



Perceived Parenting Styles and Development of Resilience in Higher Secondary School students

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Abstract

Parent-child relationship is one of most important protective factors in the development of resilience in children. The present study tries to understand if there is any difference in resilience of adolescents based on parenting styles. Participants include 300 higher secondary school students of the age group 15-17 from different schools in Kerala. Instruments used for the study are Scale of Parenting Style (Gafoor&Kurukkan, 2014) and Connor-Davidson's resilience scale. Perceived parenting style was identified on the basis of parental responsiveness and parental control scores and ANOVA was used to understand if the resilience level of children differed based on these styles. A significant difference was observed and the results of the post hoc test reveal that adolescents with authoritative and authoritarian parenting styles show more resilience when compared to those with negligent parenting style.

The emergence of positive psychology in recent years laid a paradigm shift in the approach, direction and focus of psychology from psychopathology and treatment to prevention and promoting competence. Resilience is one important focus of this new area of psychology. Resilience is not about passive adaptation to adversities or trauma but it involves growing through difficulties and bouncing back from it through active and constructive means. Resilience is one of the most important contributing factors of well-being in students (Suresh, Jayachander, & Joshi, 2013). In the light of research on children over the past three decades, resilience generally refers to 'a class of phenomena characterized by patterns of positive adaptation in the context of significant adversity or risk' (Masten& Reed, 2002). Resilience is also defined as 'the process of effectively negotiating, adapting to, or managing significant sources of stress or trauma'. Assets and resources within the individual, their life and environment facilitate this capacity for adaptation and 'bouncing back' in the face of adversity (Windle, 2010). Resilience as a social ecological construct has presented a more ecological understanding of resilience. Resilience is determined by both internal as well as external factors and an outcome of interactions between these two determinants. Internal determinants include psychological and biological factors whereas external determinants include quality and nature of environment as well as relationships within and outside family (Masten & Reed, 2002; Ungar, et al., 2007; Zakeri, Jowkar, & Razmjooe,

2010; Ungar, 2016). Parenting style is one of the most important external determinants of resilience within the family (Masten & Reed, 2002) and it is seen that though assets and resources that help youth in overcoming adversities may differ, parental factors are critical and consistent resources for young individuals (Fergus & Zimmerman, 2005). The present study tries to focus on the role of parenting style as a predictor of resilience.

Parenting comprises all the activities of the parents aimed at their children's wellbeing. One of the most important approaches in understanding parental impact on human development is concept of parenting style. Baumrind in 1967 (As cited in Gafoor & Kurukkan, 2014)) introduced four types of parenting styles namely authoritative parenting, authoritarian parenting, permissive parenting and negligent parenting. Based on this Maccoby and Martin (1983) put forward a conceptual model and they explained parenting style as combinations of varying levels of parental demandingness and responsiveness. Parental responsiveness is about supportiveness, warmth or acceptance whereas parental demandingness is about control, strict rules or disciplinary efforts. Based on whether a parent is high or low on responsiveness or control results in four styles of parenting: authoritarian, authoritative, indulgent and uninvolved (Maccoby & Martin, 1983).

Positive family climate with low discord between parents, organized home environment, authoritative parenting and close relationships with caregiving adults are resources within a family better mental health of children. Supporting, understanding, warm and child-centred parenting style is found to be associated with the development of resilience and hence it can be regarded as an asset or protective factor that can enhance the ability to overcome stressful life events. These parents show more unanimity and understanding relative to their children's needs; therefore parents foster children to be strong in stressful life conditions by establishing a positive and close relationship with them and thus increasing resilience in children (Masten & Reed, 2002; Hill, Stafford, Seaman, Ross, & Daniel, 2007; Zakeri, Jowkar, & Razmjoe, 2010). The authoritative parenting style, which involves warmth and responsiveness, has been related consistently to positive developmental outcomes, including fewer behavioural problems and psychological symptoms. The authoritarian parenting style, in contrast, involves a low degree of responsiveness and high level of demandingness. Authoritarian parents are often cold, unsupportive, insensitive to their children's needs, and demanding in their control (Badgular & Mundada, 2014). This parenting style is related to less resilience and more depression and anxiety in comparison with other parenting styles (Mohammadi, Samavi, & Abdollah, 2013; Zhong, et al., 2016).

There are many other factors linked to positive parenting style that directly or indirectly contribute to resilience in children. Parental acceptance is related to good emotional intelligence (Gunjan, 2012) and adolescent's positive mental health (Sharma, 2013). Adolescents with high parenting style and whose parents monitor their activities adjust better in society than those with low parenting styles. Adolescents perceiving parental acceptance or those with authoritative parenting style have better self-esteem (Zakeri & Maryam, 2011; Sharma & Pandey, 2015; Deshpande & Chabbriya, 2013), better self-concept (Badgular & Mundada, 2014) and more self-confidence (Jassar, 2014).

Study of resilience has always focused on protective factors whether it is individual or environmental factors. This is important to understand why some people function better than others in times of adversities. The present study tries to explore the role of perceived parenting on resilience in higher secondary school students.

Method

Participants - Participants include 300 higher secondary school students of the age group 15-17 taken through simple random sampling from government and government aided schools

in Kerala. After taking prior permission from school authorities and informed consent from each student, instruments for data collection were given to students in a group with clear instructions.

Instruments

1. Demographic sheet to understand various demographic factors such as gender, age, religion, stream of education, academic achievement, educational qualification of parents, occupation of parents, participation in extracurricular activities, etc.
2. Scale of Parenting Style (Gafoor & Kurukkan, 2014)
It is a 38 item 5-point Likert scale ranging from 5 ("very true") to 1(very wrong) measuring perceived parenting styles of adolescents with a score range 190 to 38. It consists of two subscales parental responsiveness and control. It has two separate scores for father and mother as well as total parental responsiveness and control. A parent rated as high in both responsiveness and control (above the median), he is categorized as authoritative parent. A parent rated as low in both responsiveness and control (below the median) is categorized as negligent parent. A parent who is rated as high in responsiveness and low in control is categorized as indulgent parent. A parent who is rated as low in responsiveness and high in control is categorized as authoritarian parent. The scale has construct validity in relation to parenting style by Baumrind (1967). Criterion related validity is also established with validity coefficient 0.80 for responsiveness and 0.76 for control subscale. The test was standardised for the purpose of research and the test-retest coefficient of reliability of responsiveness variable in the scale is 0.81 and for control it is 0.83. The test was re-standardised for the purpose of research in the local setting and the split half reliability was found to be 0.76
3. Connor-Davidson's resilience scale (CD- RISC)
The CD-RISC is a 25 item scale developed by Connor and Davidson (2003) to measure resilience. It is a five point Likert scale ranging from 0 ("not true at all") to 4 ("true nearly all the time"), with a total score range from 0 to 100. Malayalam version of CD-RISC was used. It has a test-retest reliability coefficient of 0.87.

Results and Discussion

Table 1

ANOVA between Perceived Parenting Styles- Authoritative, Authoritarian, Permissive and Negligent on Resilience of Children

Resilience	SS	df	MS	F
Between Groups	5154.72	3	1718.24	7.68**
Within Groups	63347.96	283	223.84	
Total	68502.68	286		

** Significance at 0.01 level

Table 1 shows the ANOVA results for resilience and different types of parenting styles and a significant difference was observed in resilience of children based on perceived parenting style. Post hoc reveals that children who perceived parenting as authoritative and authoritarian showed more resilience when compared to children with negligent parenting style. But no significant difference was observed in resilience between permissive and other types of parenting styles. Warmth, supporting, and child-centred parenting style is associated with the development of resilience and therefore, could be regarded as a protective factor that may increase the ability to overcome negative life events and crisis (Zakeri, Jowkar, & Razmjoe, 2010). Also positive

parenting is related to better self-esteem, self-confidence, self-concept, emotional intelligence, adjustment and good mental health which all may act as contributors of better resilience. All these qualities along with parental monitoring and feeling of acceptance help children fight and overcome adversities in life instead of becoming passive recipients of faith. In the present study children who perceive parenting as authoritarian style also show more resilience when compared to children with negligent parenting style which is contradicting with many other research findings that authoritarian parenting is related to less resilience (Mohammadi, Samavi, & Abdollah, 2013; Zhong, et al., 2016). This might be because in a collectivistic culture like India unlike individualistic cultures authoritarian parenting may be perceived as normative and does not always imply parental negativity. So higher levels of authoritarian style of parenting found in cultures that emphasize collectivism do not necessarily point to a low level of parental concern and love for children, nor are they as harmful as similarly high levels of authoritarian parenting in parents from Western cultural groups. Also in individualistic culture authoritarian parenting may be a result of negative feelings towards the child but in a collectivistic culture parents use authoritarianism to instil collectivistic values and respect which is usually perceived as normative (Rudy & Grusec, 2006).

Conclusions

The present study concludes that perceived parenting style is an important determinant of resilience and positive parenting contributes to better resilience in adolescents. Therefore enhancing resilience in children which is an important focus of primary prevention should consider family relationship and parenting pattern as important protective factors.

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