

Relationship among Perceived Parenting Styles, Self-Concept, and Fear of Intimacy: A Correlational Study

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ABSTRACT

The research is directed at exploring *relationships among parenting styles, self-concept, and fear of intimacy* in the future, among young and older adults. In this study, 186 young adults' between the ages 18-35 years reported parenting approaches, self-concept, and intimacy fear were compared. Correlational design was used in the study to look into possible relationships, building on the model of the Perceived Parenting Style Scale (PPSS), Self-Concept Questionnaire (SCQ), and Fear of Intimacy Scale (FIS) which are important for psychological health. Good parenting practices, a stable sense of self, and an openness to closeness are all factors in the development of good relationships and emotional adjustment. A mathematically significant positive connection ($p < .01$) was found between these constructs. This implies that young adults who believe they had a caring and supportive upbringing may have a healthier opinion of themselves and experience less intimacy fear, which will ultimately promote improved psychological health. Nevertheless, restrictions like sample size and correlational design are noted, emphasizing the necessity for additional studies with a bigger and more varied sample to confirm these findings.

Keywords: *Perceived Parenting Styles, Self-Concept, Fear of Intimacy, Psychological Health*

Parenting, self-concept, and intimacy make up the very important and indispensable aspect of one's life. Many people believe that a life in balance comprises of all three. Various types of intimate relationships with one's parents, oneself, and others have distinct and varied connotations. In this paper, Perceived parenting styles, self-concept, and fear of intimacy suggest some association among the three.

“Romantic relationships have significant effects on individuals' development of identity and personality along with their academic, social and emotional development; they also specify the quality of peer and family relationships.” (Sardogan, 2014)

Perceived parenting styles are the views of adolescents or children about styles of parental behaviors during their childhood. how they interpret parenting. Four identified parenting

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styles (Diana Baumrind, 1960s) are Authoritative, Authoritarian, Permissive, and Neglectful parenting styles.

Self-concept is “The individual's belief about himself or herself, including the person's attributes and who and what the self is.” (Roy Baumeister, 1999). One way that our self-concept evolves is via our interactions with other people.

Individuals in our lives might also impact how we identify with ourselves. Our perception of ourselves might also shift in response to the individuals we spend time with. This is especially valid for those in our lives who hold leadership positions. They may affect both the relational and collective selves (the selves in social groupings).

Fear of intimacy is a term used to describe a pervasive worry about forming intimate emotional or physical ties with someone. It is sometimes referred to as intimacy avoidance or attachment anxiety. It appears as a need for proximity, sometimes accompanied by an irrational need to withdraw as soon as intimacy grows.

It may stem from an imbalance of trustworthiness and susceptibility, a poor self-image, issues with self-control, and traumatic experiences in the past. It can be a major barrier to establishing and sustaining wholesome relationships.

THEORETICAL FRAMEWORK

Four types of parenting are identified by ‘the styles of parenting’ (Baumrind, 1996) are, authoritative, authoritarian, permissive, and neglect. A stable attachment and a positive self-concept are associated with authoritative parenting, which may lessen intimacy anxiety. Authoritarian, permissive, and uninvolved, may be linked to decreased self-worth and heightened anxiety over closeness. In Self-esteem theory (Rosenberg, 1979), the total assessment of oneself is called self-esteem. Higher levels of confidence and openness to intimacy are linked to high self-esteem. Intimacy can be hampered by low self-esteem since it might cause self-criticism and rejection anxiety. For fear of intimacy, Psychodynamic Theory (Freud): Adult intimacy anxiety may be a symptom of unresolved childhood conflicts, especially those involving attachment figures.

REVIEW OF LITERATURE

Fatah, N. A., Hartini, N. (2022). The findings showed that among early adults with divorced parents, fear of intimacy was connected with both self-esteem and perceived democratic parenting style.

Martin, A. D., Mathes, B. M., Schmidt, N. B. (2022). This investigation aims to determine whether an individual with hoarding disorder (HD) has a strong connection to their belongings. Accounting for stress, anxiety, and sadness Regardless of the hoarded assessment employed, there was a mixed relationship between the positive correlations between FOI and OA and the symptoms of hoarding. Significant indirect effects of FOI on hoarder behaviors were seen through OA.

Akbay, S. E., Gundogdu, H. (2021). Path analysis was utilized to identify factors influencing romantic intimacy and true self as part of the study's goal. The significance level for each analysis is 0.5. The most appropriate model was chosen among the alternatives in this study,

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which began with a model that related to the effects of humor styles on attachment styles. Mother attachment has been suggested as a predictor based on analysis results.

Perez-Gramaje, A. F., Gracia, O. F., Reyes, M., Serra, E., Gracia, F. (2020). The worst socialization outcomes were consistently found among aggressive adolescents. Teens who are aggressive or do not share this pattern: indulgent and authoritative parenting were consistently linked to better results than either authoritarian or neglectful parenting. Overall result demonstrates the beneficial effects of parental warmth, even with aggressive adolescents.

Lyvers, Michael, Edwards, Mark, Thorberg, Fred (2017). Analyses showed that TAS-20 alexithymia scores were negatively associated with depression, fear of intimacy, and insecure attachment. The link between alexithymia and insecure attachment was mediated by fear of closeness, even after adjusting for age, gender, and depressive state.

Sobral, M. P., Matos, P. M., Costa, M. E. (2015). They discovered a partner anxiety effect on female fear of intimacy after adjusting for age and relationship status. Fear of intimacy is linked to romantic connection in both genders.

Einav, M. (2014). An examination of the relationship between the parents and the quality of their parenting as well as the expectations of intimacy were found to be positively correlated, supporting the attachment hypothesis.

METHODOLOGY

Aim: To study the relationship between perceived parenting styles, self-concept, and fear of intimacy.

Objectives: To assess the relationships among the variables Perceived parenting styles, self-concept, and fear of intimacy.

Hypothesis:

- H1. There will be a significant relationship among perceived parenting styles, self-concept, and fear of intimacy.
- H2. There will be no significant relationship among perceived parenting styles, self-concept, and fear of intimacy.

Sampling Techniques:

The research intended to find the correlation among variables perceived parenting styles (authoritarian, authoritative, and permissive), self-concept (physical, social, temperamental, education, moral, intellectual), and fear of intimacy in 186 (Female= 131, Male= 54, non-binary = 1) participants between the age group 18-50 years.

Tools Used: Perceived parenting styles (PPS)- developed by Divya and Manikandan (2013), Self-Concept Questionnaire (SCQ) by Dr. Raj Kumar Saraswat, and Fear of intimacy- Fear of Intimacy Scale (FIS) developed by David Burns (1980).

Procedure

Every individual was instructed properly about the study and the format of questions. They were made comfortable and free to ask any question regarding the test and were asked for

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the consent for study. The instructions were repeated and guided appropriately. They were assured of confidentiality. They were asked to report their problems regarding the questions if any. The research problem was acknowledged and the targeted population was selected by convenience sampling method. Pearson's correlational analysis was done using SPSS statistical software.

RESULT AND DISCUSSION

Table 1: correlation among Perceived parenting styles, self-concept, and fear of intimacy

		Correlations		
		PPS	SCSCORE	FISSCORE
PPS	Pearson Correlation	1	.267**	.191**
	Sig. (2-tailed)		.000	.009
	N	186	186	186
SCSCORE	Pearson Correlation	.267**	1	.296**
	Sig. (2-tailed)	.000		.000
	N	186	186	186
FISSCORE	Pearson Correlation	.191**	.296**	1
	Sig. (2-tailed)	.009	.000	
	N	186	186	186

** . Correlation is significant at the 0.01 level (2-tailed).

The correlational analysis performed in Table 1 revealed a strong positive correlation ($r=.267$, $p < .01$) between self-concept and perceived parenting styles, suggesting that those with respectable and positive parenting style perceptions additionally possess effective self-concepts. Kour, S., Rani, F. (2018). Hierarchical multiple regression and correlation were used to analyze the data. There were found to be moderate and substantial relationships between the teenagers' self-concept and their perception of parenting styles (democratic, autocratic, and accepting). Tunç, A., Tezer, E. (2006). Those who thought of their parents as "authoritarian" and those who thought of them as "authoritative" and "permissive/indulgent" had significantly different self-esteem scores. Additionally, there is a significant association ($r=.296$, $p < .01$) between intimacy aversion and self-concept, indicating that those with more sophisticated and favourable self-concepts also experience intimacy aversion. Han, H., Lee, J. (2022). From their analysis, it became clear that the association between adult attachment and the fear of intimacy was mediated by self-differentiation and self-esteem. Lastly, there is a positive association between perceived parenting styles and fear of intimacy ($r=.191$, $p < .01$), indicating that individuals with higher levels of fear of being intimate also evaluate parenting styles more favourably. Hartini, N., Fatah, N, A. (2022) The findings showed that among early adults with divorced parents, fears of intimacy were connected with self-esteem and the perception of a democratic parenting style.

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Figure 1: scatterplot showing the correlation between perceived-parenting styles and self-concept

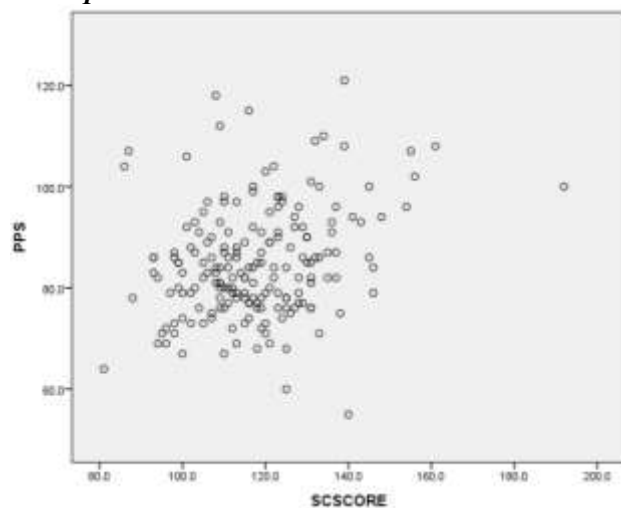


Figure 2: scatterplot showing the correlation between fear of intimacy (FISSCORE) and self-concept (SCSCORE)

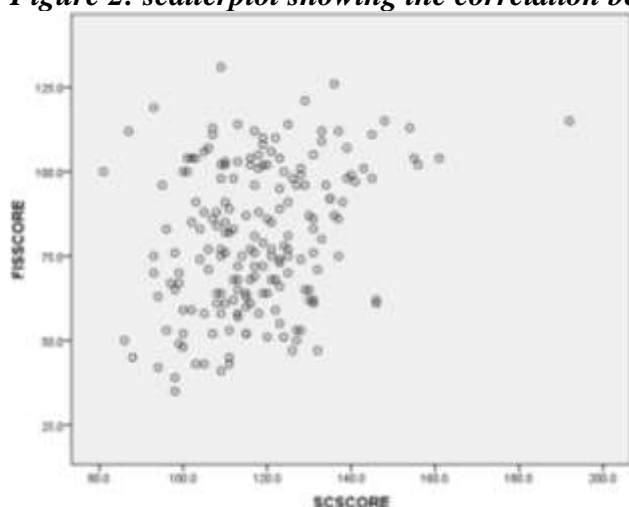
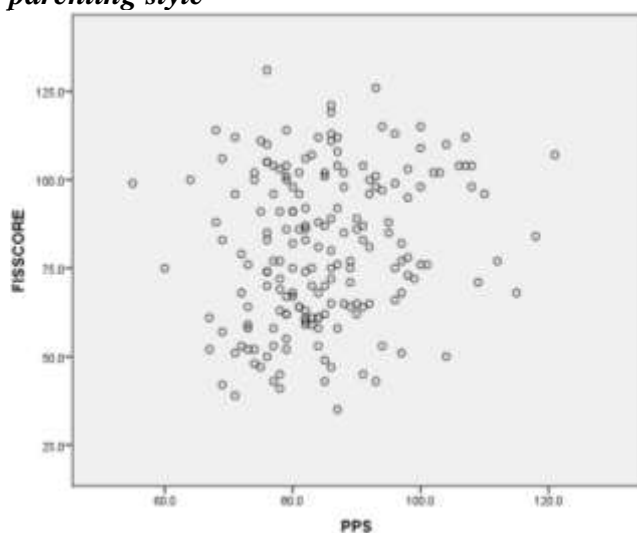


Figure 3: scatterplot showing the correlation between fear of intimacy (FISSCORE) and perceived parenting style (PPS)



CONCLUSION

The purpose of the study was to evaluate the association between the three variables—fear of intimacy (FOI), self-concept (SC), and perceived parenting styles (PPS)—among the 186 participants. The data analysis supported the hypothesis (H1). The analysis concluded that PPS, SC, and FOI have a positive association. These findings highlight the complex interrelationships among young people's FOI, SC, and PPS, highlighting the necessity of using a multifaceted approach when examining psychological dimensions in this demographic.

Limitations

Even though the study has shed a great deal of light on the subject under investigation, there are still certain issues that must be resolved. The results may not be as broadly applicable as possible given the small number of participants (186). It's possible that the findings don't accurately reflect all young adults. Only a correlation, not a cause and effect, can be proven by the study. It is impossible to say if parenting practices directly contribute to changes in intimacy-related anxiety and self-concept, or vice versa. Participant self-reporting is the foundation for perceived parenting techniques and self-concept, yet it is prone to bias and memory distortion. Think of including tests with parents or impartial third parties. Data are collected for the study all at once. It is unable to predict the course of the relationships or how these variables will evolve. Extensive research that tracks individuals over an extended period might enhance the results. These restrictions ought to be addressed in future studies to increase accessibility for the broader public.

Implication

The study revealed that perceived parenting styles, self-concept, and fear of intimacy are associated with one another. They have a great influence on one another. The study emphasizes how parental practices may impact young adults' perceptions of themselves and their aversion to closeness. Interventions meant to promote healthy relationships can benefit from this understanding. The results highlight how early experiences have a lasting effect on relationships throughout adulthood. This emphasizes how crucial it is to have positive parenting techniques. The development of focused interventions for young adults who struggle with intimacy can be influenced by recognizing the relationships between parenting methods, self-concept, and fear of intimacy. This signifies when given interventions for self-concept, it will also affect factors of intimacy as well. Parenting styles play a huge role in shaping one's self-concept, starting in childhood itself. It is plausible to suggest that heightened instances of overly protective parenting may also be associated with elevated levels of intimacy-related anxiety in young adults or kids.

Recommendations

Future research is to monitor how parenting philosophies, self-perceptions, and intimacy fears evolve a longitudinal study should be established. To improve the generalizability of the results, enlist a bigger and more varied sample. The multi-method approach, to obtain a more thorough knowledge of the links, combines self-reported data, observational measurements, and parental input.

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Conflict of Interest

The author(s) declared no conflict of interest.

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