

Analysis of the Role of Parent's Lifestyle by the Authoritative Parenting Style in Girls of Grade Three of High School in Zahedan: A Cross Sectional Study

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ABSTRACT

Background: Every family applies a certain educational style in individual and social education of their children. These styles are influenced by many factors, including cultural, social, political, economic styles, etc. The parents' lifestyle is one of styles that have a great impact on parenting. In this regard, the goal of present research is analysis of the role of parent's lifestyle by the authoritative parenting style. **Methods:** The research method is descriptive-analytic based on library, documentary and field studies. Statistical Society of the research is all intelligent girls of grade three in high school of Zahedan during 2015-2016 school years. Cochran formula has been used to determine the sample volume which 311 people were estimated. Spearman statistical methods and multiple regressions have been used to analyze the data. **Results:** The results of the research show that the lifestyle and its components have a significant correlation with authoritative parenting style and can predict it. **Conclusion:** The findings of this study, while having applicable aspects in this domain, can be helpful in planning supplementary remedial procedures.

Keywords: *Lifestyle of Parents, Authoritative Parenting Style, Girls, Intelligent*

The family provides the most important social space for human growth. A series of cognitive, emotional and social changes are observed during the normal growth of each child. Children's behavior reflects the complex interpersonal conditions of family members, especially parents. So the existence of children's behavioral problems means as defective relationships of family members with one another and it is related to false educational methods of parents and their defective interactions with children (Hartas, 2014).

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There are methods which parents apply to train children and reflects the attitudes they have towards their children and includes criteria that impose for their children, these methods are called parenting methods. Diana Bamrind (1987 quoting from Burke, 2013) in a series of investigations by monitoring parents who interact with their preschool children, has gathered some data about parenting methods and was able to introduce three types of parenting styles (authoritative, authoritarian, permissive). Parenting style of parents will reliably predict many children's actions during life. Children of parents with authoritative parenting style will be trained well; they are cheerful (Berk, 2013).

Compared with children of authoritative parents, children of authoritarian parents will be placed in the lower level in establishing relationships with peers and having an active position and the independence vote. The children are also described as angry, isolated, sad and vulnerable to pressure (stress) and cautious persons (Redrgiz and Marsenko, 2014). Considering the sustainable importance of Parenting Styles, the researcher is trying to identify the factors associated with parenting to provide the field for its more precise control. Behaviors and reactions that parents reveal in front of their family and social situations are influenced by kind of thinking and their understanding of the issues that are important to them in life.

Hossaini Nasab (2005) in a research entitled "Investigation of the relationship between parenting styles and self-efficacy and mental health of high school students in the city of Mahabad" showed that there is a significant correlation between self-efficacy of students whose parents have different parenting styles and mental health's of students who have experienced different parenting styles are significantly different.

Dabiri et al (2012) have reported the relationship between parenting styles and happiness of children through mediator variable of personality traits. Accordingly, the authoritative parenting style is associated with happiness through extraversion positive impact. The authoritative parenting style is also associated with happiness through the negative impact of neuroticism.

Ahangar Enzabi (2010) in a research entitled "The relationship between parenting styles and adolescents aggression in city of Shabostar" shows that there was no correlation between permissive parenting style and aggression, verbal aggression, hostility, anger and physical aggression. The democratic parenting style had a direct relation with aggression and verbal aggression and a reverse relation with physical aggression, hostility and anger.

Yaqubi Dost and Anayat (2014) studied the relationship between parenting styles and violence in the family. According to the results of this study, there is violence and aggression in families with permissive parenting style but the damage caused by violence is much more in authoritarian parenting style. Aggression in families with permissive parenting style is caused by the

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destruction of the child's emotional relationships with parents and impulsivity and lack of restraint from children is often led to creation of an aggressive atmosphere. In authoritarian parenting style, violence, threats and intimidation are from parents.

Esmaeil pour and Jamil (2014) have investigated perception of parenting styles by children and the level of their anxiety. According to this research, the high acceptance of parents' perception had a negative correlation with anxiety in children and the excessive control of parents' perception had a positive correlation with anxiety in children. So, the children's understanding of parenting methods plays an important role in children's anxiety. It was suggested in this research that a suitable field must be provided for proper parenting for parents for reducing anxiety in children and its destructive effects.

Parenting styles have considerable impacts on the incidence of children's behavioral disorders and it can be even a predictor of psychosocial development, academic performance, health and welfare and behavioral problems of children in the future.

According to the results of mentioned researches, the present research will study the effective factors on parenting and in this regard, the role of the quality of life will be studied.

METHODOLOGY

The research method is descriptive-analytic based on library, documentary and field studies. All intelligent girls' parents of grade three in high school of Zahedan during 20015-2016 school year.

The estimation of the size of sample

Cochran formula has been used to determine the sample volume.

$$n = \frac{z_{\alpha/2}^2 .s^2}{d^2}$$
$$n = \frac{(3.84)(20.25)}{0.25} = 311$$

Ethical Principles

In this study, the informed consent was obtained without coercion, threat, enticement and seduction and their decision to refuse or accept to participate in the study were respected.

RESULTS

The relation between lifestyle and authoritative parenting style

For investigating the relation between lifestyle and authoritative parenting style, (PAQ) parental Authority Questionnaire has been used which is made by John R. Buri (1991) and it used to

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evaluate parental authority and it is formed of 30 item and 3 subscales of permissive style (10 questions) and parents of logical authoritative styles (10 questions). The parents’ forms are same except appropriate indication to the word of father or mother.

The questionnaire scoring is as Likert’s spectrum 5-point that scores of 1, 2, 3, 4 and 5 have been considered for options of "strongly disagree", "disagree," "indifferent", "agree" and "strongly agree" respectively. Ten questions have been proposed for investigating the relation between lifestyle and authoritative parenting style. The questions were reflected in questionnaires and they were distributed among study subjects who were 311 of intelligent students’ parents of Zahedan and they were selected by using cluster random sampling.

The obtained results have been analyzed in two parts. In first step, using SPSS software, the averages of answers to the question have been investigated and in the second step, the hypothesis has been tested by using the same software. In the following, all proposed steps have been studied.

Table 1: Comparison of respondents' answers to questions

Questions	Average	The sample population
While I was growing up my mother felt at home, kids will go the same way whose parents have gone?	4.10	311
My mother always felt that what children need is to be free to think and do what they want to do, even if it does not match to what they want?	4.20	311
While I was growing up, my mother did not feel that I need to follow the rules and regulations, just because they have been imposed by an authoritative person.	4.33	311
While I was growing up, my mother rarely set expectations and rules for my behavior and rules and she rarely guided me?	4.13	311
By the time I was growing, my mother often did things that kids wanted?	4.00	311
My mother feels that if parents do no limit the activities, decisions and aspirations of their children during growth, social problems will be solved?	4.24	311
While I was growing up, My mother allowed me to decide further of my related tasks without her supervision?	4.35	311
While I was growing up, my mother didn’t know herself responsible for guiding my behavior?	4.09	311
While I was growing up my mother allowed me to look at the family's issues from my perspective and in general she allowed me to decide myself what I wanted to do?	4.11	311
While I was growing up my mother did not control behaviors and activities and aspirations of children in the family?	3.99	311

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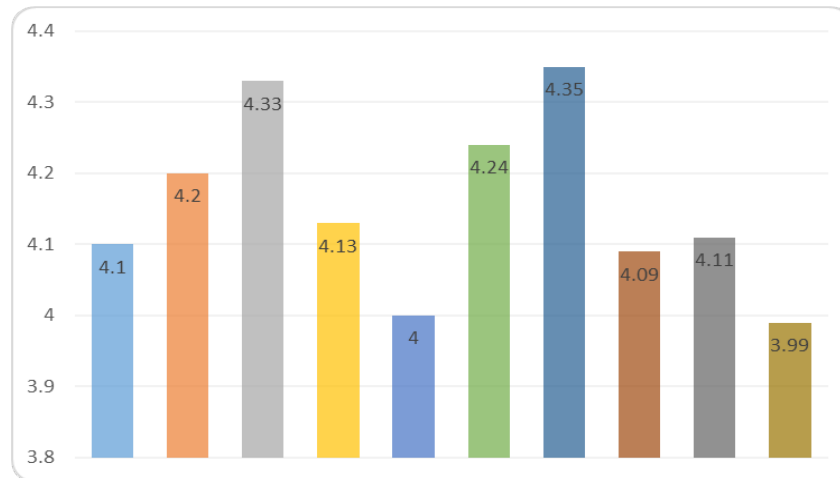


Figure 1: Comparison of respondents' answers in Question

As it can be seen in the table and chart above, among the proposed questions, The seventh question with an average of 4/35, the third question with an average of 4/33, the sixth question with an average of 2/24 , the second question with an average of 4/20, the fourth question with an average of 4/13, the ninth question with an average of 4/11, the first question with an average of 4/10, the eighth question with average of 4/09 , the fifth question with an average of 4/00, the tenth question with an average of 3/99 have allocated the highest and the lowest average respectively.

Hypothesis Test

This hypothesis is formulated as follows:

Lifestyle and its components are correlated with authoritative parenting style and it can be predicted. According to the type of hypothesis, correlation statistical test is the test for analyzing this hypothesis and also considering that the type of data scale is ordinal, the Spearman correlation coefficient has been used.

Table 2: Relation parent’s lifestyle by the authoritative parenting style

Questions	Sperman s rho correlation	SIG
While I was growing up my mother felt at home, kids will go the same way whose parents have gone?	0.700	0.000
My mother always felt that what children need is to be free to think and do what they want to do, even if it does not match to what they want?	0.787	0.000
While I was growing up, my mother did not feel that I need to follow the rules and regulations, just because they have been imposed by an authoritative person.	0.757	0.000

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Questions	Sperman s rho correlation	SIG
While I was growing up, my mother rarely set expectations and rules for my behavior and rules and she rarely guided me?	0.867	0.000
By the time I was growing, my mother often did things that kids wanted?	0.874	0.000
My mother feels that if parents do no limit the activities, decisions and aspirations of their children during growth, social problems will be solved?	0.867	0.000
While I was growing up, My mother allowed me to decide further of my related tasks without her supervision?	0.874	0.000
While I was growing up, my mother didn't know herself responsible for guiding my behavior?	0.693	0.000
While I was growing up my mother allowed me to look at the family's issues from my perspective and in general she allowed me to decide myself what I wanted to do?	0.853	0.000
While I was growing up my mother did not control behaviors and activities and aspirations of children in the family?	0.830	0.000

Prediction of relation between lifestyle and authoritative parenting style

In addition to the results obtained in the above tables, stepwise multiple regression method has been used to predict the role of lifestyle and authoritative parenting style.

Table 3: results of multiple regressions by entering the lifestyle to quation

The amount of t	Beta	Significance level F	The adjusted R2	R ²	R	The subscales
3.800	0.700	0.001	0.530	0.541	0.700	Authoritative

The dependent variable (Authoritative) and the independent variable (lifestyle) has a significant relationship at the level of $P= 0/05$. In the first step, the subscales of Authoritative variable were entered in the equation. Multiple correlation coefficient of R is equal to 0/70 and 0/54 was obtained for the coefficient of determination.

As it can be observed from above table, the obtained significant level is 0/000 in all proposed indices which shows a positive and significant correlation of these two variables (Lifestyle and authoritative parenting style). Multiple regression results also indicate that lifestyle and its components are correlated with authoritative parenting style and it can be predicted. In fact, according to the results it can be stated that the hypothesis is proven and confirmed.

DISCUSSION AND CONCLUSION

If we have a look at the impact of family in the formation of parenting style, we will realize that children will be affected and will be influenced through relations and in fact, it is the family that makes humans and educates him and it is more effective in childhood age and he is dominated by parents in the critical period of his life.

Family is the most important center for growing and educating children. The child is born with his potential inherited powers in family and after it, it is the environment with behavior powers which has surrounded the child from the beginning of the birth and even before birth and the socialization process is because of interaction with each one of members of the family. On the other hand, parents must provide the best and most effective ways of socialization and construction of a proper upbringing to create healthy and constructive relationships with children and with the affection and by determining stable indices of the desired behaviors.

In this regard, the goal of present research is analysis of the role of parent's lifestyle by the authoritative parenting style. The research method is descriptive-analytic based on library, documentary and field studies. Statistical Society of the research is all intelligent girls of grade three in high school of Zahedan during 2015-2016 school years. Cochran formula has been used to determine the sample volume which 311 people were estimated. Spearman statistical methods and multiple regressions have been used to analyze the data. The results of the research show that the lifestyle and its components have a significant correlation with authoritative parenting style and can predict it.

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Conflict of Interests: The author declared no conflict of interests.

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