

## The Relationship Between Perceived Parenting Style and Resilience in College Students

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### ABSTRACT

Parenting is considered a complex activity; it includes many behaviours of parents towards their child which either individually or together affect child outcomes. From very long-time parenting is seen as one of the factors that shapes a child's psychological and physiological wellbeing. In this research the relationship between perceived parenting style and a college students' resilience which can be understood as it as an individual's capacity to cope up in an effective way with the internal and external stresses is examined. A sample of 101 college students are collected from various colleges to further generalize the research. The sample chosen includes young adults who are going to college, ranging from age group of 18 to 25 years. A significant relationship between parenting style and resilience was revealed, there will be significant relationship between resilience and authoritative parenting style of mother and father, in case of authoritarian parenting style no correlation was revealed.

**Keywords:** *Perceived Parenting, Authoritative, Authoritarian, College students, Resilience.*

*"In short, with each of the thousand-and-one problems that present themselves in family life, our choice is between controlling and teaching, between creating an atmosphere of distrust and one of trust, between setting an example of power and helping children to learn responsibility, between quick-fix parenting and the kind that's focused on long-term goals".*

- Alfie Kohn on Parenting

Parents play a vital role in the development of a child. A parent is either blamed or appreciated about how a child turns out to be. It is true that few dimensions of parenting influence a child's life irrespective of what their age is. Especially if the parent-child bond is marked with warmth or by conflicts. From a very long-time parenting is seen as one of the most important which shapes a child's psychological and physiological wellbeing. American Psychological Association (APA) describes parenting as "around the world practices which share three major goals which include ensuring children's safety and health, also preparing children for living as productive adults with cultural values. For healthy development a high-quality relationship between parent and child is important.

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“Baumrind (1991) discussed parenting styles, the construct of parenting style is used to capture normal variations in parents' attempts to control and socialize their children. Focusing on critically understanding this definition, it can be understood that Baumrind tries to discuss how parenting involves more control. These issues of controlling may vary in all parents, the patterns in which they control or socialize their children or the extent to which they do so. It is also assumed that the primary responsibility of parents is to teach, influence, and control their children. Baumrind (1991), describes parenting styles where authoritarian parents are highly demanding but are not responsive in contrast authoritative parents are highly responsive and demanding. Whereas, permissive parents are not demanding but highly responsive.

According to the American Psychological Association resilience is “the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioural flexibility and adjustment to external and internal demands. A number of factors contribute to how well people adapt to adversities, predominant among them (a) the ways in which individuals view and engage with the world, (b) the availability and quality of social resources, and (c) specific coping strategies. “An interactive concept that is concerned with the combination of serious risk experiences and a relatively positive psychological outcome despite those experiences” (Rutter, 2006). His definition remained quite stable and in 2013 he added that “Some individuals have a relatively good outcome despite having experienced serious stresses or adversities – their outcome being better than that of other individuals who suffered the same experiences” (Rutter, 2013).

According to Psychology Today, resilience is “the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before rather than letting difficulties, traumatic events, or failure overcome them and drain their resolve, highly resilient people find a way to change course, emotionally heal, and continue moving toward their goals”. Werner (1982) while discussing resilience described it as an individual's capacity to cope up in an effective way with the internal and external stresses. Further adding about children, she said that children who are loved well worked well played well and are expected to show resilience.

Throughout these years the psychological literature regarding parenting style has seen rapid growth, it's also seen that less attention is paid on gender differences and how it influences parenting style across culture. US college students considered authoritarian and authoritative parents as caring, helpful, and more effective in contrast to Indian students who considered permissive parents as better. Both US and Indian students agreed that they wish to be authoritative parents in the future (Barnhart, C.M., Raval, V.V., Jansari, A. et al., 2013).

Parenting style plays some role in relation to student's anxiety, depression and stress on male and female students, especially in case of female students. Females stress and anxiety do act as mediators between depression in female student and maternal parenting style (Barton A.L., & Kirtley.M.S., 2012). Parental warmth is related to higher school and clinical maladjustment whereas lower parental control showed greater clinical maladjustment. Furthermore, the highest level of maladjustment at school is seen in students with authoritarian and neglectful families. (Jaureguizar, J., Bernaras, E., Bully, P. et al, 2018). A child will perceive their parents as strict if they have been exposed to any kind of traumatic events in the past. The boys perceive both the parents as they are treating them negatively in contrast to girls. In girls' traumatic events caused the perception of girls to see their parents

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as strict disciplining, but in case of boys they perceived parents as hostile and rejecting. During traumatic events parents' rear girls with great attention and restrict them whereas boys are exposed to rejection during traumatic events in families (Punamaki R.L., Qouta S., & Sarraj E.E., 1997). Emerging adulthood can be understood as a stage where young people feel themselves as adults most often stay with their parents and are dependent on them financially. Parent's beliefs, behaviours are constructed by the culture they belong to; in the case of Spain (SP) and Portugal (PT). Permissive and authoritative parenting styles are beneficial at the stage of emerging adulthood, whereas authoritarian style shows a close relation to psychological distress. There are intercultural similarities as well as a symmetrical relationship amongst emerging adults in both Portugal and Spain (Jiménez, Agueda & Sánchez-Queija, Inmaculada & García-Mendoza, María & Coimbra, Susana & Oliveira, José & Díez, Marta., 2019).

There's a higher level of mental resilience and lower levels of anxiety and depression in elderly adults with parents having an authoritative parenting style, in contrast with elderly adults whose parents preferred authoritarian parenting style were found to be highly prone to depression and anxiety (Zhong, X., Wu, D., Nie, X. et al., 2016). As humans we face many challenges in our life span, transition is also one of them. The risk of suffering significant anxiety, stress, and a feeling of uncertainty is felt during this transition which is moving to university. Perceived social support (PSS), optimism, promotion of volitional functioning (PVF), and promotion of independent functioning (PIF) play an important part in positive adaptation and coping during this transition. Higher resilience levels are experienced by students with higher PSS, optimism, PVF, and PIF (Dawson, M., & Pooley, J. A., 2013). Amongst many factors of growth and shaping of resilience, the style of a parent-child relationship is an effective one. "Behavioural strictness - supervision" and "psychological autonomy - granting" styles do not have a significant difference in power of resilience whereas the "acceptance-involvement" style is a positive predictor of resilience (Zakeri H., Jowkar, B., & Razmjooe, M., 2010)

College students generally spend a life full of stressors and still some students adjust better than others in a similar situation. For successful adaptation, active coping plays a vital role. The trait of resilience, best indicated as a predictor of active coping in all situations whereas stress didn't show any significant correlation with active coping. Even secure attachment is a compelling indicator of active coping only in general situations. Counsellors can help college students by enhancing their resilience regardless of the student's stress level (Li, M., 2008).

### **METHODOLOGY**

#### *Aim*

The present research aims to study the relationship between perceived parenting style and resilience in college students.

#### *Objective*

- To assess the relationship between perceived parenting style and need for affiliation
- To determine the difference (if any) in the relationship between authoritative parenting style, need for affiliation and authoritarian parenting style and need for affiliation.
- To assess the relationship between perceived parenting style and resilience.

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- To determine the difference (if any) in the relationship between authoritative parenting style, resilience and authoritarian parenting style and resilience.

### *Hypotheses*

- H1 - There will be a significant relationship between perceived authoritative mother and resilience.
- H2 - There will be a significant relationship between perceived authoritative father and resilience.
- H3 - There will be a significant relationship between perceived authoritarian mother and resilience.
- H4 - There will be a significant relationship between perceived authoritarian father and resilience.

### *Research Design*

A research design is important to find all the answers to the questions in research. The present study uses a correlation research design to understand the relationship between the variables.

### *Variables*

- **Perceived Parenting Style:** It is said to how an individual feels and perceives their parents. Caring or over protective
- **Resilience:** It refers to the ability of an individual to process and adapt even in tough situations of life. These situations can be both emotional and physical.

### *Sample*

Convenience sampling was used as the sample was collected on the basis of their accessibility. It is decided that a sample of 101 college students are collected from various colleges to further generalize the research. The sample chosen would include young adults who are going to college, ranging from age group of 18 to 25 years. This is the youth, which forms the core of our society.

### *Tools Used*

For collecting of data following standardized tests / tools were proposed

**Table – 1**

No.	Name of the test	Year	Author of the test	No. of items	Reliability	Validity
1	Brief Resilience Scale	2008	Bruce W. Smith, Jeanne Dalen, Kathy Wiggins, Erin Tooley, Paulette Christopher and Jennifer Bernard		Test-Retest reliability  ( $r=.69$ ) for one month, ( $r=.62$ ) for three months	Convergent Validity
2	Parental Authority Questionnaire	1991	Dr Buri John R.	30 30 +	Test-retest reliability $r=.86$ - mother's authoritarianism	Criterion-related validity

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				= 60	r= .78 - mother's authoritativeness r = .85 - father's authoritarianism r = .92 - father's authoritativeness
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### *Description of the tools used:*

- **Brief Resilience Scale:** It includes six items. The respondents were asked to indicate how well each statement described their behaviour and actions on a 5-point Likert-type scale, ranging from “1” = strongly disagree to “5” = strongly agree. As Item 2, Item 4 and Item 6 were reverse-coded, the data collected were recoded prior to scoring.
- **Parental Authority Questionnaire:** It includes 30 questions for both father and mother making it a 60-question questionnaire. The respondent is asked to best describe how that statement applies to them and their mother and father. It’s a 5-point Likert scale (1 = strongly disagree, 5 = strongly agree), the questions are divided for different parenting styles and higher score in that parenting style, reflects the parenting style of the parent.

### *Procedure*

The relationship between perceived parenting style and resilience was explored in this research. To establish a conceptual structure for the relationship between resilience with perceived parenting style recent studies and analysis were examined. Data was gathered using tools that were acceptable, reliable, valid, and commonly used. Males and females between the ages of 18 and 25 were sent the tools, which were typed into a Google form. After that, participants were asked to self-report their answers in a sincere manner, with explicit instructions written on the form to do so as well. The responses were scored using the norms outlined in the tool's manual. The results were recorded in an excel sheet, and the correlation between the variables was calculated using IBM - SPSS software. The study's findings were then recorded in a table, revealing correlations in few. The study's findings were drawn and thorough interpretation was conducted.

## RESULTS

### **Descriptive Statistics – Mean and Standard Deviation.**

*Table 2 Descriptive Statistics between Authoritative Mother and Resilience*

Descriptive Statistics	Mean	Std. Deviation	N
Authoritative Mother	37.6420	4.30206	81
Resilience	3.1314	0.54585	81

The above table represents the average of authoritative mothers where n=81 it is 37.6420, the standard deviation is 4.30206 and the average for resilience for the participants who have an authoritative mother is 3.1314 and the standard deviation is 0.54585.

*Table 3 Descriptive Statistics between Authoritative Father and Resilience*

Descriptive Statistics	Mean	Std. Deviation	N
Authoritative Father	37.7222	5.51299	54
Resilience	3.3843	0.57195	54

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The above table represents the average of authoritative fathers where  $n = 54$  it is 37.7222, and the standard deviation is 5.51299 and the average for resilience of the participants who have authoritative fathers is 3.3843 and the standard deviation is 0.57195.

In table 2 and 3 the mean reflects the central position of the frequency distribution, whereas the standard deviation summarizes how spread out the scores are. As the SD is less in both cases this can be interpreted as the data points tend to be close to the mean.

**Table 4 Correlations between Authoritative Mother and Resilience**

Pearson Correlation	Authoritative Mother	Resilience
Authoritative Mother	1	.527**
Resilience	.527**	1

\*\* . Correlation is significant at the 0.01 level (2-tailed).

In the above table Pearson's correlation ( $r$ ) is used to understand significant relationship between the participants having Authoritative Mother and their Resilience Table - 4 shows  $r=0.527$ , at  $p=0.01$  level of significance which means that there is a significant positive - correlation between resilience and the participant who have authoritative mother.

This signifies that both variables have a direct relationship thus providing evidence for accepting the hypothesis - 1 of this current study.

**Table 5 Correlations between Authoritative Father and Resilience**

Pearson Correlation	Authoritative Father	Resilience
Authoritative Father	1	.441**
Resilience	.441**	1

\*\* . Correlation is significant at the 0.01 level (2-tailed).

In the above table Pearson's correlation ( $r$ ) is used to understand the significant relationship between the participants having an Authoritative father and their Resilience.

Table - 5 shows  $r = .441$  at 0.01 level of significance. This signifies that both variables have a direct relationship thus providing evidence for accepting the, Hypothesis- 2 of this current study.

There was a relationship seen between authoritative mother, father and resilience but no correlation between authoritarian mother, father and resilience.

## CONCLUSION

Many researches are done that are related to parenting style and various variables, few include resilience and not many researches have included college students. Life can get stressful, dangerous, and difficult at times, and these things can prevent someone from growing up to be a happy, healthy adult. Resilience appears to be the deciding factor between those who carry on effectively and those who do not. According to this research's findings warm, encouraging, and child-centered parenting practices are linked to the development of resilience and may thus be thought of as a protective factor that enhances the capacity to deal with difficult situations and crises. In the case of the relationship between parenting style and resilience for the results revealed that there will be a significant relationship between resilience and authoritative parenting style of mother and father, in

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case of authoritarian parenting style no correlation was revealed. The results are similar to the previous researches done which discuss how authoritative style of parenting has a strong association with high levels of resiliency whereas the permissive and authoritarian style of parenting is mostly associated with the participant with low scores of resilience (Ritter, 2005). Authoritative parenting style has the most significant connection with resilience in adolescents, both black and white, and in both genders (Kritzas, N., & Grobler, A. A., 2005). Some ways in which parents can help their children in developing resilience is by making a routine as at times guiding college students in forming a routine can bring an order in their lives and can bring solace in daily life. They should be flexible especially during difficult or transitional periods. Schedules and uniformity must be maintained at the same time. Make the child remember in the face of difficulty they are not alone and the methods they dealt with adversity in the past and make sure they comprehend that these experiences helped them develop the fortitude to deal with future adversity. Most things are learnt when the times are tough, Parents should help the child to learn and look at what they're facing and see what it can teach them about themselves.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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