

## Relationship between Perceived Parenting style, Siblings and Social Competence among Young Adults

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### ABSTRACT

The current study aims at finding out the relationship between perceived parenting style, siblings and social competence among young adults. The data have been collected from 103 participants, age ranged from 18-25y/o, by utilising two questionnaires for young adults. We used the convenience sampling method for the study. Correlation and T-tests were used to analyse the relationship between the data. The results of the study found that there is a significant correlation between father's control ( $r=-.239^*$ ,  $p=.015$ ) and social competence. Also, another significant correlation was between father's regard ( $r=.218^*$ ,  $p=.027$ ) and social competence among young adults. Furthermore, there was no correlation found between sibling ( $r=.052$ ,  $p=.605$ ), age ( $r=.665$ ,  $p=.043$ ) and social competence. Additionally, the study revealed that there is no significant difference found between gender and social competence. Applications and limitations of the study has been discussed in this paper.

**Keywords:** Social Competence, Parenting, Sibling, Young Adults

The standardised strategies or ways utilised by parents in rearing the child is commonly described as parenting style which is a representation of psychological construct. Diana Baumrind (1991) a clinical and developmental psychologist gave the concept of parenting styles explaining how parenting style affect's child's accomplishment in peer, romantic and parenting relationships. She coined three major parenting styles: Authoritative, Authoritarian and Permissive (Neglectful).

### 1. Authoritative parenting style

Children tend to inculcate greater competence and self-confidence when parents have high-but reasonable and consistent-expectations for child's behaviour, communicate well with them are warm and responsive in nature, and use proper reasoning rather than coercion to direct their child's behaviours. This type of parenting style is known as authoritative parents, who tends to utilize this style are supportive and show interest in their children's activities but aren't overbearing and allowing the children to make constructive mistakes.

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### **2. Authoritarian parenting style**

The authoritarian (“rigid ruler”) approach used by parents are observed being high in demandingness and low in support. Such parents expect and demand obedience because they are “in charge” and they do not provide any reasonings for their orders.

Also, parents create a structured and well-ordered surrounding where rules are clearly stated for the child. Children who are nurtured in an authoritarian environment are seen more likely to be proficient and obedient. However, they are observed having low scores in self-esteem, happiness and social competence.

### **3. Permissive parenting style**

In this style of parenting, parents are seen being highly supportive and less demanding tend to adopt permissive-also called the indulgent-style. Children brought up in this environment tend to rank low in self-regulation and happiness. Also, they face difficulties dealing with authority. Parents practising permissive parenting style are using this approach are overly friendly and frank, they don’t have definite rules or boundaries for their children which are meant to be followed.

Later, Maccoby and Martin (1983) extended the styles of parenting and they added uninvolved/neglectful style.

### **4. Uninvolved Parenting**

Children nurtured and reared by parents who tend to lack and rank lowest in both demandingness and support over all life areas such as having low self-esteem, less competent and lacking self-control compared to their peers. Parents practising the uninvolved which is also known as neglectful/indifferent parenting style, they oversight or reject their children’s need and lack necessary parenting responsibilities which are required for rearing the child.

Responsibility, Regard and control are key factors in filial relationship and these are fundamentals in parenting styles. (Wang et al., 2018) Responsibility executes an essential function in family filial maturity and loyalty, and it is a key determinant for parent adult-child relationships. Responsibility viewed as “Support banks” between family individuals during the period of lifespan. Authoritarian parenting style involves caregivers who demands their children to comply with a reasonable reserved rule and at the same time, they are supportive towards offspring’s individuality an autonomy. Regard is referred as to children and parents respecting one another in a consistent and fair direction, with respect for each other, which consists genuine support and communication/Interaction. Lastly, control is an important aspect for parent child-relationships. And it is defined as a persistent emotional bond towards caregiver, specifically for the father connection towards their offspring’s. Therefore, Parenting plays a vital role in wholesome development of an individual and particularly in development of social competence. Many research studies have revealed that specific style of parenting has a relationship with an individual’s development of social competence. Authoritative parenting style has been proved beneficial on social competence among children and adolescents (Y et al., 2013) (Altay, B F., Gure A., 2012). Parenting styles has major impact on shaping an individual’s personality (TOMŠIK, R., & ČEREŠNÍK, M., 2017). However, very less importance is given on relationship between parenting style and social competence. Especially, during the transition period from Adolescence to adulthood as it is particularly salient time. And still limited studies have

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been found on social competence of young adults. This study will be conducted to understand whether there is an influence of perceived parenting style on individuals' social competence among young adults.

### ***Sociocultural theory of development***

(Vygotsky, L. S. 1978) Vygotsky proposed the sociocultural theory to understand psychological development in children. He states that children acquire certain cultural values, morals, beliefs and problem resolving strategies through interpersonal dialogues with more knowledgeable individuals. His theory focused various components of culture, beliefs, values, skills and tradition of a social group is passed on from one generation to another. In other words, children are dependent explorers, and theorist viewed cognitive development as a socially mediated activity where children gradually acquire new ways of behaving, thinking via collaborative dialogues with the individuals who are superiors in knowledge. One of the research studies revealed that parenting style has a significant contribution to social competence in developing social competence in medical clinical course students (Mursal et al., 2017).

### ***Social Competence***

(Kennedy, A.S., 2018) Social Competence is used as a label which cover a variety of diverse internal components and external behaviours which influence the likelihood and quality of social interaction. Competence means a wholesome level of success in social interaction as it takes place in daily life situations the keyword has wide range of applications and compromise of many developmental factors. For example, social skills and social competence are often been utilised interchangeably. Social competence is been conceptualised as a broader element which not only includes social skills but also the neurological, temperamental and environmental aspects that can help and hamper social skill development and applications during social interactions. (Stichter et al, 2012) Social competence includes multifaceted and interrelated set of abilities that allows an individual in initiating and directing social interactions, and maintaining of relationships with others. Social Competence has been defined and described in many ways. It is an ability to manage social relationships that require a variety of skills, abilities and capacity in solving problems that occur in interpersonal relationships. Social competence reflects three areas of functioning: emotional, cognitive and behavioural, which individuals requires for successful social adaptation. It is performance oriented that refers to the performance in typical interactions, not under ideal conditions. It requires interaction between person and the social environment for an effective approach. Social competence is characterised as a person's ability to form and sustain mutually satisfying and high-quality relationship in order to avoid unfavourable treatment or victimization from others. Social competence is broadly affected by the social/cultural context the child brought up in. Parents become the primary support for emotional and social support during early period of life (Khanday, Nazia., 2016)

### ***Presence of Sibling as a determinant of in adult social competence***

In a family system, siblings play an essential role, comprising diverse factors that contributes in sibling relationship qualities. Furthermore, siblings are seen significantly important in the lives of the child and adolescence for crucial development and adjustment (McHale et al., 2012). There is a relationship in an individual's development and having sibling in the family. (Rathnasabapathy et al., 2018) One of the research studies revealed that adults who grew up with siblings and adults who didn't grew up with siblings have frequent social activities with relatives. Sibling relationships are constant and long-term

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relationships over a lifespan. Siblings acts as companions during childhood as well as role models, confidants and caregivers who provide guidance and nurturing across a course of one's life.

(Downey & Condrón, 2004) study indicated that children tend to develop better relationship with peers when they grow up with at least one sibling. Children having siblings have higher level of emotional and social development, although they have lower cognitive development (Watson M., 2023). The loneliness, isolation, single child syndrome is minimized, when they have siblings. Siblings provide support and assistance both financially and normally during difficult circumstances (McHale et al., 2012).

It is essential for the parents to get informed regarding different types of parenting styles, siblings and its effect on individuals' social competence. The adults should assess their own behaviour and social competence with help of experts and should take appropriate actions in the initial phase and if they struggle while socially interacting and maintaining relationships. They can visit psychiatrist who can help them out if they display any problems in their emotion regulation or pro social behaviour. It can be helpful for schools, colleges and workplace to indulge in activities which will help in enhancing an individual's social skills and result in high level of social competence.

It is essential that they will have insight on influence of parenting style at young age and it will help them understand the importance of parenting style in nurturing their child. Very less attention is being given on the effects of parent-adult child and siblings relationship on the individual's social competence. Young adults who possess behavioural problems can be caused by deficit in social competence but these problem behaviours can be reduced through Intervention programmes which can be successfully arranged for individual's and increase their social competence. It will help Mental health professionals and psychologist to focus on these aspects by developing interventions. This study focuses on influence of Parent Adult-Child relationship which includes characteristics of parenting style such as regard, responsibility and control on social competence among young adults.

### **METHODOLOGY**

#### ***Research Design***

Quantitative research design which will be used is correlational study. It will help to explore and observe the relationship between the independent and dependent variables. To determine relationship between Perceived parenting style and social competence among young adult respectively, questionnaire method will be used.

#### ***Participants***

The total number of participants recruited for this study is 103. Convenience Sampling technique was used for collecting the data. The sample was based on the inclusion and exclusion criteria. The inclusion criteria included of literate, English-speaking individuals within the age group of 18 to 25 years old and the exclusion criteria will be comprised of individuals with psychological disorders, single child and working. The participants were asked if they are undergoing any psychological treatments to ensure that they're eligible to answer the questionnaire through informed consent. The sources of sample will be from Undergraduate and Post Graduate students.

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### ***Measures***

Information for the study was obtained through online questionnaire (Google form). The form was divided into three sections. First section consisted of Demographics details of the participants. Second section comprised of Parent Adult-Child Questionnaire (PACQ) (C. PEISAH et al., 1999) and 3<sup>rd</sup> section included of Multidimensional Social Competence Scale.

PACQ- The Parent Adult-Child Questionnaire (PACQ) was designed to measure the relationship between adults and their parents as perceived by the adult child. This form contains a number of statements about relationships between adults and their parents. The scale consists of 13 items for each parent i.e., Relationship with mother questionnaire (PACQM) includes 13 items and relationship with father questionnaire includes 13 items (PACQF). Therefore, there are total 26 items in the PACQ. PACQM scoring is for the domain of regard and responsibility, whereas PACQF scoring consists domains of regard, responsibility and control. The internal consistency as measured by Cronbach's Alphas were for the mother solution, 0.87 for the regard factor and 0.82 for the responsibility factor. The father solution yielded a Cronbach's Alpha of 0.86 for regard factor, 0.74 for the responsibility factor and 0.87 for the control factor.

Multidimensional Social Competence Scale (Trevisan, D. A., et al 2018)- It contains a total of 77 items, with each of the 7 content domains containing 11 items. Participants are asked to rate each of these items on a 5-point Likert scale, with higher scores indicating greater agreement with an item, and thus, higher levels of social competence.

### ***Procedure***

Participants were recruited through convenience sampling method. They were contacted personally as well as through the help of social media platforms. The participants were briefed about the nature and aim of the study in the form and the informed consent was also included in the form. Participants were asked to complete PACQ first and then move on to MSCS. All scales were scored separately.

### ***Data analysis***

The collected data was analysed using IBM SPSS version 21 and represented in tabular forms and graphs. Descriptive Statistics was conducted to test for normality. Accordingly, correlational test was carried out to identify the relationship between the variables.

### ***Ethical Consideration***

Informed consent from the research participants was obtain prior to the study. Participants were not be subjected to harm in any way and had the liberty to voluntarily participant. Confidentiality of the research data was ensured. Anonymity and protection of privacy of the individual was taken care of. Any deceptions about the aim and objectives of the research were avoided. Communication with the participants regarding the study was with utmost honesty and transparency. Participants had the right to withdraw from the study at any point of they wished to do.

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### RESULTS

*Table 1 Correlation between MSCS (Social Competence) and perceived parenting style*

PACQ	MSCS (Social competence)
Mother Regard	.116
Mother Responsibility	-.845
Father Regard	.015*
Father Responsibility	.260
Father Control	.027*

Note. \* $p < 0.05$ , two-tailed.

*Table 2 Correlation between sibling, age and social competence*

	MSCS (Social Competence)
Sibling	.605
Age	.665

*Table 3 Significant difference between gender and Social Competence*

	N	Mean	SD	P value
Gender	103	1.4369	.49843	.639

Correlational tests were conducted to identify relationship between perceived parenting style and social competence using Multidimensional Social Competence scale and Parent Adult-Child Questionnaire. Pearson correlation test was administered to determine the relationship between Social competence and perceived parenting style and the results are presented in table 1. The results indicated that null hypothesis has been rejected for father control and father regard. There is a significant correlation between father's control and Social Competence ( $r = -.239^*$ ,  $p = .015$ ). Also, significant correlation between Father's regard, and Social competence ( $r = .218^*$ ,  $p = .027$ ) was found. While the mother's regard ( $r = .116$ ,  $p = .242$ ), and father's responsibility ( $r = .112$ ,  $p = .260$ ) did not have any significant correlation to Social competence. Thus, Null hypothesis has been accepted for mother regard, mother responsibility and father's responsibility. Further, analysis of socio-demographic details also revealed that there is a significant correlation between Age and Social Competence ( $r = .665$ ,  $p = .043$ ). There was no significant correlation found between presence of siblings and social competence ( $r = .052$ ,  $p = .605$ ).

### DISCUSSION

The findings of current research study revealed that there is a significant correlation between father's control and Social Competence as its significant correlation value ( $p = 0.15$ ) is lesser than 0.05. Another significant correlation was found between father's regard and Social competence as its significant correlation value ( $p = .027$ ) which is lesser than significant value 0.05. Social competence is defined as the ability to manage meaningful interactions or communications with others effectively (Junge, C. et.al., 2020). Domains included in social competence are social motivation, social inferencing, empathic concern, social knowledge, verbal conversation skills, non-verbal sending skills and emotional regulations. One of the research findings revealed similar the findings that Perceived Paternal parenting style has a significant influence on social competence of middle school age students (Souza J.F. & Paul, P., 2013). The findings of a research study reported that parenting style can help in predicting the social competence of medical profession students and they found that that Authoritative and Authoritarian parenting styles are capable in predicting Social

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Competence (Mursal et al., 2017). Authoritative style of parenting is defined as caregivers who are caring, supportive and responsive but they set boundaries with their children. The responsibility aspect of mother and father is one of the key features which is included in authoritative parenting style. Authoritative style of parenting has a positive influence on the social competence among adolescents (Y et al., 2013). Furthermore, there was no significant correlation between father's responsibility and social competence of young adults as the significant obtained value ( $p = .260$ ) which is greater than 0.05.

The results of this study also reveal that there is no significant relationship between mother's regard, and mother's responsibility (table 1). In contrast, a research study revealed that mothers with authoritative and permissive parenting style showed higher social adaptability in adolescent females (Kazemi et al., 2012). Parenting styles and training experiences cannot be generalised as it differs from one society, culture, values etc. So, Current study findings doesn't have similar results in Indian populations due to different cultural, ethnicity, geographical regions, the use of parenting styles differ.

Findings of current study indicated that there is no significant correlation between presence of siblings and Social competence of young adults as the significant value (0.605) which is greater than 0.05 (table 2). Another research that oppose the findings report that there is a significant difference in adult-sociality behaviours who have grew up with siblings than who haven't grew up with siblings (Trent, K., & Spitze, G. D., 2011). Nevertheless, findings of a research showed a significant difference among birth-order and number of siblings over psychological and social factors such as resilience, emotional intelligence, stress, school concerns, family environment etc which also contradicts our results of presence of siblings (Rathnasabapathy et al., 2018)

Table 2 & 3 represents correlation and t-test for socio demographic details which included gender, and age indicated that there is no significant difference and correlation with social competence. Gender findings were found similar in one of the research studies that there are no significant gender differences exist in the perceived parenting style (Souza J.F. & Paul, P., 2013). Another research study finding also indicated that there are gender differences among girls and boy's social competence as girls were high in social competence than boys. Nevertheless, family background and type of family might have affected social competence and parenting styles utilised by mothers.

### ***Limitations and Implications***

This study has some limitations which could assist in developing a future research. Firstly, a questionnaire with questions more specific to the Indian context can be devised. Secondly, as it was a self-reported test the participants may not have been honest while answering because of reactivity and to stay aligned to socially acceptable behaviour. Future researches can collect responses from a larger sample size and ensure that there are more participants, since the age criteria for this research study only included from age of 18-25y/o. Longitudinal study can be conducted to understand impact of siblings on young adult's social competence. Pre and post tests can be conducted with an intervention provided before the post-test which will help in identifying level of social competence that may change or occur over time. Questionnaire used for assessing social competence consisted of various domains such as social motivation, social inferencing, empathic concern, social knowledge, verbal conversational skills, non-verbal sending skills and emotional regulations so, future studies can be conducted in understanding the relationship between each domain with regard

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to perceived parenting styles and other sibling characteristics such as birth-order, gender differences etc.

The current research study will help in understanding relationship between perceived parenting styles and social competence in young adults. These research findings can help in contributing to various settings such as clinical, educational and non-clinical settings. In clinical setting, it can help in understanding interpersonal relations affecting and contributing adversely towards a presenting behavioural problem, and help in formulating effective treatment plans. In educational settings, by identifying level of social competence in early childhood can aid in enhancing social competence level of students through various strategies and programs organised for students as well as parents. In occupational setting, various social competence development programs for holistic personal growth can be arranged for individuals with low level of social competence. Various interventions can be developed in order to enhance social competence of young adults by addressing domains such as social motivation, social inferencing, empathic concern, social knowledge, verbal conversation skills, non-verbal sending skills and emotional regulations.

### CONCLUSION

This study examined the relationship between perceived parenting style, siblings and social competence among young adults in a sample of 103 participants.

The findings of this study reveal that two styles of parenting by father i.e. father regard and father control have a statistically significant relationship with social competence, and the other variables i.e. siblings and age have been proved to have no significant relationship. Furthermore, there was no significant difference found between gender and Social competence.

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

The author(s) declared no conflict of interest.

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