

THE IMPACT OF PERCEIVED PARENTING STYLE ON PSYCHOLOGICAL WELL-BEING AMONG UNIVERSITY STUDENTS

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ABSTRACT

Objective: The present study aimed to explore the relationship between perceived parenting styles on psychological well-being among university students. **Method:** The correlational study was conducted both from male and female participants of university students of Quetta. The sample of the study consisted N=300 participants enrolled in the Bachelors and Masters study programs (M=181, F=119). The correlational study design along with non-probability purposive sampling technique was used to collect data from the participants. The psychological assessment scale was used in the study to collect the data which were; Perceived parenting style (Gerlsma et al., 1991), Psychological well-being (Ryff, 1989). **Results:** The results were analyzed using Statistical Package for Social Sciences (SPSS)The results of the study revealed that there was significant positive relationship between parenting style and psychological well-being in university students. However, it has been also indicated that the family system is also a significant predictor of psychological well-being among university students.

Keywords: Parenting style, psychological well-being, mental health

INTRODUCTION

Family is the first place where individual's socialization and development patterns take place (Kang & Moore., 2015). Parenting defines the role of father and mother which gives them understanding that how to manage different situations. This role helps to develop children's understanding. Parents prepare them while following the basic rules and regulation so that they can survive in environment with basic morals (Rehman et al., 2020). During the period of adolescent, individual go through the various changes in the body, gender and ethnic identities which also became the cause of stress and aspects in different domains of life. In maintaining an identity, they require security and affection from their parents (Saric & Sakic, 2014). The adolescents need to confront them and try to find adequate solutions which in turn will help them to have positive relations, mutual relations, and also enhance social communication (Gardner & Webb, 2019).

Psychologically well-being means an individual has to be free of suffering from other psychological problems (Uji et al., 2014). The adolescents might have affected by the family, through the relationships in the life, and also by the parenting styles adopted by the parents to rear their children (Flett et al., 2019). The psychological well-being indicates self-regard, mastery, enhance positive relationship, autonomy, a sense of purposefulness and meaning in life, and feelings of continued growth and development among individuals (Ryff & Singer, 2006; Ryff, 1995). It has been indicated that the parents support and involvement in adolescent life can enhance their personal and social development both in school and higher studies (Harris & Goodall, 2008; Jeynes, 2007; Khodabakhsh et al., 2014). Furthermore, a secure and reassuring parenting style had a positive effect on educational success and career path and permissive parenting style had a negative effect on educational success and career path (Zahedani et al., 2016).

Different parenting styles such as parental authority is related with anxious, withdrawn, depressive and insecure tendencies (Barton & Hirsch., 2016). Furthermore, permissive parenting was highly associated to enhance suppressive attitude in western culture, while authoritarian parenting styles became the cause to enhance the symptoms of depression (Bogels & Lamers., 2022). It has been also indicated that the collectivistic culture did not affect in the parenting although individual culture adolescents are also tending to develop emotional problems (Radomir et al., 2019).

Rohner theory of Parental acceptance-rejection: This commonly known as a theory of socialization. This theory focuses on four major issues, i.e. behavioral, cognitive and emotional development of children and adult personality functioning. Every individual has experienced the warmth and affection provided to him/her by someone important, who is called the parent not necessarily, mother and father. This warmth and affection is a range from a great deal to none, where one end is parental acceptance while the other one is rejection (as cited in Hussain & Munaf, 2012).

RATIONALE OF THE STUDY

In Pakistan, we are living and promoting collectivistic culture but massive ratio of students is exposed to daily academic, social and financial pressures due to which the reported suicide among university students has also increased. Thus the aim of the present study is to explore and investigate the perceived parenting style on the impact of psychological well-being among university students in Pakistan.

METHOD

The present investigation was led to explore the parenting style on the impact of psychological well-being among university students in Pakistan.

Research Design

The correlational research design was used while non probability purposive sampling technique was employed in the present study.

Sample

The sample of 300 university students within the age range of 19 to 25 years was included in the study. The sample was collected from BS and MS students from different private universities of Quetta, Pakistan.

Inclusion Criteria

Participants who meet the following criteria were included in the sample

1. Participant between age ranges of 19 to 25 years were included in the present study.

2. The participants who were enrolled in the BS and MS program in any private university were included in the study.

3. Both male and female patients were selected in the study.

MEASURES

Following instruments were used to collect data for the study

1) Indigenous Demographic Information Sheet

Demographic sheet was developed to analyze the variables with different demographics as these factors affect the adults grooming. The indigenous demographic sheet included the basic information in which age, gender, ethnicity, education, family system with the sub options of joint and nuclear system were also mentioned. There are also some factors in which income of father was also asked from participants so that family status of the individual also analyzed in the concepts of parenting. To find out the parenting style the questions about individual's relationship were also included such as participant relationship with siblings, relationship with other family system and with parents. To further analyze the parenting styles, the questions were differently asked from the participants such as passiveness of parents towards individual's study, teacher and university.

2) Perceived Parenting Scales (EMBU-A) (Gerlsma et al 1991)

The psychological instrument used to assess the adult's retrospective perceptions of parenting rearing styles with the age range of 16 years or above adults. The scale was developed from the perceived parenting scale (EMBU) which developed by Castro et al., (1990) for 11 to 16 years old age individuals. This scale consisted on three different subscales which are: Emotional warmth, Favoritism and Overprotection. Each subscale separately consists of Father and Mother perspective. The items of the emotional warmth subscales were 2,3,5,7,6,10,12,14,15,16,18,21,24,26,27. The items of favoritism were 4,9,13,17,19,25. The items of overprotection were 1,6,11,20,22,23. The alpha coefficient for the three subscale were ($\alpha = .74$).

3) Psychological well-being Scale (PWB) (Ryff, 1989).

The scale is one of the important tools to be used in this research, it was introduced one of the

researchers known as Ryff and it contains different features and these features are total 42 in number. All the features are related to the personality of children, the features they want to see in them, the features their want to see in them, the hurdles on the way to get the job done and many other related questions.

ETHICAL CONSIDERATIONS

Ethics approval was sought from the Ethical Board of the University. After approval of university board permission processes were completed from all the authors before using the assessment measures for this study. At the third level, permission was obtained from different universities to obtain data. Informed consent was taken by the participants who completed the criteria of the study and explain the purpose of the study. After taking the permission officially from all authors of questionnaires, data collection was started and questionnaires were presented to those participants who met the required criteria. It has been informed to the participants that confidentiality will be maintained during the research.

PROCEDURE

After obtaining formal permission from the authors of the tests, university the recruitment of participants was started. The potential participants were explained the nature of the study and were instructed to provide a written consent if they were willing to be a part of the study. The researcher also explained the potential participants that confidentiality of the data and anonymity of the participants will be maintained. All the selected questionnaires/tests including Demographic Information Questionnaire, were filled by the participants under the supervision of the researcher. Researcher administered the questionnaires after brief instructions. It took an average of 25-40 minutes to solve the questionnaire. After completing the questionnaires by participants, the questionnaires were taken back and participants were thanked for their cooperation. Overall 300 universities students with 181 males and 119 females, and meeting the selection criteria were included in the research. The Data were collected from the different universities of the Quetta.

STATISTICAL ANALYSIS

SPSS (Statistical Package for Social Sciences), version 23” software program was used to analyze the data. Descriptive Analysis was done to explore the parenting style and relationship

status both in joint and nuclear family system. Step wise regression analysis were also used to predict the variables effects.

RESULTS

The current research was aimed to explore the perceived parenting style on the impact of psychological well-being among university students in Pakistan. The data strategy involved performing: (i) Descriptive Analysis; (ii) Means, Standard Deviation and t-value of gender differences on Perceived Psychological well-being, and Perceived Parenting Style in university students (iii) Step-wise regression analysis was used to test if Demographic Variables, Perceived Parenting Style is likely to predict psychological well-being.

DEMOGRAPHIC VARIABLES

Demographic variable is a varying characteristic that is a vital or social statistic of an individual, sample group, or population, for example, age, sex, socioeconomic status, racial origin, education. In present research demographic variables comprised age and gender and other information of the participants.

Table 1: Demographic Characteristics of Sample (N=300).

Characteristics	<i>F</i>	%
Gender		
Male	181	60
Female	119	40
Education		
BS program	277	93
MS program	23	07
Family System		
Joint	137	45
Nuclear	161	53
Self-reported relationship /		
siblings		
Pleasant	298	99
Unpleasant	07	01
Self-reported relationship/		
siblings		
Pleasant	288	96
Unpleasant	09	03
Self-reported		
relationship/relatives		
Pleasant	247	83
Unpleasant	53	18

Table 2

Means, Standard Deviation and t-value of gender differences on Perceived Psychological well-being, and Perceived Parenting Style in university students (N =300).

	Gender Differences	M	SD	t(198)	P<	95%CI		Cohen's d
						LL	UL	
PWB	Male	16.5	22.5	1.28	.201(ns)	-1.74	8.32	0.54
EMBU-A	Female	162.7	19.75	1.31	.001**	-1.61	8.10	0.13
		79.21	20.58	-2.23	.026*	-11.0	-.691	0.12
		85.07	24.53	-2.15	.032*	-11.22	-.495	0.53

Note: ***P<.001, M=mean, SD=Standard Deviation, LL=lower limit, UP=Upper limit

Table 2: A statistically significant difference was found between male (M = 16.05, SD = 22.5, P = .05) and female (M = 162.7), SD = 19.75, P = .001**) psychological well-being in university students.

Multiple Regression Analysis

The predictor of psychological well-being, and parenting style to demographics: gender, parent's sensitivity towards education, relationship with parents, relationship with siblings and education. Multiple regression analysis was conducted out while using three steps. In the first model personal characteristics of university student 'sage categories, education, relationships with parents, siblings and relatives, education were analyzed. In second step parenting style and in the third step psychological well-being were analyzed.

Table 3
Multiple Regression Analysis of Demographic Variables, Perceived Parenting Style, and Psychological Well-being (N=300).

Variables	<i>B</i>	<i>SEB</i>	β	<i>t</i>	<i>p</i>
Constant	15.57	10.12		9.94	.001
Model I					
R²= .11					
Gender	0.26	1.03	.190	4.02	.002**
Parents sensitivity	-1.53	0.06	.033	-3.45	.000***
Relationship with parents	0.18	0.23	0.23	2.31	.006*
Relationship with siblings	0.28	3.22	.12	2.43	.001
Relationship relatives	-7.20	1.22	-.18	3.23	.061(ns)
Education	0.02	0.25	.01	2.34	.641(ns)
Model II					
R²= .17					
F= .001					
EMBU-A	1.23	0.23	-.16	-2.32	.000***
Model III					
R²= .28					
F=0.26					
PWB	.06	.08	.05	.63	.58(ns)

Note. SEB= Standard Error of Beta, * $p < 0.05$ ** $p < 0.01$, *** $p < 0.001$, ns= non-significant

Results given in Table 3 shows that regression coefficients of perceived parenting style ($\beta = 1.23$, $p < .001$), and psychological well-being ($\beta = .06$) were statistically significant at 0.01 and 0.001 indicating that gender differences, parent’s sensitivity towards education, relationship with parents, relationship with siblings and relationship with relatives are predicting parenting style, and psychological well-being in university students. The value of the R² indicates that relationships (R²= .11, 0.17, 0.28) in university students.

DISCUSSION

The study concluded that there is a significant relationship between perceived parenting style and psychological well-being among university students. Parenting style involves the pattern of bearing to child for their good and bad deeds, psychological well-being is a state in which positive mental health promotes for the society and individual. It is revealed that the parenting patterns often leads to the general health issues among adults (Sing et al., 2015). It is proven that all symptoms regarding physical illness is not become the cause of parenting but anxiety and social dysfunction mainly is the result if parents provide favoritism to one adult to another (Walker, 1998).

The result of the study showed that perceived parenting style and mental health were statistically significant in gender differences among university students. The studies showed that females are more sensitive and perceive more general health problems specifically insomnia and social dysfunction among university students moreover the males often show lack of socialization and unable to achieve the social functions (Baurmid, 2002). Research showed that authoritarian parenting patterns either from father or mother become the cause of somatic symptoms in the individuals (Bleidorn et al., 2016; Pilafova, Angelone, & Bledsoe, 2007). It also revealed in the study that mother parenting style is significantly more correlated with the depression of adolescents especially when they face new circumstances in life (Harter, 1993; Jones et al., 2007; Lokken et al., 2003; Paxton. et al., 1991; McCabe & Ricciardelli, 2004; Rodgers et al. 2009; Dinç & Alisinanoğlu, 2010; Mishkind, Rodin, Siberstein and Striegel-Moore, 1986; Orbach, 1993).

The study was hypothesized that parenting sensitivity and relationships with adults might be the predictors of perceived parenting style and psychological well- being among university students. It has been indicated that parenting dimensions other than warmth have significant implications on the adolescents of low and middle income countries. Different studies have acknowledged a number of other family influences on depressed and anxious moods such as level of family conflict (Chen, Li, & Rubin, 2004), harsh discipline styles (Kim & Ge, 2000), marital quality (Shek, 1997), and degree of parental monitoring (Chen, Liu, & Li, 2000). Parent pressure may be associated with adolescent depression and anxiety due to the importance of both child obedience and educational status in developing countries.

LIMITATIONS AND SUGGESTIONS

It is an important part of research because we cannot do the perfect work despite of a lot of care. There is always a chance of some loop holes in the research work so it is better to mention the limitations along with suggestions. The suggestions are given so the researchers may keep these points and factors in mind before analyzing results.

- This was a small scale study based on small sample size and the data were collected only from one city of Pakistan. Therefore, generalizability of data is limited.
- This was a small project and therefore limited time was allocated for this project, so time constraint is another limitation of this study.
- The future studies may use mixed method design and using qualitative method to understand the findings further from participant's point of view.

IMPLICATIONS

- The findings of this study can be used in devising clinical management for further provide insight to increase more effective parenting styles.
- The findings further contribute to the existing literature on psychology.

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