

Parenting Styles Influencing Personality Development of Catering Students

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ABSTRACT

Family is the main pillar of child's personality development. Elements of family life such as parenting style and parental attitudes profoundly affect the psychosocial and personality development of adolescents. Parenting style is a psychological construct representing standard strategies that parents use in child rearing. The quality of the relationship between parents and children are considered as the determining factor of adjustment, interpersonal interaction. Psychological and emotional atmosphere dominant on the family form the behavioral and personality characteristics of children. (Sarmast, 2006). Identity and personality formation during adolescence is profoundly influenced by the dyadic parent-child relationship. When parenting is dysfunctional, internalization and continuity of parental values become problematic. Various studies indicate that one of the most effective factors on the development and formation of adolescent personality is their parent's parenting practices. (Belsky & Barrendz 2008; Prinzich et. al. 2004). The present study investigates two dimensions of parental style, "Care & overprotection" on adolescent personality. Personality development Index by K.V. Kaliappan & S. Karithikeyan and parental bonding instrument by Gordon Parker, Hilary Tupling are the tools used. The relationship and outcome of each dimension of parenting style will be discussed with personality of adolescent. SPSS package will be used for statistical analysis.

Keywords: *Student, Personality, Parenting Style, Parent-Child Relationship.*

Family is the main pillar of child's personality development. Elements of family life such as parenting style and parental attitudes profoundly affect the psychosocial and personality development of adolescents. Parenting style is a psychological construct representing standard strategies that parents use in child rearing. Various studies indicate that one of the most effective factors on the development and formation of adolescent personality is their parent's parenting practices. (Belsky & Barrendz 2008; Prinzich et. al. 2004). The research of Diana Baumrind

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indicated four basic elements that could help shape successful parenting, responsiveness Vs unresponsiveness and demanding Vs undemanding. From these three general parenting styles are identified, authoritative, authoritarian, permissive. It has been elaborated on by (Maccoby and Martin, 1983; Steinberg *et al.*, 1994b; Hetherington *et al.*, 1999). The researchers concluded with four styles of parenting –authoritative, authoritarian, indulgent, and neglectful.

Adolescence is an exciting and dynamic period for young people. It is transition from dependence to independent relationships with parents, the style of parenting can play an important role in helping the adolescents to face this great challenge. (Mckinney & Renk,2008). The strongest factor in molding a child's personality is his relationship with his parents. If the parents love generously, with non possessive affect and treat the child as a person who has both rights and responsibilities in the family then the child develops normally.

In the current context adolescents face a great threat to their mental health, as the rates of depression, suicide, homicide, substance abuse etc. are on the rise. According to report by UNICEF 2012, each year 20 percent of adolescents experience mental health problems. Research evidence indicates that the single most consistent predictor of adolescent mental health and wellbeing is the quality of relationship the young people have with their parents. (Resnick *et al.*,1997). Positive parenting practices delay risk behaviour in risk naive youth, moderate behaviour in risk experienced youth and promote optimal youth development.

REVIEW OF LITERATURE

Muhammad Ebrahim *et al.* (2012) explored parenting styles and personality dimensions of adolescents. It revealed that authoritative parenting style contributes to positive characteristics like agreeableness, extraversion and openness, further recommended for parent training. Huang xiugin *et al.* (2010) found that inappropriate parental rearing styles influenced adolescent personality, they became introverted, withdrawn and aloof. Maddahi and Sammadzaden (2010) in their study revealed that authoritative and authoritarian parenting style had positive relation with children's personality and negative relation with permissive parenting style. Robert F Krueger *et al* (2009) concluded from his study that parenting style shaped children's personality. R.N.Rai and R.C.Pandey (2009) found that perceived parental rearing style had an influence on anxiety, depression, hostility and self esteem of adolescents. Simons and Conger (2007) investigated parenting styles between mothers and fathers in two-parent families and found that having two authoritative parents was associated with the best outcome for adolescents (lowest levels of depression and greatest commitment to school), though even having just one authoritative parent seemed to buffer the adolescent against negative consequences. Sarmast, (2006) found in his study that, the quality of the relationship between parents and children are considered as the determining factor of adjustment, interpersonal interaction. Psychological and emotional atmosphere dominant on the family form the behavioral and personality characteristics of children.

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Aim:

- To analyze the influence of parenting style on adolescent's (Catering students) personality development.

Objectives of the Study

1. To find the difference between the mother's and father's parenting style.
2. To find the influence of parenting styles on personality development of adolescent catering students.

Hypotheses

1. There would be a significant difference in mother's and father's "care" dimension of parenting style towards their adolescents
2. There would be a significant difference in mother's and father's "overprotection" dimension towards their adolescent children.
3. There would be a significant relation between mother's parenting style and adolescent's personality development.
4. There would be a significant relation between father's parenting style and adolescent's personality development.

METHOD OF INVESTIGATION

Nature of Research Design

The present study used ex-post facto research design. Ex-post facto research is a systematic empirical inquiry in which the researcher does not have direct control over the independent variables because their manifestations have already occurred or because they are inherently not manipulative while inferences about relations among variables are made, without direct intervention, from variation of independent and dependent variables. (Kerlinger, 1964).

Selection criteria of sample

The following inclusion and exclusion criteria were adopted for selection of the sample:-
Inclusion criteria- Good health status, Willing to participate, Male Students from catering college in Trichy.

Exclusion criteria- Students below 13 and above 18 and Female students were excluded

Sampling technique

After defining the population based on exclusion and inclusion criteria, a sample of 30 was selected, through simple random sampling method. Random sampling from a finite population gives each possible sample in the entire population an equal chance of being selected. (Kothari, 1985).

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Sample description

The samples included in this study were adolescent students from Jenny's catering college and hotel management in Trichy. A total of 30 participated in this study. The age of the participants ranged from 17 -18 years.

Variables used for the present study

Parenting styles, Personality.

Operational definition of the variables

Parenting styles- A pattern used by parents in upbringing their children.

Adolescence- In the study adolescents refer to boys aged 17 – 18..

Personality- The dynamic entity governing oneself and others for development.

Tools Used For Study

Name of the Tool	Author	Year	Variables Measured
Parental bonding instrument (PBI)	Gordon Parker, Hilary Tupling and L.B. Brown	1997	Quadrants of parenting
Personality development index	K. V. Kalliappan & S. Karthikeyan	1996	Dimensions of personality

Description of the tool used

Personal data sheet

This personal data sheet gives information about the demographic details like age, education, socio- economic status and family pattern.

Parental Bonding Instrument (Pbi)

Parental Bonding Instrument developed by Hilary Tupling and L.B.Brown. Two dimensions termed 'care' and 'overprotection' or 'control', measure fundamental parental styles as perceived by the child. The measure is to be completed for both mothers and fathers separately. There are 25 item questions, including 12 'care' items and 13 'overprotection' items. Scoring – Care- Items: 1, 5, 6, 11, 12, 17: 3, 2, 1, 0 (direct scoring). Items: 2, 4, 14, 16, 18, 24 -reverse scoring. Overprotection- Items: 8, 9, 10, 13, 19, 20, 23 – 3, 2, 1, 0 (direct scoring). Items: 3, 7, 15, 21, 22, 25 -reverse scoring

Personality Development Index

Personality development index (PDI) was especially developed to measure the ten dynamic areas of personality consisting of 84 statements. These are Social Concern, .Assertiveness, Value & Culture, .Leadership, Communication, Self Confidence. Reliability of the tool was found to be high and the correlation value was 0.63. The responses are obtained on a five point scale, ranging from strongly disagree, disagree, uncertain, agree and strongly agree. High scores indicate

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improved personality. This tool was specifically developed for Indian students. Scoring- The score of the subject of the 10 personality dimensions are calculated and a profile obtained.

Procedure for data collection

The study sample consisted of adolescent students aged 17-18 years from Jenney's college of catering and hotel management in Trichy. The director of the college was approached and the purpose and importance of the present study was explained by the investigator. After obtaining permission, a convenient date was fixed with the consent of the Director. The recruited students were briefed about the objective and purpose of the study. The students were instructed to follow the instructions and complete the questionnaire. The participation in the study was voluntary and participant's confidentiality was ensured. The respondents were advised that they could withdraw from the study even during the process. The filled questionnaires were collected back.

Statistical analysis used in the study

The data collected was subjected to analysis using statistical packages for social sciences (SPSS). The data was analyzed with Pearson's correlation and "t" test.

RESULTS AND DISCUSSION

Table I, Difference between mothers and fathers parenting style on Care dimension.

Variable	Groups	N	Mean	SD	't' value
Care	Mothers	30	26	6.02	0.69
	Fathers	30	27	6.14	

Not significant at 0.05 level

Table I indicates that there is no significant difference between mothers and fathers on "care" dimension of parenting style.

Table II, Difference between mothers and fathers parenting style on Overprotection dimension.

Variable	Groups	N	Mean	SD	't' value
Overprotection	Mothers	30	19	34.72	0.74
	Fathers	30	18	5.30	

Not significant at 0.05 level

Table II indicates that there is no difference between mothers and fathers on "overprotection" dimension of parenting style.

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Table III, Comparison of mothers parenting style with personality

Group	variable	Mean	SD	Correlation coefficient
Mothers	Care	26	6.02	0.43*
	Overprotection	19	34.72	-0.01

*significant at 0.05

Table III shows the correlation mothers parenting style and personality of adolescents. There is positive relation between care and parenting style and negative relation between overprotection and parenting style.

Table IV, Comparison of fathers parenting style with personality

Group	Variable	Mean	SD	Correlation Coefficient
Fathers	Care	27	6.14	0.49*
	Overprotection	18	5.30	-0.31

*significant at 0.05

Table IV shows that there is positive correlation of fathers care and personality and negative relation of overprotection and adolescent personality.

DISCUSSION

Family plays a major role in society in the process of human's socialization and acculturation. A number of studies indicate that one of the most effective factors on the development and formation of adolescent personality is their parents parenting practices. (Belsky & Barrendz, 2002; Prinzieh et al ., 2004). Parenting styles are patterns for children's training that is formed by the normative interaction of parents and how they respond to children's behavior. (Kaplan et al., 2002; cited in Desjardins, 2009).

In the present study on "Parenting styles influencing personality development of catering students", it was found that 21 mothers were high on care dimension and 9 were in low category. This suggests that majority of mothers were highly caring of their adolescent children, which can be attributed to "Attachment Theory". 19 mothers fall in the high category for overprotection dimension and 11 mothers fall in low category. It can be inferred that some of the mothers are not so overprotective of their children, where they give freedom to the child so that he develops autonomy. Autonomy helps in development of self confidence and self identity. Majority of parents were caring and overprotective of their child while a few are neither caring nor overprotective. Thus it was found from the study that fathers and mothers did not differ in their parenting styles. Therefore the hypothesis that there would be significant difference in care and overprotection dimension between mothers and fathers is rejected.

It can be inferred from the study that "care" dimension of parenting style of mothers has a moderate positive correlation with adolescent personality development whereas "overprotection"

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dimension of parenting style has a weak negative correlation with adolescent personality development. Thus it supports the hypothesis that there is a relation between mothers parenting style and adolescent personality development. So it can be said that mother's parenting style (care) influences the adolescent's personality development positively.

Fathers parenting style on care dimension influences personality development of adolescents positively. On dimension of overprotection fathers parenting style negatively influences personality development. Thus it supports the hypothesis that father's parenting style influences personality development of adolescents.. The results are similar with the study by Muhammad Ebrahim(2012) that parenting practices contributes to positive characteristics.

CONCLUSION

Overall it can be concluded that parenting style including "care" in it positively influences personality development of adolescent catering students. Parenting styles of fathers and mothers were similar on "care and overprotection" dimension for majority of parents. Further it can be said that "care" dimension positively influenced personality and "overprotection" of parents negatively influenced personality development of adolescent catering students.

IMPLICATION

The study will help parents in understanding their parenting patterns and will give insight into the negative and positive influences of their parenting style that affects their personality, behavior, wellbeing and later adult life. Parents can be trained on positive parenting, which will help them to equip the positive skills and implement it in their parenting style for the wellbeing of their adolescent children.

LIMITATION

Sample size is not large enough to generalize the results. The study is limited to only male adolescents of catering college. The study included sample from only one catering college.

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Conflict of Interests

The author declared no conflict of interests.

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