with stress in children. Some of the techniques that parents should do when facing stress in their child are [9]:

- Health educators can talk with the child about how to deal with stressful situations and the child's thoughts and feelings.
- Allow your children to play a role in problem solving and reassure them that they can handle stressors and even failure with ease.
- Increase your media literacy. Children today spend a lot of time on the Internet and may be exposed to inappropriate content or online harassment. Parents can teach their children to make them smart users of the Internet.
- Fight the child's negative thoughts. Children may have negative attitudes towards their appearance or abilities. Ask them if they really think they can't do the job. Learning positive thinking helps them deal with stressful situations.
- In today's world, it is a bit difficult to keep your child away from the unfortunate news of the world; Instead, talk to her about the news and reassure her that nothing bad is going to happen to her and her family.
- Conducting diagnostic tests during the academic year can eliminate students' anxiety on the days before and after the exam. Having peace during the test 24 hours before it helps to increase the academic success of students and the best way to avoid worry is to study continuously during the academic year. Parents should not under any circumstances pressure the student and force him to study a lot during the exams.
- Exams are actually the criteria for identifying the academic growth of every student. And you can never learn a year's worth of material in one or two nights.
- Students who have studied during the academic year can easily pass the exam before the exam.
- Parents should never create stress and anxiety for students by putting mental pressure on them during exams.
- Entertainment is also necessary in the academic learning of students. And this is despite the fact that some parents have locked the student at home so that their exam score does not decrease.

- A nutritionist doctor also says: proper nutrition at the time of exams increases the IQ and reduces stress in students.
- Night sleep is the best sleep for students during exams, students who reduce their learning rate use their night sleep to study during exams.
- Encourage your child to establish a relationship with his teachers.
- Help your child to prepare for the exam based on the correct educational rules and principles.
- The best treatment for stress in these patients is exercise, reading comic books and watching comedy movies.

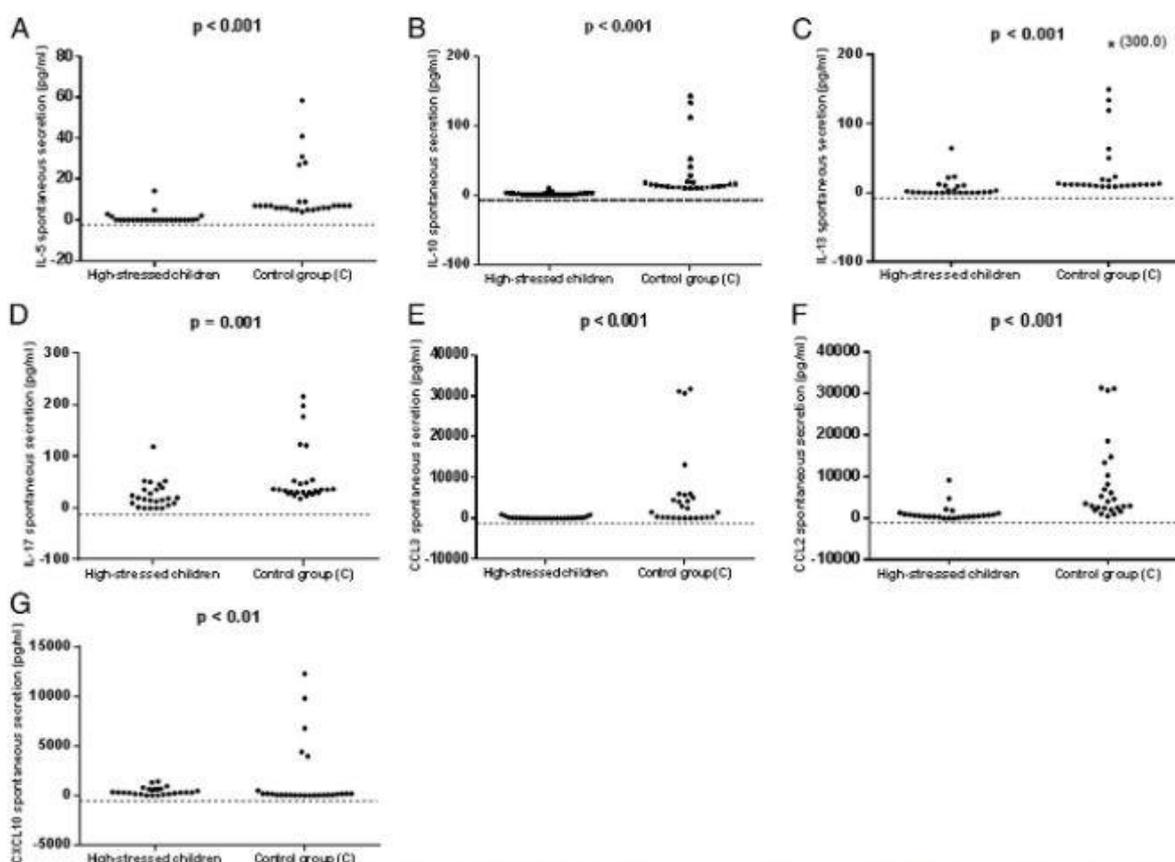


FIGURE 1. Low spontaneous secretion of cytokines and chemokines in children exposed to high psychological stress. Spontaneous secretion of cytokines and chemokines; IL-5 (A), IL-10 (B), IL-13 (C), IL-17 (D), CCL3 (E), CCL2 (F), and CXCL10 (G), analyzed by fluorochrome (Luminex) technique (pg/ml), were lower in high-stressed children compared with control (C) children (Mann-Whitney *U* test).

4. Ways to treat stress in students

1. Positive inner dialogue is a way to treat stress in teenagers: One of the tricks for treating stress in teenagers is positive inner dialogue. Usually, in times of anxiety, a person has worrying thoughts that increase the intensity of his anxiety. Using positive statements like "I

have a lot of ability" instead of saying "I can't learn anything" can reduce your stress. You can make a list of positive sentences about yourself. You can prepare this list with the help of people around you. For example, ask your mother or father to remind you of some of your positive qualities. Then write them down on a piece of paper. For example, "You are a smart person", "You are a persevering person", "You are highly talented", "You are successful in math lessons" and... you can whenever you feel restless, stressed and afraid of studying, for Stress Reduction Look at this list [10].

2. The effect of laughter in treating students' stress: Another way to treat stress in students is laughter. Laughter is the best, cheapest and easiest way to be positive. A positive attitude and humor will cure any pain. Even short and transient laughter causes positive changes in your body. Laughter reduces stress in the body by relaxing the muscles. Many people use humor to change their own mood and refresh the mood of others. You can laugh a little before entering the classroom and be present in the classroom with a happy mood [11].

3. The effect of nutrition and exercise on the treatment of stress in students: Another trick to treat stress in students is proper nutrition. Healthy nutrition is very important for teenagers, do not underestimate nutrition and exercise to treat stress and anxiety. Balance the irregular settings of your body's hormones with proper exercise and diet. Exercise has a great effect on the treatment of stress in teenagers and the health of students. Sometimes your negative thoughts and boredom are affected by the inappropriate functioning of hormones. A twenty-minute walk a day does what a hundred tranquilizers can't do. Prepared foods and spices are related to increased stress. In contrast to taking vitamin C and group B vitamins, having breakfast and eating calmly is necessary to protect against anxiety and reduce stress. Try to eat good food before starting the class and avoid unhealthy snacks [12].

4. Dealing with irrational beliefs to treat stress in students: Some students suffer from negative self-evaluations (such as I have no talent, I'm dumb, I always make mistakes, I never learn, I will never be able to get a score of 20 and...) or suggestions from family and people around you (like you, you won't succeed, you can't, you won't end up with anything, etc.) they will experience stress and worry and their academic performance will decrease. Does These thoughts go to the person's unconscious and affect performance and learning and cause anxiety in the classroom? In this situation, with the help of a counselor, psychologist or therapist, irrational beliefs should be corrected and a way to deal with these thoughts should be sought [13].

5. Recommendations for teachers to reduce students' stress and anxiety

Anxiety and stress in children and students happen mostly in the classroom environment and in the presence of the teacher. Therefore, it seems that teachers can play a key role in controlling and reducing their anxiety and stress. In this part of the article, there are recommendations for teachers so that they can help reduce the anxiety and stress of knowledge of educators.

Providing emotional support to reduce student anxiety and stress: Emotional support can be very helpful for students who are experiencing anxiety and stress. For this purpose, you can allow the student to bring a comforting device or, for example, his family photo, or allow a student with separation anxiety to visit his parents during breaks [14].

Clearly stating assignments and instructions to students to reduce anxiety and stress: One of the causes of students' anxiety and stress is not understanding the assignments that the teacher expects from them. Therefore, it is important to clearly state your expectations and make sure that the student understands what you want. In addition, it is better to divide the homework into smaller pieces, a lot of homework, along with preparing for tomorrow's exam, will lead to more anxiety and stress for the student. You can even put your expectations in writing after each session [15].

Exempting the student from speaking in front of others to reduce anxiety and stress: Students who suffer from anxiety and stress by being in the presence of others and speaking in public, their stress and anxiety will multiply. Considering this point, it is better not to take an oral exam from a student who is anxious and stressed, and as much as possible, exempt him from doing any activity that depends on being in front of other classmates and talking loudly [16].

Adjusting the classroom to reduce students' anxiety and stress: The classroom position and the chair of an anxious student can increase anxiety and stress in him. Therefore, it is better to place the anxious student's seat in a place in the classroom where he feels more comfortable, for example, near the door, next to the window, near the teacher or near a friend [17].

6. Recommendations for students to reduce their anxiety and stress

The audience of this part of the article is exactly students who experience anxiety and stress at school, home or any other situation. If you are one of those students who are constantly anxious and this situation has caused all kinds of problems in you, including sleep problems,

concentration problems, academic problems, etc. You can reduce the intensity of your anxiety and stress and have more peace by following the recommendations given below.

Reduce anxiety and stress by talking about it: Try talking to a friend, teacher, or family member about your worries and stress. Talking about anxiety and stress helps you in two ways: firstly, talking about your worries with a trusted person creates a sense of relaxation, and secondly, you can get useful tips from the other side in the field of controlling your stress and anxiety.

Reducing anxiety and stress by limiting the use of certain drugs: Your anxiety and stress may be caused by the use of certain drugs. So make sure that there is no caffeine in the medicine you take because too much caffeine can cause anxiety and stress. If you are taking a medication prescribed by your doctor that causes you stress and anxiety, talk to your doctor so that he can replace it with another medication if possible.

Reducing anxiety and stress with a healthy lifestyle: One of the most important points about ways to reduce stress and anxiety is to have physical health. You need to strengthen your body so that it can deal with anxiety and stress. So, try to live a healthy lifestyle, eat well, get enough sleep and be physically active.

Reduce anxiety and stress with detailed planning: Try to plan carefully for school assignments and doing all your daily tasks. Clutter is, in itself, stressful. For this purpose, you can divide the activities that you have to do during a day into small parts and write them all down.

Reducing anxiety and stress by doing breathing exercises: Correct breathing is one of the effective ways to reduce anxiety and stress. In addition, if you do breathing exercises, you can improve the functioning of your mind and body. For this purpose, you can act in several ways:

- Take a deep breath and hold the air in your lungs for 10 to 15 seconds while tightening your body muscles. Then relax your body muscles while slowly exhaling.
- The next breathing technique that can help you reduce your stress and anxiety, especially in the presence of others, is called the 8, 7, 4 techniques. The way to do this exercise is that you breathe in through your nose for 4 seconds, then hold your breath for 7 seconds. After that, you blow the air out of your mouth for 8 seconds. The important point in this exercise is the state of the tongue. While exhaling, you should stick your tongue behind the gum of your upper teeth and expel the air around the tongue.

- The third breathing exercise is easier to do. In this way, you should hold the right nostril with your finger for three minutes and breathe only through the left nostril. This action lowers blood pressure and helps you relax.

10. Conclusions

Although it may seem very simple and trivial, we do not spend enough time with our children. As teenagers get older, parents find the role of coach instead of being a director. The principles and basics of communication with other people and presence in different places must exist. Parents should give up controlling their children to some extent! Of course, it is more important than ever to keep an eye on your child at this time. School officials play an important role in reducing children's anxiety. The teacher is the most important element in reducing the child's anxiety so that he can provide the environment for the child in a way that creates peace for him. We should note that giving a gift to a child by the teacher can evoke a sense of security and love in him, so that this issue makes the child want to attend the class. On the other hand, studies show that in schools that use happy colors It is possible for children to be less anxious. What parents are expected to do at first is to pay attention to their children's fears and worries. Never make fun of a child's fears and worries. Listen carefully to your child's words and empathize with him. Show your child that you are also upset that he is so worried and you are trying to eliminate the cause of fear and worry. Let your child talk to you about the stressor easily and talk openly about his feelings. Do not ask your child not to talk or think about the cause of his fear. If your child has school phobia, first you need to determine whether the cause of this fear is school or home. Experts believe that the best treatment for school phobia is to return the child to school. Remember that a determined mother and a determined and understanding teacher can gradually encourage the child to come to the classroom. Try to avoid excessive dependence and attachment in your child. Assign responsibility to your child that is consistent with his ability and requires his individual efforts. Teach your child to substitute positive thoughts such as "I control my fear; I will die of fear" instead of negative thoughts.

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