

## Impact of Perceived Parenting Styles and Perceived Stress on Procrastination among Young Adults

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### ABSTRACT

The focus of the research is to study the relationship between perceived parenting styles, perceived stress and procrastination among young adults. By investigating the interplay between these elements, I aim to provide a comprehensive understanding of how they contribute to Procrastinating behaviour. Focus is to explore the intricate dynamics surrounding procrastination among young adults, delving into the influential factors of perceived stress and Parenting styles. A total of 177 young adults (79 Males and 98 females) were selected using random sampling methods. Tools that were used in the research were Perceived Parenting Scale, Perceived Stress Scale and General Procrastination Scale. Results suggested that there is a significant relationship between Perceived Parenting style, perceived stress and Procrastination, it also suggests that the ratio between procrastination levels of males and females yielded a result of 2.051. with regression analysis we find that Authoritarian parenting style have significant impact of Procrastination.

**Keywords:** *Perceived Parenting Styles, Perceived Scale, Procrastination, Young Adults*

Every parent has a different approach in how to interact and guide their children. A child's morals, principles, and conduct are generally established through this bond. Parenting styles are defined as a constellation of parents' attitudes and behaviours towards children and an emotional climate in which the parents' behaviour are expressed. Parenting is a process that prepares the child for independence. Parenting or child rearing promotes and supports the physical, emotional, social, spiritual and cognitive development of a child from infancy to adulthood. Parenting refers to the intricacies of raising a child and not exclusively for a biological relationship. There are four types of parenting styles: Authoritative, Authoritarian, Permissive and Uninvolved.

Perceived stress is the way someone understands the amount of stress they are exposed to in a given period. It is a tendency to view life situations as stressful and overwhelming. It is also defined as the extent to which people perceive that their demands exceed their ability to cope. Perceived stress is the feelings of thoughts that an individual has about how much stress they are under at a given point in time or over a given time period. Perceived stress Incorporates feelings about the uncontrollability and unpredictability of one's life, how often one has to

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deal with irritating hassles, how much changes are occurring in one's life, and confidence in one's ability to deal with problems or difficulties. Individuals may suffer similar negative life events but appraise the impact of severity of these different extents as a result of factors such as personality, coping resources, and Procrastination is the act of delaying or putting off tasks until the last minute, or past their deadline, despite knowing that there will be negative consequences for doing so. It's not a mental health disorder, but it can cause psychological distress and negatively affect your personal, school, or work lives. Procrastination means delaying or postponing something that needs to be done usually because it's unpleasant or dull. Procrastination is an active process where we choose to do something else instead of the task that we know we should be doing.

Procrastination usually involves ignoring an unpleasant, but likely more important task, in favour of one that is more enjoyable or easier. But giving in to this impulse can have serious consequences. Procrastination tends to reflect a person's struggles with self-control.

Parenting styles or how an individual reared can significantly impact a child's development, including their ability to cope with stress and manage tasks effectively once they grow up. It is important for the parents to provide a supportive and structured environment to the child.

### **REVIEW OF LITERATURE**

- Hamidreza Z (2013) found that the “acceptance - involvement” and “behavioural strictness-supervision” style had a significant predictive power for the academic Procrastination while conducting a research on the relationship between parenting styles and academic Procrastination.
- Arslan k (2019) provided evidence that Procrastination enhances stress in young adults and that negative parenting styles had a positive correlation with Procrastination by examining the relationship between Procrastination, perceived stress, and parenting styles.
- Soysa and weiss (2014) established that academic procrastination and maladaptive perfectionism as concurrent mediators in the relationships between perceived parenting styles and test anxiety, except for perceived authoritarian mothering.
- Pychyl, coplan et.l (2014) did a research which revealed significant interactions between parenting styles, adolescent gender and self-worth. For females only, the effects of maternal authoritative and Authoritarian parenting on Procrastination were mediated through the self - system, whereas paternal parenting had a direct relation with Procrastination.
- Maria I, Argiropoulou & Joseph R. (2015) Examined the chronic Procrastination among emerging adults and revealed that males showed higher Procrastination compared to females. High procrastinators also reported Lower consciousness and higher neuroticism.
- Tea Y and Suk-san K (2015) found that maternal care and paternal overprotection were significantly associated with depression. Also, maternal overprotection was the only significant predictor of smartphone addiction. Results suggested that students who perceive that both father and mother are low in care, warmth, and support; but high in overprotection, control and intrusiveness are vulnerable to depression and smartphone addiction.

## **METHODOLOGY**

*Aim:* The aim of the study is to examine the impact of perceived stress and perceived parenting styles on Procrastination among young adults.

### *Objectives*

- Assess the relationship between perceived stress, perceived parenting styles (Authoritative, Authoritarian and Permissive) and Procrastination tendencies among young adults.
- Assess the impact of perceived stress on Procrastination.
- Assess the impact of perceived parenting styles (Authoritative, Authoritarian and Permissive) on Procrastination.

### *Hypothesis*

- **H1** - There will be a significant relationship between perceived stress, perceived parenting style (Authoritative, Authoritarian & Permissive) and Procrastination.
- **H2** - There will be a significant impact of perceived stress on Procrastination.
- **H3** - There will be a significant impact of perceived parenting style (Authoritative, Authoritarian & Permissive) on Procrastination.

### *Variables*

#### **Independent**

- Perceived stress
- Parenting style

#### **Dependent**

- Procrastination

### *Sample size*

The sample taken of this research were young adults (18 - 26 years old). Responses were taken from 177 young adults (79 Males & 98 Females). The sample design that was used is Random Selection.

### **Inclusion and exclusion criteria:**

Inclusion criteria -

- Responses were collected only from individuals in the age range of 18 to 26 of age irrespective of gender.
- Responses were collected only after consent.
- Individuals willing to participate in evaluating their stress and Procrastination level.

Exclusion criteria -

- Individuals older than 26 years and younger than 18 years.
- Individuals with any diagnosed cognitive impairment or intellectual disability that could hinder their ability to understand and respond to the research assessment accurately.

### **Research design:**

Quasi-Experimental research

**Tools**

1. The General Procrastination Scale (GPS): The scale has high reliability of 0.713 and validity of the tool is checked by employing factor analysis, showing the existence of the five factors, and that was the only interpretable solution. The five factors are grouped as: good planning, delaying, doing things at the last minute, good time management and poor time management.
2. Perceived Parental Style Scale (PPS): scale has good reliability and validity, with Cronbach's Alpha coefficient of 0.87, with 0.81 in Authoritarian, 0.7 in Authoritative and 0.86 in permissive parenting styles indicating high internal consistency. Author claim that it has face validity.
3. Perceived Stress Scale (10 items) (PSS): Scale has good internal consistency reliability with Cronbach's Alpha coefficient ranging from 0.71 to 0.91. The ICC for the total score is 0.91.

**RESULT**

**H1:- There will be a significant relationship between perceived stress, perceived parenting (Authoritative, Authoritarian and Permissive) style and Procrastination.**

Authoritative Parenting style have mean of 37.1582 and standard deviation of 6.57283, Authoritarian parenting style have mean of 26.7006 and SD of 7.80629, Permissive parenting style have mean of 25.0565 and SD of 8.12314, Stress have mean of 20.4294 and SD of 6.79127 and Procrastination have mean of 64.7684 and SD of 11.42005.

The correlational analysis was done using SPSS which showed that the correlation between authoritative parenting style and stress is  $-.266$  which is significant at 0.01 level and the correlation between Authoritative Parenting style and Procrastination is  $-0.111$ , correlation between Authoritarian parenting style and stress is  $0.340$  which is significant at 0.01 level and correlation of Authoritarian and Procrastination  $.249$  which is significant at 0.01 level, correlation between Permissive parenting style and stress is  $.242$  which is significant at 0.01 level correlation between Permissive parenting style and Procrastination is  $.159$  which is significant at 0.05 with Procrastination and Stress & Procrastination have a correlation of  $0.064$  which is not significant.

T-Test was calculated to investigate the ratio between the Procrastination level of males and Females which came out to be 2.051 regression analysis was also done.

**Descriptive Statistics**

	Mean	Std. Deviation	N
Authoritative	37.1582	6.57283	177
Authoritarian	26.7006	7.80629	177
Permissive	25.0565	8.12314	177
PSS	20.4294	6.79127	177
GPS	64.7684	11.42005	177

**Independent Samples Effect Sizes**

		Standardizer <sup>a</sup>	Point Estimate	95% Confidence Interval	
				Lower	Upper
GPS	Cohen's d	11.32650	.299	.001	.597
	Hedges' correction	11.37534	.298	.001	.594
	Glass's delta	12.83143	.264	-.035	.562

a. The denominator used in estimating the effect sizes.

Cohen's d uses the pooled standard deviation.

Hedges' correction uses the pooled standard deviation, plus a correction factor.

Glass's delta uses the sample standard deviation of the control (i.e., the second) group.

**Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	53.473	8.006		6.679	<.001
	Authoritative	.004	.145	.002	.027	.979
	Authoritarian	.329	.144	.225	2.282	.024
	Permissive	.010	.133	.007	.073	.942
	PSS	.104	.133	.062	.783	.435

a. Dependent Variable: GPS

**DISCUSSION**

The result suggests with regards to parenting styles, authoritative parenting, characterised by warmth and reasonable expectations, exhibited a mean of 37.1582 and a standard deviation of 6.57283. The negative correlation between authoritative parenting and stress (-0.266) was significant at the 0.01 level, indicating that individuals raised in authoritative environments tended to experience lower stress levels. Additionally, the negative correlation between authoritative parenting and procrastination (-0.111) suggests that such parenting fosters effective self-regulation, with individuals displaying reduced procrastination tendencies.

In contrast, authoritarian parenting, with a mean of 26.7006 and a standard deviation of 7.80629, showed a positive correlation with stress (0.340) and procrastination (0.249), both significant at the 0.01 level. This suggests that individuals raised under authoritarian parenting, characterized by strict control and low warmth, tend to experience higher levels of stress and engage in more procrastination behaviors.

Permissive parenting, with a mean of 25.05565 and a standard deviation of 8.12314, exhibited a positive correlation with both stress (0.242) and procrastination (0.159), significant at the 0.01 and 0.05 levels respectively. This indicates that while the warmth of permissive parenting may offer emotional support, the lack of clear boundaries and expectations may contribute to higher stress levels and procrastination tendencies.

Furthermore, the non-significant correlation between stress and procrastination (0.064) suggests that while these factors may co-occur, they are influenced by other variables independently.

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The T-test conducted to investigate the ratio between procrastination levels of males and females yielded a result of 2.051. This indicates that there is a significant difference in procrastination levels between males and females. A T-test compares the means of two groups to determine if there is a statistically significant difference between them. In this case, the test suggests that males and females exhibit different levels of procrastination tendencies.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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