

Perceived Parenting Style, Self-Compassion, and Forgiveness among Adults

Ms. Rebecca Michael^{1*}, Dr. Lokesh L.²

ABSTRACT

The present study focuses on understanding the relationship between Perceived Parenting Styles, Self-Compassion, and Forgiveness among Adults. Based on a general adult sample (N =215) the findings indicated that there was a significant relationship between Maternal authoritative and authoritarian parenting styles in self-compassion and forgiveness. However, significance was only found in authoritative parenting style and forgiveness in Paternal Perceived Parenting styles. The results also revealed that there were no gender differences found in self-compassion and forgiveness. Middle Adults had a higher level of self-compassion and forgiveness than young adults. Some limitations were noted, the short 12-item version of the self-compassion scale was deemed ineffective, by the author, for comparing and analysing the domains, and the study cannot be generalized as the population size was small. Future research in this area can be a qualitative study for much more accurate results in this study.

Keywords: *Perceived Parenting Styles, Self-Compassion, Forgiveness.*

Perceived Parenting Style

It is generally agreed that the family is one of the primary contexts for early learning and development. (Bronfenbrenner & Ceci, 1994) Parents' parenting styles consist of the actions and behaviours they employ when interacting with their children in various social and emotional environments. There's also the idea of "perceived parenting style," which holds that an individual's response to a given scenario is heavily influenced by their memory of their parents' actions and attitude toward them when they were young. Parents' influence has a profound effect on how their children develop into adults (Baumrind,1971). In the future, it was proposed that Baumrind's three parenting styles, authoritative being They are reasonable in their requests, boundaries, and insistence on the children's obedience, while also being kind, embracing the children's perspectives, and promoting their participation in decision-making. Authoritarian parents are harsh and unyielding in their instruction. They have limited interactions with the children and assume that the children would blindly follow the adults' orders. Permissive parenting, which combines receptivity

¹MSc Counselling Psychology Student, Kristu Jayanti College, Bengaluru

²Assistant Professor, Kristu Jayanti College, Bengaluru

*Corresponding Author

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and flexible expectations, reveals a tolerant attitude to socialisation. These parents welcome and nurture their children, yet they are never overbearing.

Self-Compassion

Research and theory have pointed to the importance of nurturing connections with primary caregivers in the development of self-compassion. Those findings were published in by (Neff & McGehee 2010). Researching parenting practises that have been linked to children's increased self-compassion requires first understanding how children perceive these practises. The theoretical underpinnings of self-compassion were given a lot of attention by Gilbert (1989) in his Social Mentality Theory. According to Gilbert and Irons, an infant's self-relationship flourishes when the primary caregiver shows affection and comfort (2005). The self-relationship will be built upon the bedrock of one's internalised connection to meaningful others (parents).

Forgiveness

The act of forgiving can be defined as "the forgiver deliberately strives to go from negative thoughts, emotions, and behaviours towards the transgressor to far more nice thoughts, feelings, and behaviours." Forgiveness can be viewed as a multifaceted term with different levels, such as forgiveness in specific situations, forgiveness of oneself, and the socially sanctioned process of making amends with others. Forgiveness benefits greatly from the multifaceted cultivation of self-aware emotions associated with becoming a parent. Having positive role models in one's parents is essential for healthy growth. The bonds a youngster forms with his or her parents are excellent predictors of emotional maturity (Mikulincer & Shaver, 2005). Some scholars have proposed that early ties with main caregivers are likely where self-compassion begins to develop. Only a few research have looked into the potential connections between self-compassion and early parental experiences. Children who observe their parents being forgiving can emulate these traits. The ability to forgive oneself, others, and circumstances can therefore be influenced by how parenting techniques are seen.

Ahmed and Bhutto (2016) looked into Relationship between Parenting Styles and Self Compassion in Young Adults. Permissive behaviours were significantly associated with isolation, The results indicate that there is no connection between parenting behaviors and self-compassion. However, Dakers (2017) findings showed both parents' responsiveness scores showed a statistically significant correlation with self-compassion. Wright et al., (2016) looked at the connections between forgiveness, self-conscious feelings, and parental warmth. Based on the findings, the authors came to the conclusion that parental warmth, empathy, and shame predicted both self- and interpersonal forgiveness. Wu et al., (2019) investigated how Roles of anger and rumination in the relationship between self-compassion and forgiveness, it was shown that anger and rumination were adversely correlated with self-compassion and forgiveness. Results from structural equation modelling showed that self-compassion was related to forgiving both directly and indirectly through reducing rage and ruminating.

METHODOLOGY

Statement of the Problem

To understand whether there is any relationship between perceived parenting styles, self-compassion and forgiveness among adults.

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Hypothesis

- H01: There is no significant relationship between maternal perceived parenting styles in self-compassion and forgiveness among adults.
- H02: There is no significant relationship between paternal perceived parenting styles in self-compassion and forgiveness among adult.
- H03: There is no significant relationship between Self-Compassion and forgiveness.
- H04: There is no significant difference in self-compassion based on gender.
- H05: There is no significant difference in forgiveness based on gender
- H06: There is no significant difference in self-compassion among different populations.
- H07: here is no significant difference in forgiveness among different populations.

Sample Size

The sample consists of 215 adult population ranging from 18 to 65 years of age. The sample is distributed among Young Adults and Middle Adults.

Tools for the Study

- **The Parental Authority Questionnaire (PAQ):**Based on Baumrind's categorization of the three parenting styles (authoritarian, permissive, and authoritative), Buri (1991) created the Parental Authority Questionnaire (PAQ) (1971). The PAQ is thought to accurately reflect respondents' genuine feelings on their parents' parenting approaches. The 30-item questionnaire classifies parents into three categories: permissive, authoritarian, and authoritative. The mother and father versions of the survey are identical with the exception of some subtle gendered language. To calculate a score for the PAQ, simply add up the points for each of the subscale scores. All of the subscales can be scored from 10 to 50. Cronbach's (1951) coefficient alpha values for the six scales of the Parental Authority Questionnaire (PAQ) were as follows: .75 for maternal permissiveness, .85 for maternal authoritarianism,.82 for maternal authoritative,.74 for paternal permissiveness, .87 for paternal authoritarianism, and .85 for paternal authoritative.
- **Self- Compassion Scale (SCS):** A person's capacity for self-compassion can be gauged with the use of the Self-Compassion Scale - Short Form (SCS-SF), (Raes et al., 2011) a 12-item self-report measure. This scale has 2 Subscales; Self-Disparagement (Items 1, 4, 8, 9, 11, 12) and Self-Care (Items 2, 3, 5, 6, 7, 10). The SCS-SF demonstrated adequate internal consistency (Cronbach's alpha ≥ 0.86) and a strong correlation with the long form Self-Compassion Scale ($r = 0.97$; Raes et al., 2011). The test-retest reliability over a span of five months was found to be .71. The total score is calculated by summing Self-Care and the inverse of the Self-Disparagement score. High levels of Total Self- Compassion are characterized by high Self-Care and low Self-Disparagement.
- **The Heartland Forgiveness Scale (HFS):** Self-report measures of dispositional forgiveness include the Heartland Forgiveness Scale (Thompson et al., 2002). The HFS assesses self-forgiveness, other-forgiveness, and situational forgiveness across 18 items distributed across three 6-item scales. Each subscale has both positively and negatively worded items to measure forgiveness (i.e., they assess unforgiveness). A 7-point scale is used to express approval of an item. Forgiveness of Self (6 items), Forgiveness of Others (6 items), and Forgiveness of Situations (6 items) make up the three subscales and the total scale of the Heartland Forgiveness Scale (HFS) (18 items). Three separate investigations contributed to the creation and verification of

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the HFS. Cronbach's alpha tests of internal consistency showed that the HFS was reliable (total for all the subscales ranged from .86 to .87). Acceptable test-retest reliability was found for the HFS total, Self, Other, and Situation subscales when administered after a 3-week interval (.83,.72,.73, and .77, respectively).

RESULT AND DISCUSSION

Result

The results were made clear with the help of suitable statistical analysis. IBM SPSS-2.0 was used for data analysis, and checks for normality as well as descriptive and inferential statistics were performed on the obtained data.

Table 1: Descriptive data of the population

Characteristics	<i>n</i>	%
Gender		
Male	91	29
Female	124	39.5
Age		
Young Adults	108	34.4
Middle Adults	107	34.1

Note: *n*=Sample Size, %= Percentage

Table 1 shows the demographic characteristics of the sample. The demographic variables include the gender and age of the study sample. The number of males and females included in this study was 91(29%) and 124(39.5%) respectively. The sample was similarly divided into two groups based on age, 108(34.4%) young adults and 107(34.1%) middle adults.

Table 2: Descriptive statistics of the variables

	<i>n</i>	<i>M</i>	<i>SD</i>
Maternal Authoritative	215	36.48	6.82
Maternal Authoritarian		29.88	7.66
Maternal Permissive		31.52	6.14
Paternal Authoritative		34.79	7.17
Paternal Authoritarian		30.75	8.51
Paternal Permissive		31.83	6.21
Self-Compassion		2.86	.598
Forgiveness		82.53	6.86

Note: *n*=Sample Size, *M*= Mean, *SD*=Standard Deviation

Table 2 shows the descriptive statistics of the variables. The maternal perceived parenting style has subcategories that include maternal authoritative ($M=36.48$ and $SD=6.82$), maternal authoritarian ($M=29.88$ and $SD=7.66$), and Maternal Permissive ($M=31.52$ and $SD=6.14$) respectively. Similarly, the Paternal Perceived Parenting style comprised paternal authoritative ($M=34.79$ and $SD=7.17$), maternal authoritarian ($M=30.75$ and $SD=8.51$), and Maternal Permissive ($M=31.83$ and $SD=6.21$) respectively. The self-compassion variable had an average value of ($M=2.86$ and $SD= .598$) and forgiveness had a mean value of ($M=82.53$ and $SD=6.86$) respectively.

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Table 3: Result of Pearson’s correlation coefficient between maternal perceived parenting styles in self-compassion and forgiveness.

Variables	n	M	SD	1	2	3	4	5
1. Maternal Authoritative	215	36.48	6.82	-	-.146*	.432**	.306**	.287**
2. Maternal Authoritarian		29.88	7.66	-.146*	-	-.207**	-.189**	-.100
3. Maternal Permissive		31.52	6.14	.432**	-.207*	-	.111	.049
4. Self-Compassion		2.86	.598	.306**	-.189**	.111	-	.466*
5. Forgiveness		82.53	6.86	.287**	-.100	.049	.466**	-

*. Correlation is significant at the 0.05 level (2-tailed).

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

Table 3 shows the results of the relationship between Maternal Authoritative, Authoritarian, and Permissive Parenting styles in Self-Compassion and forgiveness. Several significant Correlations were observed. For instance, Maternal Authoritative Parenting Styles positively correlate with Self-compassion by obtaining an “r” value of .306 at the corresponding “p” value of .000 (p<.01) and Forgiveness by attaining .287 as the “r” value which corresponds to “p” value of .000 (p<. 01). This indicates that there is a significant relationship between Maternal authoritative Parenting styles in Self-Compassion and Forgiveness.

Additionally, the Maternal authoritarian Parenting Style was negatively correlated with Self-compassion, with an “r” value of -.189 which corresponds to the “p” value at .005 (p <.01), which indicates that there is a significant relationship between Maternal Authoritarian Parenting style in Self-Compassion. While the “r” value obtained from Maternal authoritarianism and Forgiveness is -.100 at a corresponding “p” value of .145, indicating there is no significant relationship between Maternal authoritarianism and Forgiveness.

Furthermore, the “r” value obtained in Maternal permissive Parenting Style with Self-compassion is .111 at the corresponding “p” value of .105 and Forgiveness is .049 which corresponds to the “p” value at .475. This indicates that there is no significant relationship between Maternal Permissive Parenting styles in Self-Compassion and Forgiveness.

Table 4: Result of Pearson’s correlation coefficient of paternal perceived parenting styles in self-compassion and forgiveness.

Variables	n	M	SD	1	2	3	4	5
1. Paternal Authoritative	215	34.79	7.17	-	-.287**	.520**	.130	.168*
2. Paternal Authoritarian		30.75	8.51	-.287**	-	-.147**	-.048	.012
3. Paternal Permissive		31.83	6.21	.520**	-.147*	-	-.011	.006
4. Self-Compassion		2.86	.598	.130	-.048	-.011	-	.466**
5. Forgiveness		82.53	6.86	.168*	.012	.006	.466**	-

*. Correlation is significant at the 0.05 level (2-tailed).

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

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Table 4 shows the results of the relationship between Paternal Authoritative, Authoritarian, and Permissive Parenting styles in Self-Compassion and forgiveness. Paternal Authoritative Parenting Styles with Self-compassion had an “*r*” value of .130 at the corresponding “*p*” value of .057 which indicates that there is no significant relationship between Paternal Authoritative parenting styles on Self-Compassion. While Paternal Authoritative and Forgiveness positively correlated with an *r* value of .168 which corresponds to the “*p*” value of 0.14 ($p < .05$). This indicates that there is a significant relationship between Paternal authoritative Parenting styles with Forgiveness.

Additionally, Paternal authoritarian Parenting Style and Self-compassion had an “*r*” value of -.048 corresponding to the “*p*” value of .486, and Forgiveness with Paternal Authoritarian obtained a .012 “*r*” value which corresponds to the “*p*” value at .864, indicating that there is no significant relationship of Paternal Authoritarian Parenting style in Self-Compassion and Forgiveness.

Furthermore, the *r* value obtained in Paternal permissive Parenting Style with Self-compassion is -.011 at the corresponding “*p*” value of .875 and Forgiveness is .006 which corresponds to the “*p*” value at .927. This indicates no significant relationship exists between Paternal Permissive Parenting styles in Self-Compassion and Forgiveness.

Table 5: The result of Pearson’s correlation coefficient between self-compassion and forgiveness.

	<i>n</i>	<i>M</i>	<i>SD</i>	<i>r</i>	<i>p</i>
1. Self-Compassion	215	2.86	.59	.466	.000
2. Forgiveness		82.53	6.86		

Table 5 shows the results of the relationship between Self-Compassion and forgiveness among 215 participants. It was hypothesized that there is no significant relationship between self-compassion and forgiveness. Correlation analysis was conducted to test this hypothesis. The result revealed that Self-compassion positively correlated with Forgiveness by obtaining an “*r*” value of .466 at the corresponding “*p*” value of .000 ($p < .01$). This indicates that there is a significant relationship between Self-Compassion and Forgiveness, hence, rejecting the null hypothesis.

Table 6: The Result of t-test in Self-compassion and Forgiveness among Gender

Logistic Parameter	Males		Females		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Self-Compassion	2.88	.57	2.84	.61	.410	.682
Forgiveness	83.00	6.83	82.1	6.89	.859	.391

Table 6 shows the results of gender differences in Self-Compassion and Forgiveness. It was hypothesized that there is no significant difference between self-compassion and forgiveness based on Gender. To test this hypothesis Independent Sample t-test was conducted. The mean value and standard Deviation of Self-Compassion for Males are 2.88 and .57 and for females, the mean value and standard deviation are 2.84 and .61 respectively. The “*t*” value obtained between the two groups for self-compassion is .410 which corresponds to the “*p*” .682. It indicates that there is no significant difference in self-compassion between males and females.

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The mean value and standard Deviation of Forgiveness for Males are 83.00 and 6.83 and for females, the mean value and standard deviation are 82.19 and 6.89 respectively. The “*t*” value obtained between the two groups for forgiveness is .859 which corresponds to the “*p*” .391. It indicates that there is no significant difference in forgiveness between males and females.

Table 7: Result of t-test in Self-compassion and Forgiveness among different populations.

Logistic Parameter	Young Adults		Middle Adulthood		<i>t</i>	<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Self-Compassion	2.70	.53	3.01	.62	-3.93	.000
Forgiveness	81.43	6.75	83.64	6.82	-2.39	.017

Table 7 shows the results of population differences in Self-Compassion and Forgiveness.. It was hypothesized that there is no significant difference between self-compassion and forgiveness based on different populationsThe results reveal that the average self-compassion among the Middle Adults ($M=3.01$ and $SD=.62$) is significantly higher than that of Young Adults ($M=2.70$ and $SD=.53$), having a “*t*” value of -3.93 with a corresponding “*p*” value of .000($P<.05$). These findings suggests that Middle adults are more likely to be self-compassionate than young-adults. Similarly, the average forgiveness among the Middle Adults ($M=83.64$ and $SD=6.82$) is significantly higher than that of Young Adults ($M=81.43$ and $SD=6.75$), having a “*t*” value of -2.39 with a corresponding “*p*” value of .017($P<.05$). The results suggest that Middle adults are more likely to be forgiving than young-adults. Therefore, there is a significant difference in self-compassion and forgiveness based on the different population, hence, rejecting the null hypothesis.

DISCUSSION

Self-Compassion and Forgiveness were found to have a favourable link with Mothers' authoritative parenting techniques. The maternal authoritarian parenting style was negatively associated with self-compassion but not with forgiveness. Among adults, however, there was no correlation between a mother's permissive parenting style and a disposition toward self-compassion and forgiveness.

Hall (2015) examined the relationship between the perceived parenting style with which an individual was raised and their later adulthood self-compassion. Parental authoritarianism and authoritarian warmth were found to be connected with greater self-compassion, while a permissive approach from mothers was found to have no effect on children's capacity for self-compassion. demandingness dimension of mothers' parenting styles and their children's self-compassion.

Asici and Sari (2021) evaluated each component of the forgivingness scales in their research. The findings corroborated the findings of the current study, which showed that a mother's authoritative parenting style significantly impacted both the offspring's and the offspring's capacity for self- and other-forgiveness. There was a significant overall effect of mothers' authoritarian parenting approaches on both individuals' and society's ability to forgive transgressions.

The results indicated that no relationship existed between paternal authoritative with self-compassion and both paternal authoritarian and paternal permissive parenting style with self-compassion and forgiveness. (Asici & Sari, 2021) study revealed that authoritarian fathers had significant total effects on forgiveness of others, which is in contrasts of the

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current research findings. Supporting the current research It has been found by Ahmed and Bhutto (2013) that there is no statistically significant connection between authoritative, authoritarian, or permissive parenting and self-compassion in later life. Hence, supporting the current research findings of paternal perceived parenting styles.

Furthermore, there is a positive association between self-compassion and forgiveness, as shown by the results of the relation between these two variables. A Study conducted by Sakis and Siricam (2015) on self-compassion and forgiveness provides support for the present investigation. Forgiveness was also found to be correlated with self-compassion in a study of young adults (Booker & Perlin, 2020).

In this analysis, both genders were considered equally. No meaningful differences were found between the genders on measures of self-compassion and forgiveness. In contrast to the current findings, Nonetheless, contradicting to the current results, according to the findings of Yarnel et al., (2019), men reported considerably higher levels of self-compassion than women. Multiple lines of evidence suggest that men and women approach forgiveness differently. Previous research has demonstrated inconsistent results across studies and several studies did not find any gender differences at all (e.g., Girard and Mullet 1997; Toussaint and Webb 2005), supporting the current research findings.

It was speculated that self-compassion and forgiveness are similar among populations. Middle-aged adults scored much higher than young adults on measures of self-compassion and forgiveness. A study brought by (Ghaemmaghami et al.,2011), supports the current results, compared to people of other ages, middle-aged adults are more likely to consider forgiving an everyday issue. However, self-compassion is believed to grow with age and may serve as protection against physical and mental health issues as we get older, thus, most of the self-compassion research to date has been undertaken with relatively young populations (Allen et al., 2012).

CONCLUSION

The goal of the research was to determine whether or not adult levels of self-compassion and forgiveness are related to one's perceptions of their parents' attitudes and actions toward them as a child. Significant findings were uncovered, the first of which suggested a connection between authoritative, authoritarian maternal figures and the capacity for self-compassion and. while only maternal authoritative had a relationship with forgiveness. Only in cases of parental authoritative with forgiveness, however, was this type of relationship observed. However, there was no correlation between parents' permissiveness and their children's ability to practise self-compassion and forgiveness. There was also a strong link between self-compassion and the ability to forgive. Self-compassion and forgiveness, on the other hand, were not affected by gender. However, there was a distinction in terms of age, with middle-aged adults demonstrating more relevance than their younger counterparts. The results were supported and contradicted by prior research.

Limitations

Although the study demonstrated profound results, there were a few limitations to note, the Short Self-Compassion Scale was utilized for the study. The author found the 12-item version to be inadequate for cross-domain comparison and analysis. As a result, self-underlying compassion's dimensions were ignored. Forgiveness research, thus, lends itself to a longitudinal design. Participants' ability to report feelings of self-compassion and forgiveness may have been constrained by the self-report measures. A qualitative

investigation has the potential to reveal far more precise data and insight into the topic at hand. The study's small sample size makes it tough to draw broad conclusions. Regression Analysis can be used to know how deep the significant association is. There is potential for a longitudinal study to shed light on the ever-evolving patterns between self-compassion and forgiveness.

Implications

The findings of this study as again proved the importance of Parenting in the lives of children as they become adults. Therefore, understanding these connections can assist improve the efficacy of psychotherapy interventions and psychoeducation designed to help people of all ages understand the lasting effects of early experiences on adult identity and connection.

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Conflict of Interest

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