

Research Paper

A Study on Parenting Style and Parenting Stress Among Parents of Children with Odd (Oppositional Defiant Disorder)

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ABSTRACT

This study examines the potential buffering a study on parenting style and parenting stress among parents of children with ODD. This investigates the relationship between parenting styles and parenting stress among with oppositional defiant disorder (ODD) utilizing a mixed-methods approach. A sample of 43 parents participated in the study, completing self-report measures assessing, parenting style and parenting stress. Demographic variables were taken age, gender, education and socioeconomic status. Correlation and t-test, and anova were used for data analysis. Parenting style and parenting stress scale were used to analysis. The findings aim to inform targeted interventions and support systems tailored to enhance the well-being of both parents and ODD children within the family unit. The results showed that there was a significantly negative relationship between authoritative and authoritarian parenting style as well as oppositional disorder. Results from hierarchical correlation coefficient indicated that both parenting style and parenting stress were significant predictors of permissive parenting style among parents of children with ODD, even after controlling for demographic variables. Implications for clinical practice and future research directions are discussed.

Keywords: *Parenting style, parenting stress, ODD*

Oppositional Defiant Disorder (ODD) is a behavioural disorder that is characterised by a recurrent pattern of angry or irritated mood, argumentative or defiant behaviour, or vindictiveness that lasts for at least six months and is frequently directed against authority figures. The symptoms often manifest themselves throughout childhood or adolescence, and they have the potential to greatly hinder functioning in a variety of situations, including the family, the classroom, and social settings. Children with ODD often exhibit behaviours such as frequent temper tantrums, excessive arguing with adult, refusal to obey adults' requests and questioning rules, deliberate attempts to annoy or upset people, easily provoked to anger or annoyance, frequent anger or irritation, spiteful attitude and seeking revenge. These emotional and behavioural issues can significantly impact family life, social activities, school, and work. It's essential to recognize that ODD symptoms generally begin during preschool years and may persist into adolescence. The severity of ODD can vary from mild to severe, affecting different settings such as home,

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school, and social interactions. ODD or Oppositional Defiant Disorder, is a behavioral disorder primarily observed in children and adolescents. It is characterized by a pattern of defiant, disobedient, and hostile behavior toward authority figures. While the exact etiology of ODD remains complex and multifaceted, several factors are believed to contribute to its development such as genetic factors, neurobiological factor, environmental influences, psychosocial factor and family style. There are various signs and symptoms of odd such as frequent temper tantrums, excessive arguments with adults, refuse to obey adults request, deliberate attempts to annoy or upset people, easily provoked to anger or annoyance, frequent anger or irritation, spiteful attitude and seeking revenge. ODD can be diagnosis through psychological exam, family-based intervention, parent-child interaction therapy (pcit), individual and family therapy, problem-solving training. Comorbidity of odd such as ADHD, conduct disorder, mood disorder, substance abuse disorder.

Parenting style

The study that was done by Diana Baumrind, a developmental psychologist at the University of California at Berkeley, in the 1960s is the foundation for the parenting styles that are popularly utilized in the field of psychology today. Over the course of the 1980s, Maccoby and Martin made more contributions by improving the model.

Diana Baumrind's Parenting Styles Theory:

Baumrind observed that pre-schoolers had a variety of behaviors that were distinct from one another throughout his observations. A certain parenting style was found to have a strong correlation with each and every type of behavior studied. A tight connection exists, according to Baumrind's idea, between the manner in which parents raise their children and the outcomes of their children's lives. Actions taken. When it comes to child development and results, different parenting styles can have a significant impact on different outcomes. Initially, Baumrind recognized three distinct parenting styles: authoritative parenting, authoritarian parenting, and permissive parenting. These types were determined based on considerable observation, interviews, and analysis. In the vast array of parenting ideas, the theory developed by Diana Baumrind and the parenting styles developed by Baumrind are the most widely used. This three-parenting-styles model was developed by Maccoby and Martin (1983) using a two-dimensional framework. Diana Baumrind is noted for her work on classifying parenting styles; nevertheless, Maccoby and Martin were the ones who did this. Permissive parenting, also known as indulgent parenting, and neglectful parenting, also known as uninvolved parenting style, are the two distinct types of parenting styles that they developed upon from Baumrind's permissive parenting style. Sometimes referred to as the Diana Baumrind parenting styles or the Maccoby and Martin parenting styles, these four parenting styles are what are being discussed here. The four types of Parenting Styles are: Authoritative, Authoritarian (or Disciplinary), Permissive (or Indulgent), Neglectful (or Uninvolved).

LITERATURE REVIEW

The relationship between parenting styles and attention deficit hyperactivity disorder among Iranian parents (Alizadeh, H. and Andries, C., 2002). Parenting styles, anxiety, and depressive symptoms in children and adolescents (Romero-Acosta, K. et al., 2021). The association between authoritarian parenting style and inventiveness of sixth-grade female students (2021). Longitudinal relationship between parenting stress and oppositional defiant disorder (odd) symptoms among Chinese children with odd (Liu, X. et al., 2018). ADHD, parenting practices, and parenting styles: Predicting oppositional defiant behavior in the

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home and classroom (Sheraz, A. and Najam, N., 2015). One case study examining how mothers with oppositional defiant disorder might reduce their children's anger and oppositional symptoms by using phone-based behavior management training (Jamali, Z. and Khodabakhshi-Koolae, A., 2019). Parenting styles, career self-efficacy, and career maturity of Asian Americans (Wu, M. and Chung, R.G. (2010). An examination of the connection between parental self-efficacy, parenting effectiveness, and the emotional well-being of both parents and children (Hamovitch, E.K., Acri, M.C. and Bornheimer, L.A., 2019). Parental attentiveness and adult attachment style during a tense situation (Edelstein, R.S. et al., 2004). Review of the scope of parenting approaches for kids with oppositional defiant disorder (Nadi, M. et al., 2021). An analysis of how dyadic coping functions as a mediator between parenting stress and marital satisfaction (EREN KURT, İ. and AKBAŞ, T. (2020). Parenting stress among parents of children with neurodevelopmental disorders (Craig, F. et al., 2016). The relationship between depression, stress as a parent, and informant agreement in ADHD and unusual (van der Oord, S. et al., 2006). Stressful parenting in families with children diagnosed with attention-deficit/hyperactivity disorder: the influence of comorbid oppositional defiant disorder and ADHD subtype (Miranda, A., Marco, R. and Grau, D). Mediating effects of parenting on early stress and odd symptoms (Metcalf, L.A. et al., 2008). The purpose of the study is to demonstrate the familiarity with the topic, theoretical framework and to evaluate the current state of research and address the research gap with the knowledge of the scholarly debates around the topic.

Objectives

To find out a relationship between Parenting style and Parenting stress among parents of children with ODD.

Hypothesis

There will be a relation between Parenting style and Parenting stress among parents of children with ODD.

METHODOLOGY

The present study utilized a quantitative study and a descriptive research design. The sample for this study. The sample for this study was selected by purposive sampling. The current study has a sample size of 43 participants. The inclusion criteria for this study include individual age range of 22 to 49 of both gender, who are actively engaged in caregiving for odd children and clinically diagnosed. Include parents of children who are **above 3 years** and **below 9 years**. Authoritative, Authoritarian, Permissive styles of parenting are taken. The exclusion criteria for this study comprise individual younger than 22 years old, non-family members, and those with medical conditions that would preclude their participants. Exclude of Neglectful Parenting style. The chosen participants were seated comfortably and they were interviewed in person about their demographic variables. The participants were asked to answer The Parenting Style Questionnaire by Robinson, The Parental Stress Scale developed by Berry, JD, & Jones, W.H. (1995) evaluated and analysed.

Instrument Used

- **Parenting style questionnaire:** "The Parenting Style Questionnaire by Robinson is a tool designed to assess an individual's parenting style. It consists of a series of questions aimed at understanding how parents interact with their children, discipline methods used, levels of warmth and support, and expectations placed on their children. The questionnaire helps to identify whether parents exhibit authoritative,

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authoritarian, permissive, or uninvolved parenting styles, providing valuable insights for parenting interventions and support." Scores range from "Never" to "Always" on a 6-point scale. At the end of each section, add up the scores and divide it by the number of questions in that section. The calculated score is your total score for that category. The highest score indicates your preferred parenting style. Internal consistency reliabilities from Robinson et al.'s (1995) original study of the PPQ for the 3 scales are good to excellent; ranging from .75 (Permissive) to .86 (Authoritarian) and .91 (Authoritative).

- Parenting stress questionnaire:** "The Parental Stress Scale" developed by Berry, JD, & Jones, W.H. (1995) is a self-report questionnaire designed to assess the level of stress experienced by parents in their role as caregivers. The scale consists of items that tap into various sources of stress commonly encountered in parenting, including child-related stressors, parental role restriction, and perceived parenting competence. Parents rate each item on a Likert scale indicating the degree to which they experience stress in each domain. The scale provides a quantitative measure of parental stress levels, allowing researchers and clinicians to assess stress levels, identify areas of concern, and implement interventions to support parents in managing stress effectively. Scores range from "Strongly Disagree" to "Strongly Agree" on a 5-point scale. To compute the parental stress score, items 1, 2, 5, 6, 7, 8, 17, and 18 should be reverse scored as follows: (1=5) (2=4) (3=3) (4=2) (5=1). The item scores are then summed. The total score ranges from 18 – 90, with higher scores reflecting greater parenting stress.

ANALYSIS AND INTERPRETATION

Table showing the correlation coefficient between parenting style and parenting stress among the parents of children with ODD.

SN	Variable	N	Mean	S.D	DF	Correlation (r)	P- Value
1	Authoritative Parenting Style	43	40.30	16.143	42	-0.402	0.007
	Parenting Stress	43	58.56	15.397			
2	Authoritarian Parenting Style	43	41.86	14.553	42	-0.467	0.002
	Parenting Stress	43	58.56	15.397			
3	Permissive Parenting Style	43	15.12	6.734	42	0.789	0.000
	Parenting Stress	43	58.56	15.397			

There will be a relation between Parenting style and Parenting stress among parents of children with ODD.

Table shows the correlation coefficient between the scores of authoritative parenting style and parenting stress of children with ODD. The attained correlation coefficient value of authoritative parenting style on parenting stress is -0.40 which is significant at 0.01 level. Thus, the result shows that there is a significant negative correlation between authoritative parenting style on parenting stress.

The correlation coefficient between the scores of authoritarian parenting style and parenting stress among parents of children with ODD. The attained correlation coefficient value of authoritarian parenting style and parenting stress is -0.46 which is significant at 0.01 level.

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Thus, the result shows that there is a significant negative correlation between authoritarian parenting style and parenting stress.

The correlation co-efficient between the scores of permissive parenting style and parenting stress among parents of children with ODD. The attained correlation co-efficient value of authoritarian parenting style and parenting stress is 0.78 which is significant at 0.00 level. Thus, the result shows that there is a significant positive correlation between permissive parenting style and parenting stress.

The result implies that, the stated hypothesis is accepted which denotes that there is a significant relationship between Parenting style and Parenting stress among parents of children with ODD. **Therefore, the alternative hypothesis is accepted.**

Limitation of the Study

1. In the light of the scope, limitation and results obtained with reference to the present investigation for the following suggestion for the further research,
2. This study is limited only to the parents of children with ODD.
3. The result of the present study could not be generated as the sample was from specific age group and also the result could vary for different age groups
4. Since the area of the study was vast, the time period of the study was relatively short.
5. The respondents had a tendency to respond in a socially desirable manner.
6. The size of the sample for the current study is relatively small.

CONCLUSION

As previously discussed, each parenting style has a unique impact on the conduct of children; nonetheless, the authoritarian and permissive approaches tend to have more detrimental and detrimental consequences. Thus, it is vital to pay more attention to the effects of parenting styles and their negative and damaging consequences, as per the study's findings. Therefore, it is important to inform parents about these training methods and how they affect their kids. The setting up of parenting education programs in schools and nearby homes will make this feasible. The following are the recommendations made for further studies, this research has the potential to be conducted in various contexts with sample. It is possible to do cross-sectional studies with various populations. Intervention measures to decrease psychological distress may be included in studies for improved results. Different degrees of psychological suffering can be studied side by side.

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Conflict of Interest

The author(s) declared no conflict of interest.

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