

## Impact of Parenting Styles on Ego Resiliency and Locus of Control among Women

Aashika Aanie Kuruvilla<sup>1\*</sup>, Dr. Kaushlendra Mani Tripathi<sup>2</sup>

### ABSTRACT

The research aims to understand how different parenting styles experienced during childhood influence women's development of ego resiliency and locus of control, with a focus on the moderating role of marital status. A sample of 180 women, including 90 married and 90 unmarried individuals, with subsets based on marital status, participated in the study. Participants completed the Perceived Parenting Style Scale, Ego Resiliency Scale, and Rotter's Locus of Control. Results revealed significant differences between married and unmarried women in terms of ego resiliency and locus of control. Additionally, relationships were observed between authoritative and authoritarian parenting styles and these variables. However, the predictive power of parenting styles may be influenced by other factors. This study underscores the intricate interplay between parenting style, marital status, and women's psychological well-being, calling for further investigation into underlying mechanisms and contributing factors.

**Keywords:** Parenting Style, Ego Resiliency, Locus of Control, Women, Marital Status, Psychological Well-being

The family unit serves as a fundamental social structure, wielding significant influence over individual traits, attitudes, and behaviors. From childhood through adulthood and into marital life, parenting styles persist as potent determinants, molding various aspects of individuals' lives. This study aims to investigate the intricate influence of parenting styles and the ego resiliency and locus of control among adult women across different marital statuses.

Parenting style, as operationalised within this study, encapsulates the perceived influence and control wielded by parents during their children's upbringing. Building upon Baumrind's seminal framework (1966), three primary parenting styles are considered: authoritarian, authoritative, and permissive. Authoritarian parenting is characterized by stringent rules, punitive discipline, and limited responsiveness to children's needs. Conversely, authoritative parenting embodies a balance of warmth and firmness, with parents being both responsive to their children's needs and assertive in setting expectations and boundaries. Permissive

<sup>1</sup>Student, Amity University, Uttar Pradesh

<sup>2</sup>Assistant Professor, Amity University, Uttar Pradesh

\*Corresponding Author

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parenting, in contrast, is characterized by high warmth and low control, where parents adopt an indulgent and lenient approach towards rule-setting and demands.

Ego resiliency, a central trait under examination in this study, pertains to an individual's adaptive capacity to navigate stress, setbacks, and challenges. This trait encompasses the ability to regulate emotions, exhibit flexibility, and bounce back from adversities, as measured by Block and Kremen's Ego Resiliency Scale (1996).

Furthermore, locus of control (LOC) denotes an individual's belief regarding the extent to which they can influence events in their lives (Rotter, 1966). Through the operationalization and manipulation of these key variables, this research aims to illuminate the relationship between various parenting styles and the development of ego resiliency and locus of control among adult women, taking into account variations across marital statuses. Such insights are crucial for informing targeted interventions aimed at bolstering psychological resilience and empowerment among women within diverse familial contexts.

### *Theoretical Background*

The research's theoretical framework amalgamates Attachment Theory, Social Learning Theory, and the Theory of Parenting Styles to delve into the correlation between parenting style, ego resiliency, and locus of control among married women (Bowlby, 1978; Bandura, 1977; Baumrind, 1971).

Attachment Theory, posited by John Bowlby, underscores how early parent-child bonds mold emotional regulation and relationships. Secure attachments from responsive caregivers nurture trust, while inconsistent parenting may lead to insecure attachments, affecting emotional regulation (Bowlby, 1978).

Social Learning Theory, articulated by Albert Bandura, emphasizes the significance of observational learning in behavior acquisition. Children emulate authoritative figures, acquiring coping strategies. Effective modeling fosters ego resiliency and internal locus of control, while maladaptive behaviors may engender an external locus of control (Bandura, 1977).

The Theory of Parenting Styles, delineated by Diana Baumrind, outlines four styles—authoritative, authoritarian, permissive, and neglectful—with varying impacts on personality and coping mechanisms. Authoritative parenting, characterized by warmth and clear boundaries, correlates with heightened ego resiliency and internal locus of control. Conversely, authoritarian and permissive styles may diminish resilience and foster external locus of control orientations (Baumrind, 1971).

These theories provide a holistic perspective on how parenting styles, influenced by attachment dynamics and modeled behaviors, shape psychological resilience and control orientations among married women. This synthesized understanding enriches insights into the impact of parenting practices on individual development across various life stages.

## **REVIEW OF LITERATURE**

The literature review provides valuable insights into the myriad factors influencing women's psychological well-being, spanning from early childhood experiences to encounters with domestic violence and reproductive health resilience. By amalgamating these findings, this review aims to shed light on the intricate relationship between parenting styles, ego

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resiliency, and locus of control among women, thereby enriching our understanding of psychological functioning in this demographic.

Golding et al. (2017) delved into the antecedents of women's external locus of control (ELOC) using data from the Avon Longitudinal Study of Parents and Children (ALSPAC). They explored how maternal and paternal backgrounds, along with early childhood experiences, influence ELOC. Logistic regressions revealed nine significant features associated with ELOC, including parental education levels and childhood residency location. Nowicki et al. (2018) investigated the stability and change of adult locus of control (LOC) over six years, drawing on data from the ALSPAC. They found that stressors related to relationships, financial stability, job security, and health behaviors were linked to changes in LOC. The study highlighted moderate stability of LOC over time for both men and women, emphasizing the impact of stressors on LOC expectancies.

Alessandri et al. (2016) conducted a 10-year cohort-sequential study examining ego-resiliency development from late adolescence to emerging adulthood. Utilizing 335 Italian participants, they employed latent growth curve analyses. Results revealed stability until the end of high school followed by a relative increase in ego-resiliency. Self-efficacy beliefs and familial support significantly influenced ego-resiliency trajectories.

Sunarsih & Rokhanawati (2020) explored the effects of parenting style on resilience toward reproductive health among married female adolescents in Gunung Kidul, Yogyakarta, Indonesia. Their cross-sectional study found that high knowledge and a democratic parenting style significantly increased resilience toward reproductive health, emphasizing the role of parental influence and knowledge.

Tsirigotis and Łuczak (2018) investigated resilience in women experiencing domestic violence using the Ego Resiliency Scale (ERS). They found that these women had significantly lower ERS scores compared to the general population, with paternal violence having the most detrimental impact on resilience.

The systematic review identified a gap in the literature regarding the influence of perceived parenting styles on locus of control and ego resiliency, particularly among women of diverse marital statuses. While acknowledging the significance of later life experiences, such as divorce or widowhood, there remains a dearth of evidence on their effects on locus of control or ego resiliency. Addressing this gap can offer valuable insights into how variations in marital status shape women's psychological functioning and resilience.

### ***Objectives***

- Understand the difference in ego resiliency and locus of control among married and unmarried women.
- Assess ego resiliency and locus of control among women based on marital status.
- Investigate the relationship between parenting style styles (authoritarian, authoritative, permissive) and ego resiliency among women.
- Explore the relationship between parenting style styles (authoritarian, authoritative, permissive) and locus of control among women.
- Examine the moderation effect of marital status on the relationship between parental authority styles (authoritarian, authoritative, permissive) and locus of control among women.

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- Investigate the moderation effect of marital status on the relationship between parenting style styles (authoritarian, authoritative, permissive) and ego resiliency among women.

### **METHODOLOGY**

Convenient sampling was employed in designing the sampling process to ensure diversity in marital statuses among women in Delhi-NCR. A total of 180 women were targeted, with equal representation of 90 unmarried and 90 married women. Among the married group, further stratification aimed for balance, including 30 each for those living with spouses, divorced, and separated. Surveys employing three standardized tools were utilized for data collection, alongside gathering additional demographic information. Before participating in the study, participants were provided with informed consent forms detailing the purpose of the research, potential risks and benefits, and their rights as participants. Confidentiality of the collected data was ensured throughout the study process, with participants' personal information kept secure and anonymized to protect their privacy. Data collection spanned three months, with questionnaires distributed in varied settings. From 197 received responses, 180 were finalized after excluding incomplete data and randomly assigning strata.

#### *Hypotheses*

- **H1:** There will be a significant difference in ego resiliency scores and locus of control scores between unmarried and married women.
- **H2:** There will be a significant difference in ego resiliency scores and locus of control scores among married women across various marital status (married and living with spouse, divorced, widowed)
- **H3:** There is a significant relationship between parenting style styles (authoritarian, authoritative, permissive) and locus of control and ego resiliency among women, and this relationship is moderated by marital status.

#### *Inclusion Criteria*

- Female by birth and identify as female
- Age is between 18yrs and 59yrs
- Fluent in English
- Resident of Delhi-NCR

#### *Exclusion Criteria*

- Any gender other than female
- Anyone below 18 years and above 59 years
- Anyone who is not fluent in reading and understanding English
- Anyone who is not a resident of Delhi-NCR

#### *Tools*

- **The Perceived Parenting Style Scale (Divya & Manikandan, 2013)** evaluates parental behavior across authoritative, authoritarian, and permissive styles with 30 positively-framed items on a 5-point Likert scale. Reliability analysis yielded acceptable Cronbach's Alpha coefficients: authoritative (0.79), authoritarian (0.81), and permissive (0.86), demonstrating satisfactory reliability and face validity.
- **The Ego-Resiliency Scale (ER89; Block & Kremen, 1996)** measures ego-resiliency with 14 items on a 4-point Likert scale. Scores indicate resiliency trait

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levels: very high (47-56), high (35-46), undetermined (23-34), low (11-22), and very low (0-10). The scale has construct validity, with alpha coefficients of .74 and .80.

- **Rotter's Locus of Control Scale** assesses internal or external locus of control (Shojaee & French, 2014) with 29 pairs of statements. Test-retest reliability is 0.67, and Split-half reliability is 0.75, revealing its bi-dimensional nature.

## RESULTS

The study involved 180 female participants, split evenly between unmarried and married individuals. Among the married participants, there were equal proportions of those living with a spouse, divorced or separated, and widowed, each comprising 30 individuals.

### Descriptive Statistics

The descriptive statistics revealed the participants' scores on the assessment tools utilized in the study.

**Table 1. Descriptive Statistics**

	N	Mean	SD	Min	Max	Skewness	Kurtosis
Authoritative	180	34.1	9.1	10	50	-0.3	-0.3
Authoritarian	180	24.8	9.3	10	50	0.6	0.1
Permissive	180	29.0	8.7	10	48	0.1	-0.8
Ego Resiliency	180	39.8	6.3	25	55	-0.1	-0.2
Internal Locus of Control	135	9.1	2.3	3	12	-0.6	-0.7
External Locus of Control	45	15.7	2.1	13	20	0/4	-1.1

Since LOC is a bi-dimensional scale, the two scores were considered separately. Out of 180 participants, 135 had internal LOC and 45 had eternal LOC.

### Inferential Statistics

An independent sample t-test was conducted to test the hypothesis, which yielded the given result.

**Table 2. Independent sample t-test of ego resiliency scores among married and unmarried women.**

Marital Status	n	Mean	SD	t-cal	t-crit	df	p
Unmarried	90	41.09	28.53	2.85	1.97	167	0.00
Married	90	38.47	47.73				

The results shows that there is a significant difference in the ego resiliency scores among married and unmarried women.

**Table 3. Independent sample t-test of locus of control scores among married and unmarried women**

	n	Mean	SD	t-cal	t-crit	df	p
<b>Internal LOC</b>							
Unmarried	71	9.56	4.05	2.26	1.98	121	0.03
Married	64	8.67	6.29				
<b>External LOC</b>							
Unmarried	19	14.58	2.26	-3.80	2.02	43	0.05
Married	26	16.58	4.09				
<b>Locus of control</b>							
Unmarried	90	10.62	7.88	-0.61	1.98	153	0.05
Married	90	10.96	18.58				

The results showed that there is a significant difference in the scores among the two groups when the external locus of control and the internal locus of control are separately

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considered. However, when the LOC scores are considered without creating any bifurcations, there is no statistically significant difference.

The hypothesis that there is a significant difference in the ego resiliency scores and LOC scores between married and unmarried women is partially accepted.

One way ANOVA was conducted to understand the difference among the three groups of married women, which yielded the following results:

**Table 4. ANOVA results for difference in the measures among married women across marital statuses**

Measure	Married and living with Spouse			Divorced or separated			Widowed			F	P-value	F crit
	n	Mean	SD	n	Mean	SD	n	Mean	SD			
Ego Resiliency	30	38.97	62.45	3	40.5	21.0	3	35.0	50.0	3.82	0.03	3.10
Locus of Control	30	11.4	23.21	3	9.13	9.0	3	12.0	23.0	4.74	0.01	3.10
Internal Locus of Control	17	7.94	8.56	3	9.13	5.0	1	8.5	6.0	1.25	0.29	3.10

Only two groups of married women, those living with a spouse and those who were widowed, had external locus of control. Thus, to compare the groups, t test was conducted, which yielded the following results

**Table 5. Independent sample t-test results for external locus of control among women across marital categories**

Marital Status	n	Mean	SD	t-cal	t-crit	df	p
Living with spouse	13	41.09	28.53	2.85	1.97	167	0.00
Widowed	13	38.47	47.73				

Results indicate significant differences in ego resiliency and locus of control among marital statuses. However, while internal locus of control scores did not significantly differ across marital statuses, a significant difference was observed in external locus of control scores between married women living with a spouse and those who were widowed, partially confirming the hypothesis.

### Correlation analysis

Correlation analysis was conducted to understand the relationship between the various parenting styles and the ego resiliency and LOC scores which yielded the given results:

**Table 6. Correlation analysis**

Group	Au.-ER	Pr.-ER	Ar.-ER	Au-LOC	Pr-LOC	Ar-LOC
Woman	0.39	0.007	-0.62	-0.51	0.107	0.42
Unmarried	-0.67	0.003	-0.28	-0.30	-0.43	0.02
Married	-0.15	-0.101	-0.72	-0.59	-0.06	0.55
Married and Living with Spouse	0.63	0.11	-0.75	-0.67	-0.06	0.68
Separated	0.69	-0.62	-0.43	0.43	0.55	-0.70
Widowed	0.71	0.081	-0.76	0.79	0.05	0.77

The results show the relationships between Authoritative (Au), Permissive (Pr) and Authoritarian (Ar) parenting styles on the Ego Resiliency (ER) and Locus of Control (LOC) among women from various marital statuses.

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### *Regression Analysis*

Regression analysis was conducted to understand the predictive relationship between the various parenting styles and the ego resiliency and LOC scores which yielded the given results:

Group	Au. -ER	Pr. -ER	Ar.-ER	Au-LOC	Pr-LOC	Ar-LOC
Married and Living with Spouse	0.39	0.09	0.57	0.45	0.004	0.47
Separated	0.48	0.39	0.18	0.19	0.30	0.49
Widowed	0.51	0.006	0.58	0.63	0.002	0.58

The results show that some parenting styles have a stronger chance to affect the LOC and Ego resiliency scores than others. However, a strong predictive relationship cannot be established in any of them.

### **DISCUSSION**

The study aimed to understand the relationship between parenting styles, ego resiliency and locus of control among women of varied marital statuses, grounded in established psychological theories and empirical data.

Hypothesis 1 (H1) postulated that there is a significant difference in ego resiliency and locus of control between unmarried and married women, anchored in attachment theory (Bowlby, 1969). Supporting this hypothesis, the findings revealed significant differences in ego resiliency scores ( $t = 2.85, p < 0.05$ ), internal locus of control ( $t = 2.26, p < 0.05$ ), and external locus of control ( $t = -3.80, p < 0.05$ ) between married and unmarried women, elucidating the influence of relational contexts on psychological characteristics (Bowlby, 1969). Hypothesis 2 (H2) delved into the nuances of ego resiliency and locus of control among married women of different marital statuses, guided by stress and coping theories (Lazarus & Folkman, 1984). It posited that women's responses to marital circumstances may vary, shaping their psychological resilience and perceived control. The results validated H2, indicating significant differences in ego resiliency ( $F = 3.82, p < 0.05$ ) and locus of control scores ( $F = 4.74, p < 0.05$ ) among married women of diverse marital statuses, underscoring the multifaceted nature of marital experiences (Lazarus & Folkman, 1984). Additionally, t-test results for external locus of control showed significant differences ( $t = 2.85, p < 0.05$ ).

The research assumed that the parenting style served as an antecedent to the development of ego resiliency and perception of locus of control, in the light of various marital status. The correlation analysis supported this assumption with its result. Authoritative parenting exhibited positive correlations with ego resiliency and internal locus of control among, reflecting the beneficial effects of warmth and responsiveness in parenting (Baumrind, 1991). Thus, a woman brought up under authoritative parenting style tend to show higher levels of ego resiliency and higher internal locus of control, despite harsh situations that may arise in their marital relationships. Conversely, authoritarian parenting showed negative associations with ego resiliency and internal locus of control, highlighting the adverse effects of strict discipline and control in parenting practices (Rohner, 2004). This proves that women who are brought up under authoritarian parenting style have lesser ego resilience and higher external locus of control. This case however, is seen to be different for women under the widowed group, where there was an inverse relationship between authoritative parenting and locus of control indicating higher levels of internal locus of control. Correlation however does not warrant a cause-and-effect analysis and thus regression was also carried out.

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The regression analysis did not yield a strong predictability between parenting style and ego resiliency or locus of control. However, moderate to strong predictability was established in the impact of authoritative or authoritarian parenting style on the ego resiliency and LOC scores.

Thus, it can be concluded that there is a significant impact of the parenting style in ego resiliency and LOC, where authoritative parenting styles would yield better Ego resiliency scores and higher internal LOC and authoritarian parenting styles would yield lower ego resiliency scores and higher external LOC scores. The research also shows that marital circumstances also tend to play a role in the dependent variables.

### CONCLUSION

This study sheds light on the intricate interconnections between parental authority, marital status, and women's psychological well-being. Through empirical investigation and theoretical grounding, significant associations were uncovered between parenting styles, ego resiliency, and locus of control, highlighting the enduring impact of early socialization experiences and relational dynamics. While the findings support the hypotheses and contribute to existing literature, several limitations should be acknowledged. The limited sample size and specific demographic focus may restrict the generalizability of the results. Furthermore, the cross-sectional nature of the study precludes causal inference, necessitating further longitudinal research to validate the hypothesized relationships. Nevertheless, this study offers valuable insights into the multifaceted nature of women's psychological development within the context of parental authority and marital circumstances, laying the groundwork for future inquiry and intervention initiatives aimed at promoting women's resilience and well-being.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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