

## Perceived Parenting Style, Anxiety Sensitivity and Psychological Capital among Young Adults

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### ABSTRACT

This study aims to explore the relationship between perceived parenting style, anxiety sensitivity, and psychological capital. The sample consisted of 120 young adults aged between 18-25 years. Participants completed self-report measures of perceived parenting style, anxiety sensitivity, and psychological capital, which was circulated online using google form. Results revealed that there is no significant relationship between permissive parenting style and anxiety sensitivity. It also revealed that there exists a significant relationship between permissive parenting style and psychological capital. It was also understood that authoritative and authoritarian parenting style is significantly correlated with anxiety sensitivity and psychological capital.

**Keywords:** *Perceived Parenting Style, Anxiety Sensitivity, Psychological Capital*

### Perceived Parenting Style

Home is the first school and parents are the first teachers. The home environment provides a great space for the personality development of children. From early childhood a child learns language, vocabulary, respect, self-expression, elementary concepts and ideas, mannerisms etc. through observing those around them. Home forms an integral part and parcel of caring, nurturing and source of education for children. The foundation of a child's education is laid at home from early on.

Parenting style is considered to be one of the important family factors which affects the emotional intelligence and psychological wellbeing of individuals. Harmony and quality of parenting, educational expectations, aspirations and involvement of parents are considered to be a few important environmental variables. The process of transition into different stages of life can be smoothened with parents guiding the youngster in a safe, nurturing and receptive home environment. The parental assistance in understanding and processing emotions and actions can be vitally important for the adolescent for effectively dealing with people and constructing his own self image (Sahni, 2020).

Maccoby & Martin in 1983 developed four prototypes of Parenting Styles were combining high and/or low degrees of responsiveness and control: authoritative, authoritarian,

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permissive, and rejecting neglecting. The demanding and responsive parents set clear expectations for their children's behaviour, keep an eye on it without being overbearing, and discipline is more helpful than punitive. Authoritarian parents are demanding and direct yet unresponsive; they require blind obedience from their children; they maintain a calm environment with a defined set of rules; and they closely watch their children's activities. More responsive than demanding, unconventional, tolerant parents, permissive or indulgent parents allow for self-regulation, avoid conflict, and don't demand adult behaviour (Baumrind, 1991). Parenting in an authoritarian manner is demanding and unresponsive. They interact with the children very little on both sides, and they are expected to submit to adult expectations without challenging them. Usually, breaking such orders carries a penalty. It is distinguished by devotion to the rules, which is a dominating style and exerts significant influence over the kids. These parents have great expectations yet don't listen to their kids. Authoritarian parenting styles often result in their children being authoritarian adults, both in their interpersonal interactions and as parents. Authoritarian parents' power-assuring socialization methods limit their children's independence and self-expression (Zupancic et al., 2004).

### *Anxiety Sensitivity*

Anxiety sensitivity (AS) is the fear of sensations related to arousal, arising from beliefs that the sensations have adverse consequences such as death, insanity, or social rejection (Reiss & McNally, 1985). It is conceptualized as a contributor to individual differences in general fearfulness and as a diathesis for various types of anxiety disorders, including panic disorder, social anxiety disorder, specific phobia, and posttraumatic stress disorder (Reiss & McNally, 1985; Taylor, 1999). This is because AS is an anxiety amplifier; when highly anxiety-sensitive people become anxious, they become alarmed about their arousal-related sensations, which further intensifies their anxiety.

Anxiety sensitivity or the idea that anxiety is not equally motivating to all people (Reiss & McNally, 1985) is a cognitive, individual difference variable that consists of a belief that the experience of anxiety and fear causes illness, embarrassment or additional anxiety and that these anxiety related sensations have harmful physical, psychological and social consequences. A small percentage of people however misinterpret the signs of anxious arousal as threatening or dangerous. Those people believe that a pounding heart can lead to heart attack or shortness of breath can lead to asthma attack or that shaking is a sign of mental illness. Such people are said to have high anxiety sensitivity.

### *Psychological Capital*

Psychological capital refers to a positive psychological state of personal development in employees, including four psychological sources of hope, self-efficacy, resilience, and optimism, which are the main motivations for employees to create and implement new and useful ideas in the operational methods of the organization (Karimi, 2023). Therefore, enriching the psychological capital resources of individuals may be the primary solution and appropriate choice to improve employee innovation, particularly in developing countries where most companies and organizations lack capital resources to invest in creativity and innovation.

Psychological capital, also known as PsyCap, is a positive psychological state that comprises four key elements: self-efficacy, hope, optimism, and resilience. It is a construct that emphasizes the positive psychological resources that an individual has, which can help them cope with adversity and achieve success in their personal and professional lives.

## Perceived Parenting Style, Anxiety Sensitivity and Psychological Capital among Young Adults

Self-efficacy is the belief in one's own abilities to accomplish a specific task or goal. Hope is the belief that one can achieve their goals despite obstacles and setbacks. Optimism is the general expectation that things will turn out well in the future. Resilience is the ability to bounce back from setbacks and overcome obstacles. Together, these four components form a positive psychological state that can help individuals achieve success in various domains of life. Psychological capital has been found to have positive effects on job performance, job satisfaction, well-being, and overall life satisfaction.

### **METHOD**

#### ***Research design***

The framework of the research methodologies and procedures a researcher selects to carry out a study is known as the research design. The layout enables the researcher to focus on developing research techniques appropriate for the topic and set up their investigations for success.

Non experimental research design with quantitative approach: Correlational Research design because the researcher will be collecting quantifiable data to perform statistical methods. Correlational research design is used to investigate the relationship between variables without the researcher manipulating any of them.

#### ***Statement of the Problem***

The current study aims to understand the relationship between perceived parenting style, anxiety sensitivity and psychological capital among young adults.

#### ***Objectives***

1. To find whether there is a significant relationship between perceived parenting style and psychological capital.
2. To find whether there is a significant relationship between perceived parenting style and anxiety sensitivity.

#### ***Hypothesis***

H01: There is no significant relationship between perceived parenting style and psychological capital.

H02: There is no significant relationship between perceived parenting style anxiety sensitivity.

#### **Operational Definitions**

- ***Perceived parenting styles:*** The parenting style that individuals perceive that their parents have adopted is known as perceived parenting style (Sahni,2020)
- ***Anxiety sensitivity:*** Anxiety sensitivity refers to the extent of beliefs that anxiety symptoms or arousal can have harmful consequences.
- ***Psychological Capital:*** It is an individual's positive psychological state of development characterized by high levels of hope, self-efficacy, resilience and optimism. (Luthens, F, et al., 2007)

#### ***Sample and Techniques***

Sample- Young adults

Sample size- 100

Sampling technique- Convenient Sampling Technique

## Perceived Parenting Style, Anxiety Sensitivity and Psychological Capital among Young Adults

Data Collection Method- Self Report Questionnaire through online mode (google form)

### ***Inclusion Criteria:***

Individuals in the age group of 18-25 years.

### ***Exclusion Criteria:***

Individuals who are raised by their guardians.

### ***Variables***

1. Perceived parenting style
2. Anxiety sensitivity
3. Psychological Capital

### ***Demographic Variables***

1. Area of residence
2. Gender

### ***Instruments used in the study***

#### ***1. Anxiety Sensitivity Index (ASI-3) by Taylor (2007)***

The Anxiety Sensitivity Index-3 is an 18-item version of the original Anxiety Sensitivity Index. The anxiety sensitivity is considered to be multidimensional consisting of three-factors (i) fear of cognitive dyscontrol (ii) fear of physical symptoms and (iii) fear of social concerns. Anxiety sensitivity may be thought as a conscious, cognitive reactivity to the physical manifestations of anxiety. It is a five point likert scale.

#### ***2. Perceived parenting style***

The authors are Divya T.V and Manikandan K (2013) with 30 items. It is a 5-point Likert scale Strongly agree (5), Agree (4), Neutral (3), Disagree (2), Strongly disagree (1)

#### ***3. Psychological Capital (Compound PsyCap Scale- CP-12)***

The Compound PsyCap scale (CPC-12) by Lorenz et al., (2016) is a 12-item self report questionnaire, answers on a 6-point likert scale. Items were answered using a 6-point likert type scale ranging from 1="strongly disagree to 6="strongly agree".

### ***Socio-Demographic Data Sheet***

The socio- demographic details that are considered in the study are area of residence, gender and family type of the participant. These details were included in the google form that was circulated for data collection.

### ***Procedure***

The tools were administered on a population of young adults in the selected geographical location, Kerala. Online mode of data collection was chosen and Google forms were circulated which gave the necessary instructions to fill in the responses. The participation in the study was voluntary and consent was taken from each participant. It was assured that the data collected would be kept confidential and will be used only for the research purpose. The data collected was analyzed using the SPSS software.

### ***Data Analysis***

Skewness and kurtosis would be used to check the normality of the data.

## Perceived Parenting Style, Anxiety Sensitivity and Psychological Capital among Young Adults

### Correlation

Pearsons or Spearman correlation would be used to analyze the data depending on the normality. If the data obtained is normally distributed, Pearsons' product moment correlation would be used. If the data obtained is not normally distributed, then Spearman' rank correlation would be used. Here, correlation is used to find whether there is any significant relationship between Perceived parenting style, Anxiety sensitivity and Psychological Capital.

## RESULTS AND DISCUSSION

*Table 1 Descriptive statistics of Perceived parenting styles, Anxiety sensitivity and Psychological Capital*

	Mean	Median	SD
<b>Permissive parenting style</b>	19.65	20.00	6 7.76
<b>Authoritative parenting style</b>	25.06	24.00	8.46
<b>Authoritarian parenting style</b>	35.86	36.00	5.46
<b>Anxiety Sensitivity</b>	40.92	44.00	10.35
<b>Psychological Capital</b>	28.09	28.50	8.93

The table shows the descriptive statistics of the variables in the study. The mean, median and SD of permissive parenting style was found to be 19.6, 20 and 7.76 respectively. The mean, median and SD of authoritative parenting style was found to be 25.06, 24 and 8.64 respectively. The mean, median and SD of authoritarian parenting style was found to be 35.86, 36 and 5.46 respectively. The mean, median and SD of anxiety sensitivity was found to be 40.92, 44 and 10.35 respectively. The mean, median and SD of psychological capital was found to be 28.09, 28.5 and 8.93 respectively.

*Table 2 Correlation between Perceived parenting style, anxiety sensitivity and psychological capita*

	Anxiety sensitivity	Psychological capital
<b>1.Permissive parenting style</b>	-.064	.409**
<b>2.Authoritative parenting style</b>	-.276**	.622**
<b>3.Authoritarian parenting style</b>	.359*	-.534**

Spearman Correlation was done and the test produced the correlation coefficient 'r'. The table shows the correlation between perceived parenting style, anxiety sensitivity and psychological capital. The correlation coefficient r for the relationship between permissive parenting style and anxiety sensitivity was found to be -.064. The significance value is .485 which implies that the correlation is not statistically significant. This result is in line with a research conducted by Ashley M. Ebbert and colleagues in 2018, according to which father and mother permissiveness has no statistically significant correlation with anxiety sensitivity. The correlation coefficient of authoritarian parenting style an anxiety sensitivity was found to be .359 which is significant at 0.05 level. This finding is in line with the results of the study by Atilgan Erozkhan (2012) which states that individuals who are raised with authoritarian parenting style don't grow by meeting their expectations an don't get what they actually want which leads them to be extremely self-critical. They also become judgmental in ways that their parents were towards them. So they become insecure and anxious as adults and also tend to be like the authoritarian who raised them. The correlation coefficient r obtained for the correlation between authoritative parenting style and anxiety sensitivity was found to be -.276

## Perceived Parenting Style, Anxiety Sensitivity and Psychological Capital among Young Adults

which is statistically significant at 0.01 level. In contradictory result obtained in the study conducted in 2018 by Ashley M. Ebbert and colleagues says that there is no significant correlation between authoritative parenting style and anxiety sensitivity.

The correlation coefficient obtained for the relationship between permissive parenting style and psychological capital was found to be .409 which was statistically significant at 0.01 level. A study conducted in 2016 by Rita Karmakar claims that there is no significant correlation between permissive parenting style and psychological capital. The results obtained in the present study is contradictory with the above mentioned study. Another study conducted in 2018 titled “Relationship between Parenting Styles and Psychological Capital among Students of a Public University” obtained a result stating that the permissive parenting style is positively correlated to psychological capital. The correlation coefficient obtained for the relationship between authoritative parenting style and psychological capital was .622 which was found to be statistically significant at 0.01 level. The correlation coefficient for the relationship between authoritarian parenting style and psychological capital was found to be -.534. Therefore, permissive parenting style and authoritative parenting style was found to be positively correlated. On the other hand, authoritarian parenting style and psychological capital was negatively correlated. These results are in line with the findings of the study titled “Relationship between Parenting Styles and Psychological Capital among Students of a Public University” conducted in 2018.

### *Summary*

The aim of the research was to study the relationship between perceived parenting style, anxiety sensitivity and psychological capital and to understand whether there is any significant difference in anxiety sensitivity based on gender and domicile. The study summarizes the major findings and includes the analysis, discussion, implications, limitations and the conclusion.

The data for the research was collected from a population of young adults aged 18-25. A total of 120 samples were collected from the state of Kerala, out of which 56 were males and 64 were females. The questionnaires that were used were Anxiety sensitivity Index 3 (ASI-3) by Taylor (2007) to measure anxiety sensitivity, Perceived parenting style Scale by Divya T.V and Manikandan K (2013) and Compound PsyCap scale (CPC-12) by Lorenz et al., (2016). The demographic variables that were checked was gender and domicile. The data was collected from the population through online mode by circulating google forms.

The relationship between the three variables were found. The inferences made can be used in academic and social settings to improve the overall wellbeing and to modify the social and environmental constructs that make individuals more to anxiety in different situations.

## **CONCLUSION**

The study was conducted with an aim to understand the relationship between perceived parenting style, anxiety sensitivity and psychological capital. The results obtained from the test for correlation says that permissive parenting style has no significant correlation with anxiety sensitivity and is has a significant positive correlation with psychological capital. The authoritative parenting style had a significant negative correlation with anxiety sensitivity and significant positive correlation with psychological capital. In the case of authoritarian parenting style, it has a significant positive correlation with anxiety sensitivity and significant negative correlation with psychological capital.

### **Implications**

The study can shed light on how different parenting styles i.e., authoritative, authoritarian or permissive influences levels of anxiety sensitivity in young adults. It can provide evidence on whether certain parenting styles contribute to higher or lower levels of anxiety sensitivity in young adults. The study's conclusions can be used to guide programs and treatments that aim to support good parenting habits and improve the psychological health of young adults. Programs for young individual's personal and professional development may be affected by an understanding of the connection between parenting style, anxiety sensitivity, and psychological capital. It can aid in the development of therapies that boost psychological capital and lessen anxiety sensitivity, resulting in better mental health and general wellbeing.

### **Limitations**

- The results of the study may not be representative of the entire population because the sample size is relatively small and may not be a true reflection of the larger population.
- There is a possibility of sampling bias in the study since participants were selected through an online Google form.
- The social desirability level could affect or play a major role in altering or affecting the obtained results as the study mainly uses self-report questionnaires.

### **Future suggestions**

- It is possible to investigate the perceptions of parenting style, anxiety sensitivity, and psychological capital in young adults through a qualitative study. Young adults' lived experiences and the mechanisms underlying these interactions may be revealed by doing so, and this may help build therapies that are better suited to meet their needs.
- There is a possibility to conduct a mediation analysis to determine whether psychological capital mediates the association between perceived parenting style and anxiety sensitivity.

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## Perceived Parenting Style, Anxiety Sensitivity and Psychological Capital among Young Adults

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### **Conflict of Interest**

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