

## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

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### ABSTRACT

The core reason of this study was to discover the effects of perceived parenting style on perceived stress among the tribal high school student population of Wayanad. The study also explored how perceived parenting style differ between males and females, how perceived stress differ based on the school grade and also the prominent parenting style perceived by the participants. The sample consisted 100 students. The tools used in this study are Malayalam version of perceived parenting style scale and Perceived stress scale. This study used a grounded theory approach. The study result shows that perceived mothers permissive parenting style, perceived fathers authoritarian and permissive parenting style were not predictors of perceived stress. Whereas perceived mothers authoritative and authoritarian parenting style and perceived fathers authoritative parenting style were predictors of perceived stress. The study results, also showed that there is a significant difference among males and females on their perceived parenting style and there is no significant difference on perceived stress level between 8th, 9th, and 10th grade students. The study results also showed that the prominent parenting style perceived by the participants is authoritative parenting style.

**Keywords:** *Perceived Parenting Style, Perceived Stress, High School, Tribal Population.*

**S**tress has become a serious concern in present age. Stress is defined as the judgement of situations or events as threatening, challenging, and demanding (Hardie, 2005). Pre adulthood stress arises when they are not able to subsist with the high intensity and magnitude of variations faced during the transition to adulthood (Byrne et al., 2007). From the above definitions it is clear that stress works at both levels that is physiological and psychological stress arises when one is not able to adapt with the high intensity and magnitude of changes met during the transformation to a matured (Byrne et al., 2007). Negative stress levels can impact students negatively. Adolescent stress give rise to unfavourable results like alcohol abuse, smoking habits, usage of drugs and more severe psychological outcomes such as anxiety, suicidal thoughts and attempts and depression (Byrne & Mazanova, 2002).

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## **Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad**

Parenting a child all around their life is an art of adoring the ward. Interaction between parents and children are considered to be very important cause various parenting styles contribute to the development of child in various ways. Thus, parenting style contribute to personality development. Also, it influences Childs tendencies of psychology and can foresee the future adult stressors (Blondin et al., 2011). Perceived parenting style is considered as the child's perception of the behavior of their parents. Several studies results have shown that how perceived parenting style have a relation with the various forms of psychopathology during adolescence.

Previous research shows that different outcome is generated by different parenting styles in the development of children in terms of response to environmental demands, well-being and psychosocial competency (Rossman & Rea, 2005), (Chen et al., 1997). Hence, awareness on various parenting styles and its subsequent effect on stress perception is important as it is the responsibility of each and every one to build children who are physically and mentally healthy as they are the future for tomorrow. According to Baurmind, parenting styles are of three, namely authoritative, authoritarian and permissive. According to Kuczynski authoritative parenting style is in which a parent's attitude and actions give priority to their children's abilities and needs, while implying age appropriated maturity demands (Kuczynski, 2002). Authoritarian parenting insinuates the relative overlook the needs of the child in favour of the parent vagary, strong behests for child amenability and methods for gaining obedience and punishing breach (Kuczynski, 2002). Permissive parenting is one in which parents suggested that the low behests were related to either child centred indulge-towards the child's self-direction or parents centred in not giving enough care to the child (Kuczynski, 2002).

From the literature review it is clear that perceived parenting styles has its upshot on children and adolescents in many ways. According to the findings of a study, parental emotional warmth and rejection had a direct impact on the mental health of children (Feng et al., 2021). The results of studies shows that different parenting styles effect children in different ways. Studies show that perceived parenting styles had its effect on children's perfectionism, altruism, and mental health, (Feng et al., 2021). A study showed that clinical and academic maladjustment were linked to improper parental warmth and clinical maladjustment increased with the decrease in parental control (Jaureguizar et al., 2018). Children grown in an environment with parental warmth had better creative thinking styles than children grown with neglectful parents (Fan & Zhang, 2014). Anxiety and depression were greater in individuals whose parents had authoritarian parenting style (Wolfradt et al., 2003).

The results of the above literature review also shows' the effect of perceived stress on student's academic performance (Spivey et al., 2020), quality of life (Seo et al., 2018), emotional intelligence, life satisfaction, psychological wellbeing (Urquijo et al., 2015), and also its effect on various health related aspects such as cytokine production in healthy individuals (Sribanditmongkol et al., 2014) and also association of perceived stress with incident coronary heart disease (Richardson et al., 2012). The results indicated that perceived stress had adverse effects on all of the above-mentioned areas.

The studies also show there is association of perceived parenting styles on perceived stress. Stress and good parenting practices were positively correlated, while stress and bad parenting practices were negatively correlated. Higher stress was predicted by

## **Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad**

procrastination, mother's warmth and affection, and over-involvement. (Khalid et al., 2019). The studies shows that high stress among adolescents were related to parenting which are carelessness and dominating (Shrivastava & Srivastava, 2022).

### ***Research Gap***

The above literature review indicates that studies have done on various populations on perceived parenting style and stress except among the tribal population. A lack of study among this population shows a research gap that needs to be studied which would eventually help to understand the tribal community and work for the betterment of the same population. Learnings have proclaimed that parenting got a salient part in the development of negative affect and depression (Ebrahimi et al., 2017). Hence, it was important to make a study on the same to understand what kind of parenting styles re used by parents or the upbringing of their child. A study named “A Study of Adolescent Stress and Parenting” showed that adolescents have a higher level of stress if perception of their parents’ parenting style is narrative (Shrivastava & Shrivasta, 2022). Thus, understanding if perceived parenting style of adolescents is important as it has a direct influence on the stress levels of adolescents would help to give psycho-education to those parents who use negative parenting styles and thus, help to reduce the stress levels among adolescents because stress have lot of negative effects on adolescents. This is proved in a study done in 2003 where it stated that if stress is extended and harsh then it can negatively affect the academic performance, hinder with a student’s capability to add on to and involve into campus life and can also race the chances of substance abuse and other potential behaviours that are destructive (Richlin-Klonsky & Hoe, 2003).

Hence, as stated earlier, since tribal population is the most underserved and inter developed population, a study on perceived parenting style and perceive stress on the same population is very important and worth to be studied.

## **METHOD**

### ***Research design***

In this study, exploratory research design was used to study the effect of perceived parenting style and stress among high school schedule tribe population in Wayanad. A probing research design is used when there were only a few or no previous studies about a research problem are present that can be relied upon for the prediction of an outcome.

### ***Statement of the problem***

Parenting style is one of the major elements impacting stress. Stress can lead to poor academic performance, increased irritability and anger among students. Therefore, it is essential to understand the influence of perceived parenting style on perceived stress and also to assess which type of parenting style is perceived to be more stressful among students so that measures could be taken to psycho educate parents and thus helping to reduce the stress in their children. Moreover, geographically tribal people are the most impoverished and destitute communities in the country (Office of RGCCI Census 2011, New Delhi, 2013). The problem is thus worth to be studied.

### ***Objectives of the research***

- To govern the effect of perceived parenting style on perceived stress amid 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> class scheduled tribe students in Wayanad.

## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

- To find whether there are differences in perceived parenting style among the male and female high school scheduled tribe population.
- To assess whether there are differences in the levels of perceived stress between 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> class high school scheduled tribe students.
- To identify the prominent perceived parenting style of both the parent of the high school scheduled tribe students.

### *Hypotheses*

- Ho1: There is no significant effect of perceived parenting style on perceived stress among high school scheduled tribe population in Wayanad.
- Ho2: There is no significant difference in the perceived parenting style among male and female high school scheduled tribe students of Wayanad.
- Ho3: There is no significant difference in the perceived stress magnitude between 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> class high school scheduled tribe students of Wayanad.
- Ho4: The prominent perceived parenting style of both mother and father among scheduled tribe students of Wayanad is authoritative parenting style.

### *Data collection method*

The present study used survey method of data collection by providing questionnaires to the participants. A survey method is the type of data collection method where the data is gathered when the participants express their opinions, thoughts or reactions to specific fixed questions.

### *Procedure*

Informed consent was sought from the participants before the conduction of the study as well as a semi structured interview was conducted to conductive amass the social demographic attributes of the participants. Confidentiality was promised to the participants. After this, the validated, pre tested Malayalam version of perceived parenting style scale and perceived stress scale questionnaire was given to the participants and the participants marked their responses in the response sheet. Two questionnaires of perceived parenting style scale were given to the participants to examine mothers and fathers perceived parenting style separately.

### *Operational Definition*

- **Perceived Parenting Style:** perception of a child about specific behaviour patterns shown and strategies used by the parents for the upbringing of their child.
- **Perceived stress:** A state of emotional disturbance caused by the perception of a particular situation or behaviours of others as challenging that makes the person annoyed, nervous, angry or cause other irritable moods that affect the quality of life of that person.
- **Tribal Community:** Group of indigenous people who are marginalised and have a disadvantaged social economic status and follows a particular ethnic culture.
- **High school students:** Students who takes a formal education from school and belong to classes 8, 9 and 10.

### *Variables*

Perceived Parenting Style; Perceived Stress;

## **Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad**

### **Demographic variables:**

High School students of tribal community; Age; Gender; School grade.

### **Universe of the study:**

Wayanad district of Kerala.

### **Population:**

The population for the study will include scheduled tribes.

### ***Participants***

The Participants in the study would include high school students of class 8, 9 and 10 of scheduled tribes.

### ***Sample size***

The Sample size include 100 high school tribe students of Wayanad district.

### ***Sample distribution- Inclusion and Exclusion criteria***

#### **Inclusion criteria**

- High school scheduled tribe students between the age of 13 to 18 years in Wayanad.
- High school Students from the scheduled tribe population of Wayanad

#### **Exclusion criteria:**

- Scheduled tribe students who are below class 8 and above class 10 in Wayanad. • Non-Tribal high school student population from Wayanad.

### ***Sampling Technique***

Purposive Sampling technique was used. In this type of technique of sampling the researcher chooses the participants out of his or her deliberate choice based on the qualities possessed by the participants. This is the type of sampling technique which is not based on any underlying theories or specific set number of participants.

### ***Tools for the study:***

- **Perceived Parenting style Scale:** The Malayalam version of perceived parenting style scale developed by Divya and Manikandan was utilized. It quantifies perceived Parenting style of the subject in accordance to three dimension such as authoritarian, authoritative, and permissive. It embodies 30 items in which the answers will be extracted out in a five-point Likert scale with the following options: 1) Strongly Disagree, 2) Disagree, 3) Neutral, 4) Agree, and 5) Strongly Disagree. The questions in the scale were printed in simple language both in Malayalam and English so that the instructions are clear to the participants. All the three styles of perceived parenting were scored separately in the scale.

### **Reliability and Validity**

The reliability of the scale was computed by using Cronbach alpha coefficient for individual style in which authoritative style is having an alpha coefficient of 0.79, 0.81 is the alpha co-efficient for authoritarian 0.81 and permissive has a alpha co-efficient 0.86. All styles of perceived parenting style scale got an admissible level of solidity. The authors assert that the scale has face validity.

## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

- **Perceived stress scale:** The Malayalam version of perceived stress scale was used. It is originally developed by professor Sheldon Cohel and its Malayalam version was translated by Doctor Anisha K Janardanan. It consists of 10 questions and items which include choices on 5 points agreement scales. Items number 4,5,7 and 8 require reverse coding. The scores ranged from 0 being the lowest and 40 being the highest.

### Reliability and validity

The scores on perceived stress scale demonstrated adequate internal consistency reliability of alpha value (.78).

### Ethical Considerations

- Throughout the research process the confidentiality was maintained.
- Prior to the study Informed Consent was sought from the participants.
- No participants were forced to cooperate for the study.
- Participants were well instructed prior to the study that they could terminate if they feel to do so.
- The participants were provided no grants for the study.

### Statistical analysis

SPSS software was utilized for data interpretation. The data was analysed using independent t-test, ANOVA, and regression analysis. Independent t-test was used to find the difference between perceived parenting style among boys and girls. ANOVA was used to find the difference between perceived stress among 8th, 9th, and 10th class students and regression was used to find the effect of perceived parenting on perceived stress.

## RESULTS AND DISCUSSION

**Objective1: To govern the effect of perceived parenting style on perceived stress amid 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> class scheduled tribe students in Wayanad.**

**Ho1: There is no significant effect of perceived parenting style on perceived stress among high school scheduled tribe population in Wayanad.**

**Table no: 1**

*Pearson product moment correlation between perceived stress and perceived parenting style*

Variable	N	M	SD	1	2	3	4	5	6
PS	100	1.93	.79	-	-	-	-	-	-
MA		34.51	12.37	-.80**	-	-	-	-	-
MT		30.25	9.94	.71**	-.67**	-	-	-	-
MP		24.75	11.55	.71**	-.70**	.74**	-	-	-
FA		31.21	13.73	-.86**	.71**	-.58**	-.60**	-	-
FT		30.42	10.00	.64**	-.57**	.61**	.54**	-.60**	-
FP		27.05	13.09	.78**	-.60**	.58**	.72**	-.72**	-.63**

\*\*p=0.00<0.01,

Note: PS-Perceived stress, MA-Mother authoritative, MT-Mother authoritarian, MP-Mother permissive, FA-Father authoritative, FT-Father authoritarian, FP-Father permissive.

## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

Table number 1 shows the correlation between perceived stress and perceived parenting style. The mean scores obtained for the variables perceived stress, perceived mothers authoritative, authoritarian, permissive parenting style and perceived father's authoritative, authoritarian and permissive parenting style are, 1.93, 34.51, 30.25, 24.75, 31.21, 30.42 and 27.05 respectively and the standard deviation scores obtained for the same variables are .79, 12.37, 9.94, 11.55, 13.73, 10.00 and 13.09 respectively.

In the current study variable perceived stress is negatively correlated with perceived mothers and fathers authoritative parenting style. The Co-efficient obtained for each of the variables are: perceived mothers authoritative parenting style ( $r=-.80$ ) and perceived fathers authoritative parenting style ( $r=-.86$ ) and correlation found to be significant at 0.01 level. Perceived stress has positive correlation with perceived mothers and fathers authoritarian and permissive parenting style. The coefficients obtained for each of the perceived parenting style are the following: mothers authoritarian ( $r=.71$ ), mothers permissive ( $r=.71$ ), fathers authoritarian ( $r=.64$ ) and fathers permissive ( $r=.78$ ) and correlation found to be significant at 0.01 level.

Thus, the results indicate that parenting style that are perceived by the children of high school tribal students of Wayanad has a correlation with their perceived stress.

### Regression analysis of the variables, showing the effect of perceived parenting style on perceived stress.

Table no: 2

*Result of regression analysis predicting perceived parenting styles by perceived stress among high school students*

Variables	R <sup>2</sup>	ΔR <sup>2</sup>	B	SE	β	t	P	95% CL	
								LL	UL
Perceived parenting style	0.837	0.827							
Mother authoritative			-0.226	0.057	-0.284	-3.950	0.000	-0.339	-0.112
Mother authoritarian			0.191	0.070	0.193	2.749	0.007	0.053	0.330
Mother permissive			0.049	0.067	0.057	0.725	0.471	-0.085	0.182
Father authoritative			-0.258	0.055	-0.360	-4.666	0.000	-0.368	-0.148
Father authoritarian			0.022	0.059	0.022	0.372	0.711	-0.095	0.139
Father permissive			0.107	0.061	0.143	1.771	0.080	-0.013	0.228

a. Dependent variable: Perceived stress, SE-Standard error

Table number 2 shows the results in regression analysis for predicting perceived parenting styles by perceived stress among high school students. The value of adjusted R square for the variables in the present analysis is 0.827 which indicates that the independent variable in total accounts for 82.7% variance in the dependent variable.

In the table number 2 the t-value and p-value obtained for mothers authoritative parenting style is -3.950 and 0.000 respectively and it is significant and indicates that mothers

## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

perceived authoritative parenting style is a predictor of perceived stress. The B value obtained for the same is  $-.226$  which means that one unit change in mothers perceived authoritative parenting style will have  $.226$  variance in perceived stress. The standard error value obtained is  $.057$ . The beta value obtained is  $-.284$  which indicates that one standard deviation change in mothers authoritative parenting style will have  $-.284$  for change in perceived stress.

The t-value obtained for mothers authoritarian parenting style is  $2.749$  and p-value is  $0.007$  and it is significant. Therefore, the results indicate that mothers authoritarian parenting style is a predictor of perceived stress. The B value obtained for the same is  $.191$  which indicates one unit change in perceived mother's authoritarian parenting style will have  $.191$  variance in perceived stress. The standard error value for the same is  $.070$ . The beta value obtained is  $.193$  which indicates that one standard deviation changes in mothers perceived authoritarian parenting style will have  $.193$  change in perceived stress.

The t-value and p-value obtained for mothers permissive parenting style is  $.057$  and  $.725$  respectively which is not significant and it indicates that perceived mothers permissive parenting style is not a predictor of perceived stress. The B value obtained for the same is  $.049$  which indicates that one unit change in perceived mothers permissive parenting style will have  $0.049$  variance in perceived stress. The standard error obtained for the same is  $.067$ . The beta value obtained is  $.057$  which indicates that one standard deviation change in perceived mothers permissive parenting style will have  $.057$  change in perceived stress.

The t-value and p-value obtained for perceived fathers authoritative parenting style is  $-4.666$  and  $.000$  respectively therefore, it is significant and indicates that perceived fathers authoritative parenting style is a predictor of perceived stress. The B value obtained is  $-.258$  which indicates that one unit change in perceived fathers authoritative parenting style will have  $-.258$  variance in perceived stress. The standard error obtained is  $.055$ . the beta value obtained is  $-.360$  which indicates that one standard deviation change in perceived fathers authoritative parenting style will have  $-.360$  change in perceived stress.

The t-value and p-value obtained for perceived fathers authoritarian parenting style is  $.372$  and  $.711$  respectively which is not significant and the results indicate that perceived fathers authoritarian parenting style is not a predictor of perceived stress. The B value obtained is  $.022$  which indicates that one unit change in perceived fathers authoritarian parenting style will have  $.022$  variants in dependent variable i.e., perceived stress. The standard error obtained is  $.059$ . The beta value obtained is  $.022$  which indicates that one standard deviation change in perceived fathers authoritarian parenting style will have  $.022$  change in perceived stress.

The t-value and p-value obtained for perceived fathers permissive parenting style is  $.143$  at  $1.771$  respectively. Therefore, it is not significant and perceived fathers permissive parenting style is not a predictor of perceived stress. The B value obtained is  $.107$  which indicates that one unit change in perceived fathers permissive parenting style will have  $.107$  variants in perceived stress. The standard error obtained for the same is  $.061$ . The beta value obtained is  $.143$  which indicates that one standard deviation changes in perceived fathers parenting style will have  $.143$  change in perceived stress.



## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

The authoritative style of parenting is still the most effective parenting tactic, according to more recent studies done in this cultural environment. As a result, children from authoritative families score higher on indicators of good adjustment, such as anxiety and depression (Pinquart, 2017). Another study results by Dwairy showed that authoritarian parenting style had better mental health among adolescents (Dwairy & Achoui, 2009). On the other hand, other study results found that parenting with high warmth and low strictness had better mental health adjustments among children (Martínez et al., 2011). The research resulted that authoritative style was analogous with not so much of child's maladjustment, whereas the authoritarian one exhibited the opposite association (Delvecchio et al., 2013).

Thus, from the above table number 2 it can be concluded that perceived mothers authoritative, authoritarian and perceived fathers authoritative parenting style is a predictor of perceived stress. Whereas, perceived mother is permissive and father is authoritarian and permissive parenting style is not a predictor of perceived stress.

**Objective 2: To find whether there are differences in perceived parenting style among the male and female high school scheduled tribe population.**

**Ho2: There is no significant difference in the perceived parenting style among male and female high school scheduled tribe students of Wayanad.**

Table no:3

*Results of independent t test showing the comparison of perceived parenting style based on sex*

Gender→ Variable↓	Boys			Girls			t	p
	N	M	SD	N	M	SD		
Authoritative Parenting Style-Mother	52	31.73	12.45	48	37.52	11.70	-2.393*	0.019
Authoritarian Parenting Style-Mother	52	33.03	9.15	48	27.22	9.96	3.038**	0.003
Permissive Parenting Style-Mother	52	28.19	11.01	48	21.02	11.04	3.248**	0.002
Authoritative Parenting Style-Father	52	29.57	13.22	48	34.97	14.19	-2.241*	0.018
Authoritarian Parenting Style-Father	52	32.80	9.70	48	27.83	9.76	2.553*	0.012
Permissive Parenting Style-Father	52	30.05	12.80	48	23.79	12.74	2.451*	0.016

Note: \*p<0.05, \*\*p<0.01, N-number of participants

Table number 3 shows the results for the comparison of different perceived parenting styles based on sex. The mean scores obtained by boys and girls on perceived mother's authoritative parenting style is 31.73 and 37.52 respectively. The standard deviation scores of boys and girls on the same is 12.45 and 11.70 respectively. These scores show a t-value of -2.393\*(p<0.05)

## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

The mean scores obtained for boys and girls on mothers authoritarian parenting style is 33.03 and 27.22 respectively. The standard deviation scores obtained for boys and girls on the same is 9.15 and 9.96 respectively. The t-value obtained for the same is 3.038\*\*( $p < 0.05$ ).

The mean scores obtained in mothers permissive parenting style is 28.19 and 21.02 for boys and girls respectively. The standard deviation scores obtained for boys and girls on the same is 11.01 and 11.04 respectively. The t-value obtained for the scores is 3.248\*\*( $p < 0.05$ ).

On fathers authoritative parenting style, boys and girls obtained a mean score of 29.57 and 34.97 respectively. The standard deviation score obtained for boys and girls on the same is 13.22 and 14.19 respectively. The t-value obtained for the above scores is -2.241\* ( $p < 0.05$ ).

Boys and girls obtained mean scores of 32.80 and 27.83 respectively on fathers authoritarian parenting style. The standard deviation scores obtained for the same on boys and girls on the same is 9.70 and 9.76 respectively. The t-value of obtained for the scores are 2.533\* ( $p < 0.05$ ).

The mean scores obtained for boys and girls on fathers permissive parenting style is 30.05 and 23.79 respectively. The standard deviation scores obtained for boys and girls on the same is 12.80 and 12.74 respectively. The t-value obtained for the scores is 2.451\* ( $p < 0.05$ ). Thus, the results show that perception of mothers parenting style as Authoritative is more in girls when compared to boys. The participants insight of their mothers parenting style as authoritarian is more in boys than in girls. And boys perceive their mothers parenting style as more permissive when compared to girls.

The results also show that the boys perception on their fathers parenting style as authoritative is less when compared to girls perception on the same. Boys look on their fathers parenting style as authoritarian more than girls. And boys take in their fathers parenting style as permissive more than girls.

Similar to the outcomes found in the current research, 'Study named gender differences in perceived parenting style and social emotional adjustment of adolescents' exhibit that girls take in their father's parenting style as more authoritative in contrast to boys. Whereas boys consider their father's parenting style as authoritarian more when compared to girls (Kausar & Shafique, 2008). A study named 'parenting styles and mental health of Palestinian Arab adolescents in Israel showed that girls perceive both their mothers and fathers parenting style as authoritative more than boys (Dwairy, 2004).

Thus, with the results achieved from this study it can be culminated that there exists a significant difference between boys and girls of high school scheduled tribe students of Wayanad on their perception of mothers and fathers parenting style as authoritative, authoritarian, and permissive. Thus, there is significant difference between boys and girls on their perceived parenting style.

**Objective 3: To assess whether there are differences in the levels of perceived stress between 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> class high school scheduled tribe students.**

**Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad**

**Ho3: There is no significant difference in the perceived stress level between 8<sup>th</sup>,9<sup>th</sup> and 10<sup>th</sup> class high school scheduled tribe students of Wayanad.**

Table no:4

*Results of anova showing the comparison of perceived stress between different classes*

Class→	8		9		10		F	P
Variable↓	M	SD	M	SD	M	SD		
Perceived stress	18.33	9.70	20.14	9.75	21.97	10.05	1.110 <sup>ns</sup>	0.334

Note: ns-non significant

The table no 4 shows the results of comparison of perceived stress among 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> classes of high school scheduled tribe students of Wayanad. The mean value obtained for class 8, 9 and 10 is 18.33, 20.14 and 21.9 respectively. The standard deviation values obtained for class 8, 9 and 10 are 9.70, 9.75 and 10.05 respectively.

The F-ratios obtained for the above scores is 1.110<sup>ns</sup> (p<0.05) which is statistically not significant. Thus, the upshots indicates that there is no significant difference between perceived stress level among 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> class scheduled tribe high school students of Wayanad.

A study named ‘Perceived stress among students who attended online classes during the covid-19 outbreak in KSA’ found that students between the age group of 13-15 had lower stress than students between the age group of 16-18 years (AlAteeq et al., 2020).

Thus, from the above results it can be concluded that there is no significant difference on perceived stress between 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> class high school students of tribe population in Wayanad.

**Objective 4: To identify the prominent perceived parenting style of both the parent of the high school scheduled tribe students.**

**Ho4 The prominent perceived parenting style of both mother and father among scheduled tribe students of Wayanad is authoritative parenting style.**

Table no:5

*Results of descriptive statistics showing the prominent perceived parenting style of father*

Sl no	Variable	Frequency	Percentage
1	Father authoritative	50	50.0
2	Father authoritarian	25	25.0
3	Father permissive	25	25.0
	Total	100	100.0

## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

Table number 5 shows the results of the most prominent perceived parenting style of father. The frequency scores obtained for perceived father's authoritative, authoritarian and permissive parenting styles were 50, 25 and 25 respectively. The percentage of each parenting style to the frequency of their respective parenting style i.e., authoritative, authoritarian and permissive is 50.0, 25.0 and 25.0 respectively. Thus, the results indicate that most perceived parenting style of father is authoritative.

**Table no: 6 Results of descriptive statistics showing prominent perceived parenting style of mother**

Sl no	Variable	Frequency	Percentage
1	Mother authoritative	59	59.0
2	Mother authoritarian	28	28.0
3	Mother permissive	13	13.0
	Total	100	100.0

Table number 6 shows the results of the most prominent perceived parenting style of mothers. The frequency scores obtained for perceived mothers authoritative, authoritarian and permissive parenting style are 59, 28 and 13 respectively. The percentage of each parenting style to the frequency of their respective parenting style i.e., authoritative, authoritarian and permissive is 59.0, 28.0 and 13.0 respectively. Thus, the results indicate that most perceived parenting style of mothers is authoritative.

Habibah Tan conducted a study in 2009 that consisted of Malaysian youths as the participants and results of the study suggested that both mothers and fathers were perceived as authoritative (Habibah & Tan, 2009).

Thus, it can be culminated that the most prominent parenting style as perceived by high school tribe students of Wayanad in their parents is authoritative parenting style.

### SUMMARY

The intention of this research was to see the out turn of perceived parenting style on perceived stress among high school tribe students of Wayanad. The study used exploratory research design. The present study used two tools: the translated version of perceived parenting style scale and perceived stress scale with both tools having consistent reliability and validity. The statistics analysis used in the study are T test, ANOVA and regression analysis and Pearson correlation. The population consisted of students from the tribe community of Wayanad who are from 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> classes and also those who are between the age group of 13 to 18 years. Self-report questionnaires were given to the participants and they chose to be a part of this study whole heartedly.

The final upshots of this research shows that perceived mother's authoritative, authoritarian and perceived father's authoritative parenting style are predictors of perceived stress whereas perceived mother's permissive parenting style and perceived father's authoritarian and permissive parenting style is not a predictor of perceived stress among the high school tribe students of Wayanad. The outcomes of the study also showed that there was no significant difference between 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> class students of tribe community in their perceived stress levels. The study also suggested that there is difference in perceived parenting styles among high school tribe students of Wayanad based on their sex. The results indicated that perception of mothers and fathers parenting styles as authoritative is

## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

more in females than in males and the perception of both mothers and fathers parenting style as authoritarian is more in males than in females. The perception of mothers parenting style as permissive was more in males while there were no noteworthy variations between boys and girls on their insight of fathers parenting style as permissive. The study also found that most prominent perceived parenting style among males and females of high school tribe students of Wayanad is authoritative parenting style for both the parents.

### CONCLUSION

In the study, it was found that perceived mother's authoritative and authoritarian parenting style and perceived father's authoritative parenting style was predictors of perceived stress whereas perceived mother's permissive parenting style and perceived father's authoritarian and permissive parenting style were not predictors of perceived stress. The study also suggested there is significant difference among males and females on the perceived parenting style of both the parents i.e., the mother and the father. The outcomes of the research also shows that there is no major variations in the perceived stress levels among 8th, 9th and 10th students of tribe community in Wayanad. Also, study suggested that the most prominent parenting style among males and females of high school tribe students of Wayanad is authoritative.

#### *Implications of the study*

Stress can cause adverse effects on the physical, mental and emotional health of all individuals. The present study helped to access the stress levels among high school tribe students of Wayanad. As it was stated earlier, tribal population is the most underserved and underrepresented population, therefore this study will help to work for the betterment of the tribal population in Wayanad.

As the study was conducted with the permission of Wayanad district collector the results of the study would be submitted to Collectorate office so that the authorities can use the results for the future development of the tribe community. This study also helped to understand perceived parenting styles and its effect on perceived stress. Thus, the results of the study would help authorities and NGOs to take measures such as to provide psycho-education to both parents and children to improve their relation with each other as well as to take measures to reduce the stress levels among adolescents of the tribe community for a better functioning of their life which would eventually help them to become a contributing member to the society. Thus, in total, the end results of this study would be helpful for the authorities in TDO (Tribal development office to work for the future betterment of this community).

#### *Limitations of the study*

- The study was made by using the self-report measures which has a possibility to reduce the chances of yielding accurate information with regard to various styles of parenting.
- Different culture may perceive parenting style in different ways. Therefore, the results of the study could not be generalized with the other non-tribal population as there is cultural difference.
- The negative perception participants have towards a specific parenting style reduces the chances of the participants to accurately report these behaviors.

## Perceived Parenting Style and Perceived Stress among High School Students of Tribal Community in Wayanad

- The use of self-report instruments can be a limitation as there are chances that the participants in the study may under report stress levels in an attempt to present themselves in a more favorable manner.

### Suggestions for future studies

- Further researchers can study the same factors on different cultures.
- Further researchers should increase the population size.
- Further researchers should also focus on providing a more detailed analysis of perceived parenting styles and its relative influence on stress not just in high school students but also students of other grades as well as college students
- Psycho-education need to be given to both parents and children to improve their relationship as well as to reduce the stress levels among students.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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