

Perception of Youth about Parenting Styles

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Abstract: *This study aims to understand the impact of four parenting styles i.e. Authoritarian, Authoritative, Permissive and Uninvolved on the personality of College going students. The three personality dimensions covered in the study includes Self Esteem, Decision making skills and Emotional stability. The study includes a sample of 244 girl's students of Delhi University. It also covers the impact of parent's educational status and profession on the adopted parenting style. The research found that half of the sample youths positively reported to have authoritative style of parenting. In most of the cases, the authoritarian parenting youths reported to have low self-esteem, poor social skills and low emotional stability, which reveals the impact of parenting style.*

Keywords: Parenting styles, Personality, Self –Esteem, Decision making, Emotional Stability

1. Introduction

The term parenting style refers to the kind of environment a child is raised in. The term was coined based on the work of famous developmental psychologist Diana Baumrind. According to her theory, there is an association between parenting style adopted by parents along with their children behavior which have an impact throughout their lives [6]. The parenting styles are categorized based on two aspects of parenting behavior i.e. demandingness and responsiveness. When parents wants to control their children's behavior and expects the child to behave in a mature manner that is called as demandingness. On the other hand, if the parents are sensitive to their children's age appropriate needs, that is called as responsiveness.

Based on the above criteria, the four types of parenting styles are Authoritarian, Authoritative, Permissive and Uninvolved.

1.1 Types of Parenting

The four types of parenting styles can be elaborated as follows:

Authoritarian parents always wants to control their child's behavior through various means such as harsh discipline, punishment and so on. Due to such behavior they maintain distance from the child and are found to be unresponsive and non-nurturing to their immediate needs.

The second type of parenting style i.e. authoritative or democratic parents are considered to be the best type of parenting style. In this, parents maintain a balance between being warm and responsive for children and raising expectations from them [7]. These parents move in a very systematic manner, they involve children in discussions, helping the child to express his/her views and also provide guidance with reasoning. They also set rules and enforce boundaries and aims to make the child independent. They are also said to be affectionate and supportive to children's needs and demands.

Further, the 3rd types of parenting style i.e. permissive or indulgent parenting, in this type parents are too responsive and warm to the needs of their children. They do enforce rules and boundaries for their children but find it difficult to

follow it. They are over caring and protective for children that they do not say no or disappoint them.

The last and 4th type of parenting style called as Uninvolved or neglectful parents are said to be indifferent to their children's needs. They do not set firm boundaries or expectations from their children. They are often uninvolved from their child's lives.

1.2 Parent youth relationship

Adolescence and early adulthood is a critical developmental period in which parents play a vital role. As per Erikson's theory, late adolescence and early adulthood goes through a crisis situation called as crisis of intimacy versus isolation. Thus, the youth with family support must determine how to develop and to maintain close friendships outside the family, as well as how to achieve reciprocity in romantic relationships. The parenting style adopted by the parents is a crucial factor which determines relationship between the parent and the adolescent age group child [8]. Various studies have emphasized the impact of parenting style on child's developmental outcomes such as performance at school, self-regulated learning, and self-esteem and over all well-being [9]. Thus current research has tried to understand the variation in parenting styles and its relationship with personality traits such as self-esteem, decision making ability and emotional stability exhibited by adolescent and young adults.

2. Review of Literature

Katsura et.al. (2018) The longitudinal research was conducted to study the behaviour patterns, in terms of externalizing or internalizing behaviour among children of both genders during preschool and elementary school years. The research findings resonate with the earlier research and has conclusively established a relationship between the behavioural problems and parenting methods used for disciplining the children. The study conclusively established the role of gender as a significant factor in terms of behavioural outcomes based on the parenting techniques.

Both authoritarian and permissive types are parenting are responsible for externalizing and disruptive behaviour in both boys and girls. Permissive parenting is also found to be

positively correlated to externalizing behaviour in boys. Authoritarian parenting has adverse effects both for boys as well as for girls. The prohibitions and restrictions imposed by an authoritarian style impacts the child negatively.

Kauser et.al (2018) The study was conducted to explore the parenting technique used by parents with reference to cultural and ethnic dimensions. In addition, the impact of individualism and collectivism as a trait of the culture or ethnic group were also researched. The role of these dimensions in influencing the child's behavior in terms of externalizing and internalizing problem behavior and academic achievement were assessed. The study established a relationship as a positive correlate between the ethnic groups and regions. The result of the study with reference to authoritative parenting were found to have a positive correlation with academic achievement among western cultures. In the Asian culture an authoritative style was better linked with academic achievement. Cultures which promote individualism favored authoritative style as a parenting technique compared to cultures which are more geared towards collectivism.

Shyny (2017) The study focused on role of parents for nurturing a child and the style used for nurturing and its impact on academic achievement and various psycho-social aspects of development on children. The impact can be best understood during the adolescent period while preparing for adulthood. The study aimed at constructing a scale to understand the styles of parenting i.e. authoritarian, authoritative, permissive and uninvolved from adolescents.

Tackett et.al. (2015) The study laid emphasis on youth's behavioral tendencies and its impact on important biological, social, and health outcomes. The study also aimed to understand how these traits develop during the childhood and adolescence period. It concludes that there are similarities and differences between youth and adult personality traits which shapes ones course of life.

Benetti et.al. (2014) The study aimed to understand the response of Brazilian adolescents when exposed to violent and stressful situation and its impact on family socialization practices and demographic characteristics. The study found that the adolescents with emotional and behavioral problems were highly impacted by factors such as violence and stressful events. The result was also very clear in their family socialization practices with other family members. The study emphasized on the importance of strengthening family interaction and reducing community violence.

3. Method/Approach

3.1 Sample Selection

The sample of the research includes 244 students studying at Delhi University. It is a randomized sampling. The sample incorporates girls from the same college in the age range of 17-22 years. In other words the sample involves late adolescence as well as early adulthood girls studying at graduation level. The students covered in the study are from varied departments such as Human Development and family

empowerment, Sociology, Political science, Psychology, Journalism, Commerce and so on from all the three years of graduation.

3.2 Tools used for the survey

Questionnaire: A multiple choice questionnaire was used as a research tool to assess the parenting styles of students. There were around 8 questions to collect background information from the students along with brief profile of their parents which includes details regarding educational qualification as well as professional status.

Rating scale: The data was also collected through a five point rating scale with response option as always, mostly, sometimes, rarely and never. Students were presented with total of 30 statements, in which purpose of 20 statements were to map different parenting styles such Authoritarian, authoritative, permissive and uninvolved. The rest of the 10 statements were given to assess the personality of the youth on the basis of three parameters such as self-esteem, decision making skills and emotional stability.

4. Result / Discussion

The result from the study have been divided into four sections.

4.1 Demographic profile of the Sample

The study sample includes 244 college going girls of the same college. The students were in the age range of 17 to 22 years covering late adolescent and early adult females. Data reveals that around 60% (146) of the females covered in study were in the age bracket of 19 – 20 years.

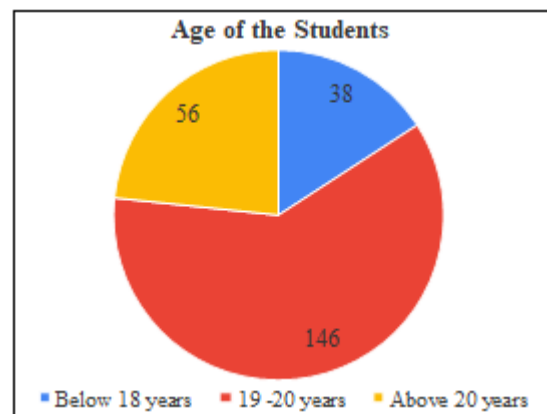


Figure 1: Age of the students

4.2 Parenting Styles

The research includes four types of parenting styles namely authoritarian, authoritative, permissive and uninvolved. Each of the styles is said to have a different impact on the behavior and well-being of an individual. With regard to data, it was positively found that around 50% (123) of the caregivers were following authoritative style of parenting. Further, with regard to other half of the parents, 27 % (68) were reported to be adopting authoritarian style of parenting while interacting with their daughters.

Table 1: Parenting Styles in numbers

	Parenting Styles
Authoritarian	68
Authoritative	123
Permissive	14
Uninvolved	39
Grand Total	244

4.3 Demographic profile of parents

With regard to educational qualification of both the parents it was found that around 50% of the sampled population

Table 2: Parent’s education and Parenting Styles

Parent Education (%)	Authoritarian	Authoritative	Permissive	Uninvolved	Total
Both 12 th pass & below	34	46	6	14	100
Both parents graduate & above	16	60	6	18	100
Either one graduate & above	29	49	5	17	100
Total	28	50	6	16	100

Data reveals (table 3) that 50% of the caregivers were found in the category, where fathers are salaried employees (includes government and private sector both) and mothers are home maker. Surprisingly, 53% of caregivers in two categories i.e. both are working and where father is self-

were found to be 12th pass and below. As per below table 2, positively 60 % and 49% of caregivers in the category of graduate & above and either one graduate & above respectively have adopted authoritative style of parenting. Further, research also reveals that 34% of caregivers both 12th pass and below adopted authoritarian style. Thus, it shows that educational status does have an impact on the adoption of parenting style by the caregivers.

employed respectively have adopted authoritative style of parenting. On the other hand, 32% of families where father is working and a salaried employees have an authoritarian style of parenting.

Table 3: Parent’s profession and Parenting Styles

Parent’s profession (%)	Authoritarian	Authoritative	Permissive	Uninvolved	Total
Both working	14	53	7	26	100
Father Salaried	32	48	5	15	100
Father Self employed	29	53	6	12	100
Total	28	50	6	16	100

4.4 Parenting styles and Personality Traits

The research aims to assess the impact of parenting style on mainly three personality traits namely self –esteem, decision making skills and emotional stability.

4.4.1 Self-Esteem

Students were given three statements to judge the level of self-esteem among the youth. It includes both positive as well as negative statements. Self-esteem is defined as a set of qualities which a person possesses within him/her [10]. Self-esteem is also defined as one’s own values and the importance we give to those beliefs to be a responsible individual in the society. As per table no.4, around 60% (includes always and mostly) of authoritarian respondents were found to have low self-esteem as they don’t feel confident to share their feelings with others. Similarly is the case with permissive (78%) parenting youth and uninvolved parenting (69%). Self-esteem is established, and it changes throughout lifespan under the influence of relationships with others, especially parents [11].

Table 4 (a): Students low level of Self Esteem

I like to keep my thoughts and feelings to myself (%)						
Row Labels	Always	Mostly	Sometime	Rarely	Never	Total
Authoritarian	24	37	32	7	0	100
Authoritative	11	32	37	15	4	100
Permissive	21	57	21	0	0	100
Uninvolved	23	46	26	5	0	100
Total	17	37	33	11	2	100

Further, self-esteem is also defined as a belief we have on our value system, on our thoughts which in turn influence our actions [12]. As per table 4(b), more than 60% of the authoritarian parenting youth have low self-esteem, they feel like changing lot of things about themselves. On the other hand, around 50% of uninvolved parenting youth feels the same about themselves. Similar result were found in a study in which mothers negative thoughts and feelings associated with authoritarian parenting had an influence on child’s self-esteem [15].

Table 4 (b): Students low level of Self Esteem

I feel I need to change lot of things about myself (%)						
Row Labels	Always	Mostly	Sometime	Rarely	Never	Total
Authoritarian	35	28	25	9	3	100
Authoritative	18	23	42	13	4	100
Permissive	29	7	43	21	0	100
Uninvolved	21	28	44	8	0	100
Total	24	24	38	11	3	100

Similarly, when respondents were asked about whether they worry about what others are thinking about them, maximum responses were in the ‘sometimes’ category. Around 40% (includes always and mostly) of the respondents were from the authoritarian category.

Table 4 (c): Students low level of Self Esteem

I often fear, are people thoughtful about me (%)						
Row Labels	Always	Mostly	Sometime	Rarely	Never	Total
Authoritarian	19	22	47	4	7	100
Authoritative	14	20	35	18	13	100
Permissive	21	14	43	14	7	100
Uninvolved	18	15	38	21	8	100
Total	16	20	39	14	10	100

Further, the self-esteem (table 5a) among students were also assessed with respect to their behavior in a group situation. It was observed that above 40% (includes always & mostly) of permissive parenting youth are found to have poor social skills most of the time. The youth in this category always tries to withdraw and isolate in a group situation. This can have serious implications on the behavior of the youth as they do not like to socialize with others and shows withdrawal symptoms. Similar result were found in a study among boys where permissive parenting style was associated with negative attitudes towards parents, lower self-esteem and increased identity and conduct disorders [16].

Table 5(a): Poor Social Skills

I tend to withdraw and isolate myself when in a group (%)						
Row Labels	Always	Mostly	Never	Rarely	Sometime	Total
Authoritarian	7	28	13	15	37	100
Authoritative	3	21	16	24	35	100
Permissive	36	7	7	14	36	100
Uninvolved	10	8	10	23	49	100
Total	7	20	14	21	38	100

With respect to social skills (table 5b) among the youth, none of the permissive respondents exhibited positive social skills. Surprisingly, more than 60% of authoritarian parenting students reported that they are confident to share their opinions with other. Positive result were also observed from authoritative and uninvolved respondents.

Table 5(b): Good Social Skills

I'm not ashamed to tell people about my feelings (%)						
Row Labels	Always	Mostly	Sometime	Rarely	Never	Total
Authoritarian	38	26	19	3	13	100
Authoritative	26	24	26	10	15	100
Permissive	0	21	57	7	14	100
Uninvolved	23	21	33	3	21	100
Total	27	24	27	7	15	100

As per table 6, above 40% of authoritarian as well as authoritative respondents wants to be recognized by others. They reported to have high self-esteem. Majority of the responses i.e. 32% fall in the category of sometimes.

Table 6: High self esteem

I like to seek attention and praise from others (%)						
Row Labels	Always	Mostly	Sometime	Rarely	Never	Total
Authoritarian	18	28	31	9	15	100
Authoritative	14	28	28	20	11	100
Permissive	7	21	36	14	21	100
Uninvolved	5	13	44	21	18	100
Total	13	25	32	16	14	100

4.4.2 Decision making ability

The study also focused on decision taking ability among youth respondents. In this regard, two statements were given

to students to get their responses on the Likert scale. Decision-making is regarded as the cognitive process of selection of a belief or a course of action among several possible alternatives based on the values, preferences and beliefs of the decision-maker. From the table no. 7(a), it can be reported that more than 50% (includes always & mostly responses) respondents in the authoritative category are found to be keen observers. They observe others to guide their own decision making process. In other words, it can also be said that they are indecisive in taking decisions which is considered to be a negative personality trait. Here also majority of the respondents fall into the 'sometimes' category. It also reveals that none of the permissive parenting respondents observe others to guide their actions.

Table 7(a): Decision making skills

I observe others what they are doing, to guide my own action						
Row Labels	Always	Mostly	Sometime	Rarely	Never	Total
Authoritarian	26	25	32	13	3	100
Authoritative	26	26	33	9	7	100
Permissive	0	29	21	43	7	100
Uninvolved	23	10	36	21	10	100
Total	24	23	32	14	6	100

It is positive to report that around 50% of the respondent has responded as 'always' for the given statement. Around 80% (includes always & sometimes) of respondents from authoritarian, authoritative and permissive respondents feels more determined after completing a task.

Table 7(b): Decision making: Confident

I feel more determined after completing a difficult task						
Row Labels	Always	Mostly	Sometime	Rarely	Never	Total
Authoritarian	50	35	13	0	1	100
Authoritative	57	27	11	5	1	100
Permissive	43	36	21	0	0	100
Uninvolved	38	36	18	3	5	100
Total	51	31	13	3	2	100

4.4.3 Emotional Stability

Emotional stability refers to the ability to remain calm in stressful situations instead of having strong emotional reactions in stressful circumstances. It is the capacity to maintain ones emotional balance under stressful circumstances. The below table 8(a), reports that majority (40%) of the respondents have given the response as 'sometimes' for the given statement. Around 30% of authoritarian respondents reported that they do not attempt any task, if they find it challenging which is not a positive personality trait. In other words, they are unable to maintain their emotional balance in a stressful situation. Similar results were observed in a study, carried out to examine the relations between maternal parenting styles (including warmth, behavioral control, and psychological control) and young adults' emotion regulation. The study concluded that higher levels of maternal control, particularly psychological control, were related to lower levels of young adults' emotion regulation [14].

Table 8(a): Emotional stability

When progress is challenging, I often think it's not worth the effort (%)						
Row Labels	Always	Mostly	Sometime	Rarely	Never	Total
Authoritarian	16	16	44	12	12	100
Authoritative	9	20	37	21	12	100
Permissive	7	21	36	29	7	100
Uninvolved	8	18	44	8	23	100
Total	11	19	40	17	14	100

With regard to emotional stability among youth students (table 8b), above 50% of the authoritarian and permissive parenting respondents are said to be impulsive. They find it hard to regain calm after experiencing something negative. Also, in this table above 35% of respondents have given the response as 'sometimes'. In other words, they are unable to maintain their emotional balance in a stressful situation. Similar results were found in a study where authoritarian parenting was examined as a moderator and adolescent externalizing behavior as a mediator of the relation between childhood hyperactive/impulsive and later externalizing behavior [17].

Table 8(b): Emotional stability

I find it hard to regain my calm after experiencing something negative (%)

I find it hard to regain my calm after experiencing something negative (%)						
Row Labels	Always	Mostly	Sometime	Rarely	Never	Total
Authoritarian	18	35	35	7	4	100
Authoritative	9	24	35	20	11	100
Permissive	21	36	29	14	0	100
Uninvolved	21	18	44	13	5	100
Total	14	27	36	15	8	100

5. Conclusion

Based on the data analysis, it is reported that the four types of parenting styles i.e. Authoritarian, authoritative, permissive and uninvolved have an impact on the personality and well-being of youths covered under the study. The study also concludes that educational status of caregivers influences the adoption of parenting style by them. The research found that half of the sample youths reported to have authoritative style of parenting. In most of the cases, the authoritarian parenting youths are found to have low self-esteem, poor social skills and low emotional stability. Similar results were found in a study which showed that adolescents raised by authoritative parents have better home, health and emotional adjustment as compared to adolescents raised by authoritarian parents. Authoritative parents have positive and authoritarian parents have negative relationship with home, health and emotional adjustment [18].

6. Future Scope

The study is limited due to its time period in terms of its sample as it covers students from only one college from Delhi University. Similar study can be carried out on students of other colleges from Delhi University. The study can even extend its scope to other universities in Delhi and

NCR. The data can also be collected from both male and female student's in-order to carry out a comparison.

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