



## The role of resilience and emotional regulation strategies in predicting the psychological well-being of parents with hearing impaired children

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### ABSTRACT

*This study aimed to determine the relationship between resiliency and cognitive emotion regulation strategies parents of children with hearing impaired psychological well-being Piranshahr city. The present study is based on the fundamental objective and the method of data collection is descriptive and correlational. The study of all parents of deaf children have at least one primary or secondary schools in the city of Piranshahr to 126 people. The sample size of 95 subjects who were selected by convenience sampling method. The data collected include standard questionnaire Resilience and Davidson, emotion regulation strategies Gross and John and Psychological well-being. For the analysis of statistical data by the Kolmogorov-Smirnov test and multiple regression analysis and Pearson correlation coefficient was used. The results showed that resilience and emotional regulation strategies with significant psychological well-being ( $F= 53/03$  and  $P \leq 0/001$ ) are so re-evaluate the resiliency and positive relationship ( $r = 0/639$  and  $P \leq 0/001$ ) but negative correlation suppression strategies ( $r = -0/214$  and  $p \leq 0/038$ ) there. According to the results of resilience and emotional setting explanation of depression in parents of children with hearing loss involved.*

**Keywords:** *resilience, emotional regulation strategies, reassess, repression, psychological well-being*

### INTRODUCTION

Hearing loss has a significant impact on growth and has negative effects on a person's mental health in both childhood and adulthood (1-2). More than 120 million individuals worldwide are affected with deafness, a kind of sensorineural disease (3). For the family, the birth of a deaf kid may be a regrettable development. Undoubtedly, the majority of parents hope to raise children that are lovely, intelligent, healthy, joyful, and loving. In addition to regretting their unmet expectations, parents with hearing-impaired children often experience a variety of pressures, particularly psychological ones. Children with disabilities and their parents not only impact one another, but also other family members, i.e., other kids so that the family's serenity is disturbed and the handicapped kid becomes the focus of all attention. In other words, the child's impairment makes it difficult for the family to carry out its regular tasks (4).

The majority of parents of deaf children have psychological emotions, such as grief, according to Mylander Goldinmeadow (1991). Additionally, according to these studies, severe hearing impairments have a more detrimental psychological effect than other sensory impairments (5). Positive psychology is a subfield of psychology that focuses on the structure of psychological well-being. The scientific study of optimal human performance is called positive psychology (6 and 7). Positive psychology is concerned with the flourishing and potential of human existence (8-9 and 7).

The six-component model of Ryff serves as a basic definition and understanding of the psychological well-being associated with overcoming ontological obstacles and pursuing personal development (10). (11, 7). One of the most significant psychological well-being models employed in this study is the Ryff model. By striving for excellence and realizing one's true potential, Ryff defines psychological well-being. In this perspective, striving to develop one's skills and abilities is how psychological well-being is displayed. Self-acceptance (the ability to see and accept one's strengths and weaknesses), positive relationship with others (in the sense of having a close and valuable relationship with important people in life), autonomy (the ability and power to follow one's wishes and act according to principles even if it is against customs and social demands), purposeful life (having goals and objectives that give direction and meaning to one's life), personal growth (one's potential talents and abilities over time and it will become real during life) and control over the environment (the ability to organize and manage life affairs, especially everyday life issues) are some of the dimensions of psychological well-being (12 and 7).

One of the factors influencing psychological well-being is resilience. The capacity of an individual to maintain bodily and psychological equilibrium under challenging circumstances (13). The idea of resilience came from observations in which many kids demonstrated the capacity to have a favorable developmental result despite adversity (14).

Resilience may be defined as the elements and mechanisms that distinguish between the developmental route and the path of dysfunctional behaviors and psychological harm and result in adaptive outcomes despite challenging circumstances (15). Although resilience may be essentially universal, it is doubtful that we are all equally robust, and not everyone is similarly affected by the environmental elements that either increase or decrease resistance to stress. Humans vary from other animals in terms of their innate fortitude, adaptability, and problem-solving skills (16). The best way to define resilience, according to Zautra, Hall & Murray (2010), is to think of it as successful adaptability to challenging circumstances.

Resilience mechanisms' ability to provide healthy results under stressful circumstances depends on a person's qualities and environment (17).

Psychological well-being, which plays a significant role among emotional regulation techniques, has a link with other factors besides resilience. Many academics have focused on emotion regulation as one of the psychological characteristics (18-20).

There is ample evidence linking emotional control to success or failure in a variety of spheres of life (21). According to Troy & Mauss (2011), people's capacity to control their emotions can play a critical role in determining their resilience because stressful situations are by nature highly emotional (22-23). It has been discovered that when faced with stressful events, people use various emotion regulation strategies to correct or modify their emotional experience. Emotional regulation includes the use of behavioral and cognitive strategies to change the duration or intensity of an emotion experience (24) (24, 22 and 25).

Numerous research have shown the significance of developing emotion management skills for preserving mental health (26-29). Emotional control is regarded as one of the foundational abilities for people's resilience (30-31 and 25).

Numerous studies have been conducted in this area both domestically and abroad. The results of a study conducted by Andami Khashek, Golzari, and Ismaili Nasab (2013) among Allameh



Tabatabayi University students titled "The role of nine techniques of cognitive regulation of emotion in predicting resilience" revealed that positive reappraisal and concentration on positive planning are examples of adaptive cognitive regulation of emotion methods. Catastrophizing and placing blame on others are examples of maladaptive cognitive regulation of emotion strategies that may be used to predict resilience. These findings indicate that adaptive emotion regulation skills should be strengthened as a goal for aging therapies and resilience training programs since people's methods for controlling their emotions can play a significant role in determining their resilience (25).

Begdali, Najafi, and Rostami (2013) found that secure attachment (0.42) and reappraisal (0.37) have a positive and significant relationship with mental well-being ( $P \leq 0.05$ ) in their study of medical students at Semnan University, "The relationship between attachment styles, emotional regulation, and resilience with psychological well-being in medical students." There was a significant and negative relationship between repression, ( $P \leq 0.05$ ,  $r = -0.42$ ), occupational attachment ( $P \leq 0.05$ ,  $r = -0.23$ ) and fearful attachment ( $P \leq 0.01$ ,  $r = -0.17$ ) and psychological well-being. Additionally, the results of the stepwise regression analysis demonstrated that the significant role of suppression in predicting mental health was followed by secure attachment style, reappraisal, resilience, and fearful attachment style. Moreover, the predictor factors predicted changes in psychological well-being by 0.34 in total ( $P \leq 0.0001$ ) (32).

A study conducted by Soleimani and Habibi (2013) utilizing a multi-stage cluster sampling technique on 150 students at a secondary school in Ardabil city and titled "Relationship between emotion regulation and resilience with psychological well-being in students" demonstrated that the findings of the study highlight the importance of paying closer attention to the factors affecting students' emotional regulation and resilience. Emotion regulation and resilience have a positive and significant relationship with psychological well-being, which means that as resilience and emotion regulation improve, so does psychological well-being (33). Reeve (2005) also demonstrated a positive correlation between resilience and feelings of joy and a negative correlation with feelings of melancholy and anger (34). On the other side, a study by Arce, Simmons, and Stein (2009) found that those with high levels of resilience were more likely to exhibit pleasant feelings when confronted with emotional experiences that were neutral and unknowable. They claimed that this could be a result of people's capacity to deal well with challenging circumstances, particularly interpersonal ones (35). Gratz, K.L., Gunderson (2014) demonstrated that an acceptance-based emotion regulation group intervention improves symptoms of depression, anxiety, and stress as well as self-harm, emotion dysregulation, and certain borderline personality disorder symptoms (36).

Few research, meanwhile, have looked at the connection between emotional control and psychological health. A literature review reveals that one of the positive psychological factors, emotional control and resilience, has a strong correlation with people's psychological well-being. Additionally, it improves a person's ability to adapt to challenges and changes. Due to this problem, as well as the physical limitations and resulting deprivations that affect children with hearing impairment, they frequently find it difficult to build mutually beneficial relationships with their peers and adults. As a result, their emotional adaptation and social skills are compromised (37). The study of psychological variables like resilience abilities, emotional regulation techniques, and psychological well-being in parents of people with hearing impairment has received less attention, according to a review of the available research history.



This can lead to psychological issues and discomforts for both the affected individuals and their parents. In order to determine whether there is a connection between resilience skills and emotion regulation techniques and the psychological well-being of parents of hearing impaired children in Piranshahr city, the current study was conducted to examine the relationship between these variables in this population.

### **Method**

Considering the subject and its nature, the research method is fundamental and descriptive-correlational in terms of its purpose. The statistical population in this survey is all the parents of hearing impaired children in primary and secondary schools of Piranshahr city in August 2015, which were 105 people. The optimal sampling technique was utilized to determine the statistical sample for this study. In this way, he went to the education and welfare offices of Piranshahr city during business hours after first obtaining permission and receiving a letter from the research unit of the university and the approval of the welfare organization of the province to distribute the questionnaire to the mentioned people. The clients listed above were then given questionnaires after being informed of the primary goal of the research (only parents of hearing impaired children). It should be mentioned that 10 questions were excluded from the analysis because the responses were not complete, and the final analysis in the fourth chapter was based on 95 completed and raw surveys. Three questionnaires—the resilience scale, the emotion control questionnaire, and the psychological well-being scale—make up the instrument.

#### **1. Emotion Regulation Inventory:**

This inventory was created by Gross and John (2003) to assess emotion management techniques (38). This survey has two subscales: reappraisal, which has six items, and suppression, which has four. On a 7-point Likert scale, participants' responses range from strongly disagree (with a score of 1) to strongly agree (with a score of 7). Internal correlation for reappraisal was 0.79 and suppression was 0.73 in Gross and John's study (2003) (38). For reappraisal and suppression, Karreman and Vingerhoest (2012) obtained internal correlations of 0.83 and 0.79, respectively (39).

#### **2. Resilience Inventory: Connor and Davidson Resilience Scale (CD-RTSC):**

Resilience is measured using this scale. Resilience is measured using a scale with 25 questions, five subscales (tolerance of negative emotions/trust in personal instincts, competence/personal strength, acceptance of positive emotions/secure relationships, containment, and spirituality), and a total score on a Likert scale ranging from zero (completely false) to four (always true). Mohammadi has standardized this scale in Iran (2016). The scale's reliability and validity have been examined by the test's developers in various populations (normal and at risk), utilizing the retest technique and Cronbach's alpha to measure reliability (13). According to Jokar et al. (2006), the scale's dependability in Iran was 93 percent according to Cronbach's alpha. In the current study, its dependability was determined using the 80/80 Cronbach's alpha approach (40).

#### **3. Psychological well-being scale:**

Ryff (1989) developed this scale, which underwent revision in 2002. (41). There are six possible responses for each question, ranging from fully agree to utterly disagree. Self-acceptance, good connections with others, autonomy, environmental mastery, living a purposeful life, and personal progress are the six subscales of this questionnaire. Additionally, a total psychological



well-being score is computed using the sum of these six criteria. Several research have reported on the validity and reliability of psychological well-being measures. The subscales' internal consistency was deemed suitable by Diredonck (2005), and their Cronbach's alpha ranged from 0.77 to 0.90. (42). According to Bayani and colleagues' study, the validity of the Persian version of the questionnaire was favorable (1989) (43). Descriptive statistics, statistical tests of multivariate regression analysis, and Pearson's correlation coefficient were applied using the spssv24 program in accordance with the data analysis.

### Findings

95 parents of hearing-impaired children in Piranshahr City make up the research's sample, 44 of them were men and 51 of whom were women. Additionally, it was discovered that the age range of the studied sample with the highest frequency of individuals was related to those between the ages of 31 and 40 (40 people), followed by 32 individuals between the ages of 41 and 50, 17 individuals between the ages of 20 and 30, and six individuals over the age of 51. In contrast, elementary school was associated with the greatest level of education with a frequency of 30 persons, while high school diploma was associated with the lowest degree of education with a frequency of 3. It's important to note that just 18% of respondents had a university degree, and 82% had a diploma or less. Before testing the research's assumptions regarding the normality of the variables, Merdia's coefficient and its critical ratio were utilized as univariate normal and as multivariate normal, respectively, under the AMOS program. The findings are shown in the table below:

Table (1): Summary of the results of univariate statistical analysis for continuous variables

Variables	Skewness coefficient	critical ratio of the skewness coefficient	Kurtosis coefficient	critical ratio of the kurtosis coefficient	Result
Resilience	-0.673	-2.676	0.023	0.046	Normal
Reevaluation	-0.776	-3.088	-0.379	-0.755	Normal
Repression	0.147	0.587	-1.461	-2.906	Normal
Mental well-being	-1.291	-5.137	0.999	1.988	Normal
Multivariate (Mardia coefficient)	-	-	2.370	1.667	Normal

As shown, the more skewness and Kurtosis there are and the closer they are to zero, the more normal the data will be. If this coefficient's value is between negative one and positive one for skewness and between negative five and positive five for Kurtosis, the data is likewise virtually normal (44). The aforementioned table attests to the univariate and multivariate normality of the study data. Because of this interpretation, the researcher is free to employ parametric techniques and the assumption that the data are normal may be accepted.

Table (2) presents the results of Pearson's correlation for the study's variables.

Table 2. The results of Pearson correlation coefficient between research variables

	Number	1	2	3	4	5
1. resilience	95	1				
2. re-evaluation	95	**0.639	1			



3.	Repressive strategy	95	~	-0.160	1			
			**0.214					
4.	Emotional regulation (general)	95	*0.279	**0.580	**0.711	1		
5.	Psychological well-being	95	**0.733	**0.657	**0.356-	0.175	1	

\*: significance at a level less than 0.05; \*\*: significance at the level of less than 0.001

The correlation matrix analysis of the research variables, which forms the basis for performing regression analysis and other tests, is shown in Table 2 as the findings. The findings indicated that all research variables, with the exception of emotional regulation (general), have a significant relationship with the psychological well-being of parents of hearing-impaired children. This relationship is direct with well-being for resilience and reappraisal variables, but inverse for suppression strategy.

The findings also show a positive and substantial association between reappraisal and resilience, and a negative and significant relationship between resilience and suppression approach. Reappraisal and resilience are positively and significantly correlated, which suggests that parents who score higher on reappraisal have stronger reappraisal methods for emotional regulation and vice versa.

The less suppressive tactics parents employ to control their emotions, the more resilient they are, and vice versa, due to the negative and substantial link between resilience and suppression. Regression analysis may thus be done since there is correlation between the independent and dependent variables.

Results from a multiple regression analysis utilizing the entry or inter method to investigate the claim that "there is a link between resilience and emotional regulation methods and the psychological well-being of parents of hearing-impaired children in Piranshahr." It appears in table number (3).

Table 3. The results of multiple regression coefficients of resilience and emotional regulation strategies (reevaluation and suppression) with psychological well-being using the entry or inter method

Predictor variable	R	R <sup>2</sup>	F	Significance level	B	β	t	significance level of the test
Resilience					0.904	0.491	5.913	0.001
Reevaluation					0.368	0.311	3.782	0.001
Repression	0.789	0.636	53.3	0.001	-0.136	~	~	0.003
						0.201	3.100	

As shown, the regression test's significance level is equal to 0.001, and with a confidence level of 0.99, it can be said that the test mentioned above is significant. The primary hypothesis of the study is supported by this finding, which comes from regression analysis using analysis of variance (ANOVA) (significant = 0.001 and F = 53.03). This indicates that the chosen model's

resilience characteristics and emotional management techniques are significant (reevaluation and suppression). The results of the regression analysis in relation to the research's central premise reveal that emotional regulation techniques including reevaluation and suppression, as well as resilience characteristics, can strongly predict students' psychological well-being ( $p$ -value  $\geq 0.05$ ). For the resilience and reappraisal factors, this effect is predicted to be positive, while for the suppression strategy variable, it is predicted to be negative. This leads to the following conventional regression equation:

$$\text{Psychological well-being} = 0.491 * \text{resilience} + 0.311 * \text{reevaluation} - 0.279 * \text{suppression}$$

Therefore, we may anticipate that the psychological well-being of parents of hearing-impaired children will rise by 0.491 standard deviations and 0.311 standard deviations, respectively, if the factors indicating resilience and reappraisal each increase by one standard deviation. On the other hand, a one standard deviation rise in the predictive variable of repressive technique results in a 0.279 standard deviation fall in the psychological well-being of parents of children with hearing impairment. According to the observed results, resilience is often considered to be the predictor variable that has the strongest relationship to mental health, with re-evaluation and suppression strategy variables coming in at the bottom of the influence hierarchy.

### **Discussion and conclusion**

This study aimed to ascertain the link between resiliency and emotional regulation techniques and the psychological health of parents of children with hearing impairment in Piranshahr city. To ascertain this relationship, a questionnaire was employed. The findings of a Pearson correlation analysis between the research variables revealed a substantial association between resilience and the psychological well-being of parents and the aspects of emotional regulation (reappraisal techniques and suppression strategies). As a result, there is a positive direction in the association between psychological well-being and resilience and reappraisal variables, but a negative direction in the relationship between suppression strategy and psychological well-being. The results also show a strong and negative association between suppression technique and psychological well-being as well as a significant and positive relationship between resilience and reappraisal. The present study's findings generally shown that emotion control (in general) has a favorable and substantial link with psychological well-being, which is consistent with the findings of related studies (32, 45-48).

Resilience and emotional regulation techniques have a statistically significant link with psychological well-being among Piranshahr parents of hearing-impaired children, according to the findings of the multivariate regression analysis ( $p \geq 0.001$  and  $F = 53.03$ ). According to the results, resilience, reappraisal, and suppression strategy all account for 63.6 percent of the variation in changes in the criterion variable, or parents' psychological well-being. The regression coefficient results demonstrate that resilience has the highest correlation (with a beta coefficient of 0.491), reappraisal is in second place (with a beta coefficient of 0.311), and suppression strategy is in third place (with a beta coefficient of 0.201 and in the opposite direction), which is consistent with earlier studies (33, 32, and 45).

According to Soleimani and Habibi (2013), cognitive reappraisal, resilience, and emotional inhibition all have positive and significant relationships with psychological well-being, but emotional inhibition has a negative and significant relationship (33). Resilience was shown to be the best predictor of the psychological health of parents of hearing-impaired children in the current study, although it was the best predictor of the re-evaluation variable in the study of



Soleimani and Habibi (2013). According to the researcher, the statistical population of the study is responsible for this disparity. Parents of hearing-impaired children in Piranshahr make up the statistical population of the current study, whereas students made up the statistical population of Soleimani and Habibi's study.

Begdeli et al. (2012) also shown that there was a negative and significant relationship between suppression, occupational attachment, and frightened attachment and psychological well-being, whereas there was a positive and significant relationship between secure attachment and reappraisal. Additionally, the results of the step-by-step regression demonstrated that suppression played a significant role in predicting mental well-being, coming in first, followed by secure attachment style, reappraisal, resilience, and fearful attachment style, and that the predictor variables accounted for a total of 0.34 of changes in psychological well-being (32).

According to Gross (2007), depending on the social environment, the emotion regulation process can be employed to produce both very good and very poor behaviors. For instance, cognitive techniques that control negative emotions might exacerbate occupational health problems under stressful situations but can also reduce the unpleasant feelings brought on by empathy. Besides, regulatory tactics may achieve individual objectives, but there is also a chance that others may view them as incompatible (50). Conversely, emotional inhibition is a response-focused tactic that is specifically employed to restrain the display of emotion (24). Forced or enforced emotional inhibition is one of the several forms of inhibition. In this kind, people suppress their feelings to preserve their connections with others, their own self-image, or the social hierarchy. The enthusiastic kind of emotion control is another type that is dependent on cognitive ability. This kind of treatment involves unpleasant ideas rather than emotional repression of negative feelings. Long-term inhibitions in interpersonal interactions might cause negative feelings that can hinder intimacy. Because having healthy connections with the people that matter most in life, including family and friends, and using proper methods of expressing both happy and negative emotions are related (51).

According to research on non-clinical samples, those who report using emotional restraint frequently feel more negative emotions, less happy emotions, have more depressed symptoms, and have low life satisfaction (38). Therefore, marketing excitement improves people's psychological health by minimizing unpleasant experiences associated with it, boosting positive feelings, and modifying stressful situations. According to what was mentioned, if suppression of enthusiasm by raising negative emotions, lowering pleasant emotions, and increasing sadness and anxiety results in a decline in psychological well-being and a sense of contentment with life. The results also demonstrated a positive correlation between resilience and psychological well-being, with resilience increasing being associated with higher psychological well-being and vice versa.

This study's finding is consistent with that of several other studies (52, 40, 53, 38, 54, 55, 56 and 32). All of these studies show that individuals with high levels of resilience are psychologically adaptable and preserve their mental health under adverse and stressful circumstances. In the area of the beneficial effects of resilience on mental health, Wolff (1995) emphasizes the fundamental traits of resilient people that improve mental health, such as social performance, the capacity for problem-solving, independence, and a sense of purpose in life, which are among the elements of psychological well-being (57).



According to Masten (2001), people's resilience plays a role in their capacity to alter the negative effects of terrible occurrences and contribute to the maintenance of their bodily and mental health. One explanation for this finding is that parents with higher psychological well-being are better able to deal with difficulties. On the other side, a person who is stronger in dealing with the stress and issues of life is less likely to experience mental and emotional disturbances and enjoys greater mental health and well-being. It appears that resilient individuals approach issues in a flexible and innovative manner. They raise their level of psychological and mental well-being by making plans, enlisting the assistance of others when necessary, and utilizing all of their available resources to address issues (49).

In Piranshahr City, the results also revealed a positive and significant relationship between the re-evaluation strategy and the psychological well-being of parents of hearing-impaired children. In other words, as the re-evaluation strategy increases, so does the psychological well-being, and vice versa, as reappraisal decreases, so does the psychological well-being of parents. This conclusion is consistent with the results of other studies (32, 33, 38, and 54), all of which demonstrated a favorable relationship between reappraisal and psychological well-being.

According to research, cognitive reappraisal, a different emotional regulation technique, has a favorable link with positive affect and psychological well-being, boosts people's interpersonal functioning and pleasant mood, and lowers negative affect, in contrast to emotional inhibition (58-59). When emotional marketing is used often, numerous good feelings are felt, whereas few negative emotions and depressive symptoms are present (38). Examining the sources and effects of an emotion's positive and negative aspects is part of cognitive marketing that is tied to emotions (60). To regulate excitement in this area of growth, people must make an effort. The development of emotional intelligence can be effectively aided by parents, peers, and other caregivers. It can be said that positive emotions can moderate the continuity and stability of negative emotions that occur in a variety of situations, including educational, familial, and other situations, and reduce their impact and prevent the occurrence of depression, stress, and worries in order to explain this finding and its alignment with prior findings.

Additionally, the results revealed a bad and substantial correlation between the repressive method and the psychological health of hearing-impaired parents in Piranshahr city. Therefore, as the repressive technique grows, the psychological well-being of the parents declines, and conversely, as the repressive strategy reduces, the psychological well-being of the parents increases. This result is consistent with other study (32, 33, 39, 38, 54), which demonstrated that the use of a suppression technique had a detrimental impact on psychological health. Studies demonstrate a relationship between emotional inhibition, one of the emotion regulation techniques, and a decline in pleasant emotions (61), a decline in interpersonal effectiveness (58), and a decline in wellbeing (38). The explanation of these results leads to the conclusion that individuals with the capacity for emotion regulation can assess stressful events in terms of whether they pose a threat or not, develop strategies for dealing with these stressors, and properly manage their emotions in a variety of contexts. These individuals can withstand stressful experiences and experience happiness, and this in and of itself contributes to an individual's wellbeing and mental health. In the area of emotional regulation, there are significant therapeutic ramifications. Emotional regulation has significant social and developmental ramifications, such as the emergence of empathy and connections with peers, and it influences how individuals behave psychologically.



The following limitations apply to this study as well as to other studies: 1) It can be difficult to generalize the findings due to the sample group's variability in terms of socioeconomic position and educational attainment. 2) Because the research's findings are particular to parents of children with hearing impairment, caution should be used when extrapolating them to other parent groups, such as those of children with mental retardation, blindness, or other developmental disabilities. 3) On the other hand, it is not appropriate to generalize it to all women who are deaf because sampling was accessible.

Resilience plays the largest part in describing the psychological well-being of parents, according to the findings of the hypothesis, hence it is recommended that by providing parents of children with hearing impairments with a resilience training course, we can attempt to improve the resilience of the study group by enlarging it. It was also discovered that the second variable predicting the psychological well-being of parents, or, in other words, the emotional marketization, required that emotional regulation strategies be taught by knowledgeable people in schools or in well-being for parents of children who are deaf or hard of hearing. It is advised to strengthen the health by holding educational workshops in the direction of mental well-being, taking into account that the presence of hearing-impaired children in the family may affect the performance and mental health of their parents and cause disturbances in their mental health and mental well-being. It is important to support the parents' mental health and take every precaution to keep it from deteriorating. Additionally, professionals in education and training and welfare organizations are advised to improve the psychological wellbeing of parents of impaired children and to teach psychological resilience due to the considerable association between the examined factors.

Since Piranshahr city was taken into account for the current study, it is advised that future researchers carry out a similar survey for other cities and provinces as well, so that by comparing the findings of other studies in this area, greater confidence and faith in the results may be gained. It is advised that future researchers do comparable studies using different data gathering techniques. Future studies should look at personality qualities as interacting factors with cognitive emotion regulation, resilience, and psychological well-being. In order to make the necessary plans to enhance their well-being and mental health, it is proposed that such study be conducted in populations that have poor well-being or are at danger.

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