

Perceived Parenting Style and Emotional Intelligence among Late Adolescents

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ABSTRACT

Adolescents and children's perceptions of the parenting behaviors they experienced as children are known as perceived parenting styles. Emotional intelligence (EI): “concerns the ability to carry out accurate reasoning about emotions and the ability to use emotions and emotional knowledge to enhance thought” (Mayer et al., 2008). Many studies have found that there's a relationship between these two variables. Hence this study aims to understand the relationship between Perceived Parenting Style and Emotional Intelligence among Late Adolescents. This study was conducted among people between the ages of 18-21 in Chennai, Tamil Nadu. There were 113 female and 85 male participants. Perceived Parenting Styles was assessed by using Perceived Parenting style Scale (PPSS) and Emotional Intelligence was assessed using Trait Emotional Intelligence Questionnaire – Short Form (TEIQue-SF). The results of the study indicated that there is significant positive correlation between authoritative parenting style and emotional intelligence, significant negative correlation between permissive as well as authoritarian parenting style and Emotional Intelligence. The results also indicated there is no gender difference in Emotional Intelligence.

Keywords: *Perceived Parenting Styles, Emotional Intelligence, Late Adolescents*

Adolescence, also known as pre-adulthood, is a special time in a person's life between childhood and maturity, there are significant changes in a range of aspects, including emotional experience. This stage is typically dynamic since adolescents are swiftly going through physical, mental, and psychological changes. (Santrock, 2004). Adolescents also go through the psychosocial stage of identity versus role confusion; this can lead to being unsure of where you fit and what your identity is and this kind of confusion can make one stressed. Adolescents typically experience emotional disequilibrium due to the extreme bodily change and discomfort associated with them. Family therefore appears to be playing a significant influence throughout this stage in influencing their children's emotional development, temperament, and personality as well as psychological health. Adolescent emotional development includes learning how to deal with anxiety and control emotions as well as developing a realistic and coherent sense of self within the

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framework of interpersonal interaction. (Santrock, 2001). Adolescence stage can be divided into early, middle and late. Late adolescents belong to the age group of 18-21.

Parenting Styles

Parenting practises all around the world have three basic goals in common: safeguarding children's health and safety, preparing them for adulthood, and instilling cultural values. A child's development requires a strong parent-child relationship. Adolescents and children's perceptions of the parenting behaviors they experienced as children are known as perceived parenting styles. Since the ground-breaking work of Baumrind, Maccoby, and Martin. There are four distinct parenting philosophies: authoritative, authoritarian, permissive, and neglectful. Authoritative parenting, the traits of this type of parenting are they are high in responsiveness and high in demandingness, Parents who adopt this parenting approach are tender, receptive, and encouraging while still enforcing strict boundaries with their kids. Authoritative parenting kids are more friendly, cooperative, and achievement-oriented and they are usually very independent and are able to make decisions for themselves. They have a more positive attitude towards life. In authoritarian parenting the traits are high demandingness and low responsiveness, parents who adopt this kind of parenting style are very strict and do not take the children's views into consideration. They often use the phrase "I said so" when the child doesn't understand why a rule is there and questions them. Communication in this type of parenting style is just one way where only the parent communicates with the child and uses tough love as a way to discipline their children. They grow up to be shy and are incapable of making their own decisions. While overprotectiveness and authoritarianism from mothers were linked to decreased Emotional Intelligence among teenagers, parental warmth during childhood was related with higher Emotional Intelligence. Permissive parenting traits are high responsiveness and low demangines, parents who make rules but also don't follow them effectively. They communicate but rather than giving them direction they might just let the children decide for themselves. They go out of their comfort zone to keep their child happy. These types of parents usually tend to be friendlier. They motivate their kids to open up to them but also do not tell them about the bad decisions they make. Kids with permissive parents might have a lot of health problems as they don't restrict a lot of their kid's intake.

Emotional Intelligence

Emotions are the responses that people have to things that happen or situations. The type of emotion a person will experience depends on the circumstance that triggers it. Our emotions have a big impact on how we live every day. We make decisions based on our emotions, such as joy, fury, sadness, boredom, or irritation. We pick interests and pastimes based on the feelings they arouse (Salovey & Mayer 1990), whoever first invented the phrase, emotional intelligence refers to a collection of abilities that support correct emotion identification, expression, and management as well as the use of emotions for motivation, planning, and achievement. The ability to manage one's own and other people's emotions, to identify and categories diverse emotions, and to use emotional knowledge to alter behaviour and thought are all examples of emotional intelligence. Each adolescent's emotional development happens in a unique way, with various patterns showing up for various adolescent populations. Boys and girls may differ in a variety of difficulties they encounter as they grow emotionally. Late adolescence is a time when physical changes have typically taken place but the person is still trying to figure out who they are. This causes emotional ups and downs because of parental, peer, and cultural expectations. New cognitive abilities brought on by their growing brains improve their capacity for abstract thought and reasoning. They grow emotionally, creating new knowledge of their identity and their goals.

Previous Studies

In a research conducted by Asghari (2011) a study on the correlation between emotional intelligence and perceived parenting style was done with a group of 352 students, and it included 142 boys and 210 girls. According to the findings, one of the most crucial elements in the growth of emotional intelligence is how one experiences their parents' warmth. Another study conducted by Nguyen (2020) in Vietnam talks about how the warmth of parenting given to the children during their childhood had affected their emotional intelligence. In another study conducted by Natasa, E, L (2012) it says that the way parents interact with their own adolescent children reveals how far along in emotional intelligence development they are. Given that adolescents spend the majority of their social time with and under the care of their parents, it is assumed that perceived parental participation is linked to the adolescents' psychological health. Also, the physical and mental health of early adolescents, both now and in the future, depends on how they perceive their parents' parenting method. In a study done by Asghari & Besharat (2011) titled "The relation of perceived parenting with emotional intelligence" with a population of 352 adolescents, found that all aspects of parental styles influenced emotional intelligence. Both later autonomy support and perceived warmth especially that of the mother, can predict changes in emotional intelligence. It was determined that one of the most significant factors influencing the development of emotional intelligence is how parents' warmth is perceived. A study conducted by Sati & Gir (2016) titled "Emotional Intelligence of Late Adolescent Boys and Girls Belonging to Nuclear Family" with a population of 120 adolescents. According to the results, when compared to boys, and girls in nuclear household it showed higher levels of emotional intelligence, intrapersonal awareness, and interpersonal awareness. In terms of interpersonal and intrapersonal management abilities, boys were shown to be superior to girls.

METHODOLOGY

Sample

This research is a correlational research design and the data was collected using convenience sampling method. The sample consists of 298 late adolescents from the district of Chennai which is located in Tamil Nadu which includes of 113 Female and 85 male. The late adolescents who were in the age 18-21 who were able to read and write English and who were currently living with their parents in Chennai were included. Adolescents whose parents are not together were excluded.

Objectives of this study were

1. To understand the relationship between authoritative parenting style and Emotional Intelligence among late adolescents.
2. To understand the relationship between authoritarian parenting style and Emotional Intelligence among late adolescents.
3. To understand the relationship between permissive parenting style and Emotional Intelligence among late adolescents.
4. To find out the difference in Emotional Intelligence between males and females among late adolescents.

Hypothesis

- H1- There is no relationship between authoritative parenting style and Emotional Intelligence among late adolescents.

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- H2 - There is no relationship between authoritarian parenting style and Emotional Intelligence among late adolescents.
- H3- There is no relationship between permissive parenting style and Emotional Intelligence among late adolescents.
- H4 - There is no difference in Emotional Intelligence between males and females among late adolescents.

Tools used

There were 2 tools used in this study

- **Perceived Parenting Style Scale:** It was developed by Divya, T. V & Manikandan, K in the year 2013. It measures the perceived parenting style of sub about to three dimensions such as authoritarian, authoritative and permissive. It consists 30 items in which responses were elicited on a one-point Likert scale. The reliability is 0.76 and the validity is 0.81.
- **Trait Emotional Intelligence Questionnaire (SF):** This is a 30-item questionnaire designed to measure global trait EI. It is based on the long form of the trait emotional intelligence questionnaire (TEIQue). The internal consistency score of TEIQue-SF was .81 and the test-retest reliability of the total score was .86.

Procedure

The sample was collected in the online mode using google forms they filled up the demographic questionnaire to know that they belonged in the inclusion criteria. Then the data was update is MS Excel and it was scored using the questionnaire. The statistics were done using IBM SPSS. Pearson correlation and Independent T test was administered.

RESULTS

Table no 1 shows Correlation between Perceived Parenting Styles and Emotional Intelligence

		Emotional Intelligence
1.	Authoritative Parenting	.353**
2.	Authoritarian Parenting	-.298**
3.	Permissive Parenting	-.346**

**Correlation is significant at 0.01 level ($p < 0.01$)

Table 1 depicts the Pearson correlation between Perceived Parenting styles and Emotional Intelligence. From the table we can infer there's significant relationship between all three Perceived parenting style and Emotional Intelligence. We can observe that there is a positive correlation between Authoritative Parenting Style and Emotional Intelligence and there is negative correlation between Authoritarian Parenting Style and Emotional Intelligence. Also, the correlation between permissive parenting style and Emotional Intelligence is negative.

Table no 2 shows difference between genders in Emotional Intelligence using Independent T test

Variable	Male (85)		Female (113)		t	P
	M	SD	M	SD		
Emotional Intelligence	131.44	20.156	136.73	21.652	-1.753	0.81

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Table 2 depicts the difference between Male and Female in Emotional Intelligence. We can infer from the table that the obtained P value is lesser than the 0.05 level. Therefore, we can infer that there is no significant difference between Male and Female in Emotional Intelligence among late adolescents.

DISCUSSION

This current study aims to study the relationship between perceived parenting styles and Emotional Intelligence among late adolescents. From the findings of the study we can infer that there is positive correlation between Authoritative parenting style and Emotional Intelligence. Therefore, in first hypothesis there is a significant relationship between Authoritative parenting style and Emotional Intelligence and null hypothesis is rejected. This indicates that adolescents who perceive their parents as having an authoritative parenting style have better emotional Intelligence. These results are in line with the findings of a study which was conducted by (Yadav, P. et. al, 2021) which also states that authoritarian parenting styles are positively correlated with emotional intelligence. Also, another study by (Sahni, M. et.al, 2020) states that Authoritative parenting style has proved to be more efficient with emotional intelligence and the overall psychological well-being. Another study conducted in China (Huang, C-Y. et. Al, 2017) found that authoritative parenting was positively associated with children's trait EI. Results of a study by L Uma devi and M Uma in 2013 revealed that in the authoritative parenting style most of the adolescents had above average scores on emotional intelligence.

From the study, we can also conclude that authoritative parenting and emotional intelligence significantly negatively correlate. This indicates that adolescents who perceive their parents as having an authoritarian parenting style have lesser Emotional Intelligence. Those results line with the study conducted by (Shalini. A., 2013) which showed that there is a significant relationship between a father's authoritarian parenting style and Emotional Intelligence. Another study conducted by (Cameron.M, 2020) showed that emotional intelligence was lower for people who were raised by authoritative parenting than authoritarian parenting styles. This study also mentioned that compared to authoritative and permissive parenting styles, the authoritarian parenting styles had a negative impact. Another study conducted by Farrell, G. In 2015 found that specifically authoritarian parenting style and emotional intelligence had a significant correlation in preschool children. Thus, second hypothesis asserts that the authoritarian parenting style and emotional intelligence are significantly correlated. The null hypothesis is therefore rejected.

Further, from the current study, we can infer that there is a significant negative correlation between perceived permissive parenting style and emotional intelligence among late adolescents. This indicates that adolescents who perceived their parents as having a permissive parenting style have lesser emotional intelligence. This result is consistent with a study conducted by Evangelia, A. et. al, 2016 indicated that there is a potential significance between parenting style and trait emotional intelligence. There is another study done by Wischerth, G. A. et. al, in 2016 also supported the claims found permissive parenting has a negative correlation with emotional intelligence and suggested that it may hinder the growth of emotional intelligence by restricting the emotional challenges children encounter and the degree to which parents directly support their emotional development. Results of a study by Jabeen, F. et al, (2013) found that maternal permissive parenting Style had a significant negative effect on emotion regulation. Thus, hypothesis 3 shows there is a significant relationship between perceived parenting style and emotional intelligence. So, the null hypothesis is rejected.

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When we calculate the difference in Emotional Intelligence between genders among late adolescents in this current study we were able to infer that there is no significant difference between men and women in Emotional Intelligence. The outcomes are consistent with a study carried out by (Yadav, P. et.al, 2021) which also stated that there is no difference in emotional intelligence based on gender. A study conducted by (McKinley, S. K. & Phitayakorn, R., 2014) discovered no appreciable gender differences in resident physicians' global emotional intelligence. However, some researchers have contradictory findings. The p value is below 0.05. There is a significant relationship. So, null hypothesis is accepted.

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Conflict of Interest

The author(s) declared no conflict of interest.

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