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Article

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**Effect Of Parenting Styles on College Student's Resilience****<sup>1</sup>Aditi Mathur**

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**Keywords**

Upto 6 words in alphabetical order

**Abstract**

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Investigating how parenting practices affect college students' resilience is the goal of the study. It's critical to ascertain the impact of an individual's parenting style on their college experience. A total of 155 people were given the survey. The results of this study show contradictory results, despite the fact that several prior studies have found a positive correlation between parenting styles and children's resilience and academic performance. There is no discernible correlation between the variables, according to the data. The study looks at the importance of a mother's and father's individual parenting styles and how it affects a child. Social media, parental employment, and other factors that may influence the outcome were identified. A fresh viewpoint regarding the relationship between parenting styles on resilience in Indian setting particularly

## Introduction

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The constellation of attitudes that parents have toward their child and communicate to them collectively create the emotional environment in which the parent's behaviors are expressed. This is known as parenting style. Parental participation includes things like going on trips, enjoying holidays, and being available for conversations. This kind of open communication seems to encourage kids to become decision-makers rather than just recipients of decisions that have already been made by giving them a voice and letting them help solve problems. Parents can discuss the problem openly and discover alternate appropriate behaviors if their children disappoint, disobey, disgust, or discourage them. Children are trusted and accepted, which provides them with the resources they need to make healthy decisions. They learn to take care of themselves and their families. They are aware that it is their job to act in a responsible manner.

Warm, accepting, and child-centered, yet non-demanding, are characteristics of permissive parents. Parental control is absent from them. (Ballantine & Klein, 2001). A parenting approach known as "permissive parenting" blends strict reactivity with minimal expectations. Although permissive parents don't impose many rules or boundaries, they are typically very loving. These parents frequently come across as more of a friend than a parent, and they don't seem to be expecting their kids to be mature adults.

Later, Maccoby and Martin (1983) expanded on this parenting approach, which involves parents paying little to no attention to their child's behavior or emotional needs. The parent is not keeping an eye on their child. It causes a parent and child to become less involved, warm, and communicative. The worst results are found to be linked to this style of parenting. Parents who are negligent are not demanding or receptive.

## Literature review

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A study by Zakeri et al.(2021), suggested that there is a significant and positive correlation between acceptance-involvement parenting style and resilience. The development of resilience is associated with warmth, supporting and child-centered parenting styles. Therefore, this can be said to be the protective factor that might help increase the ability to overcome crisis and negative life events. This study also indicated that the support of family relationships in empowering students to cope with stress, life pressures etc. Another study (Zahir, n.d.) indicated that adolescents who are resilient deal better during and after stressful situations. When things go poorly, they 'bounce back.' One of the study's most important conclusions is that there is a considerable difference in resilience between girls and boys. Girls are more resilient than boys, as per gender. Girls are more likely than males to employ resilience elements such as requesting and receiving help, as they are more likely to form positive relationships with their parents, teachers, and community members. (Zahir, n.d.)

Resiliency is one of the most significant characteristics for achieving success and facing difficult problems in the future. The purpose of one of the studies is to look at the relationship between adolescent girl resiliency and their moms' parenting practises. In Sirjan city, 167 female pupils with an average age of 14.43 and their moms with an average age of 42.13

were studied. The demographic questionnaire, Baumerind's parenting style questionnaire (completed by students), and Conner and Davidson resilience scale (completed by moms) were used as study materials (2003). Previous studies have validated the tools' validity, and the reliability has been investigated using Cranbach's Alpha test. The results of the correlation test revealed that resiliency and authoritative parenting style ( $r=0.39$ ), as well as authoritarian parenting, had a strong positive relationship. However, it exhibits a non-significant inverse connection with permissive parenting style ( $r=-0.09$ ). According to the results of the multiple regression test, authoritative parenting style can predict 0.21 of changes in resiliency measures. According to the findings, authoritative parenting style with the ability to forecast children's resiliency is the best parenting style for fostering resiliency in teenagers. Mothers in this type are very commanding and authoritative, yet maintaining a friendly relationship with their children. This technique aids youngsters in adjusting to social irregularities, allowing them to live independently and enabling them to embrace social, personal, and familial duties. (Atighi, 2015)

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## Methodology

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To assess the impact of parenting styles on resilience in college students.

To assess the difference of impact of parenting styles of mother and father.

To assess which is the most adopted style of parenting perceived by college students.

In this chapter, the methodology of the research is presented. The first part of the chapter includes aim, objectives, research questions and hypothesis of the research. The later part includes the sample population on which the research has been performed, the tools and test used in the research. Lastly, the procedure of the entire research is presented.

### **Aim**

To study the effect of parenting styles on resilience in college students.

### **Objectives**

### **Research questions**

- i Do parenting styles have an impact on Resilience?
- ii Is there a significant correlation between parenting styles and resilience?

### **Hypothesis**

**H<sub>0</sub>** There is no significant correlation between parenting styles and resilience.

**H1** There is a significant correlation between parenting styles and resilience.

**H2** There is a difference in parenting styles of mother and father.

### **Sample**

Total number of participants was 155 students. Out of which 76 are female and 78 are male and 1 is non binary. The research was conducted on various college students falling in the age range of 18-25 years.

### **Tools and Test**

To conduct this test we used two questionnaires i.e., Wagnild and Young resilience scale and Parenting Authority Questionnaire (PAQ) designed by Buri (1991).

Data collection

Statistical methods

### **Procedure**

Two questionnaires and the participant's demographic information were included in a Google form. Utilizing the snowball sampling technique, the form was distributed. This form was distributed among various individuals from various colleges and universities, and those who fit the 18–25 age range were asked to fill it out. The participants filled out a consent form. The form was completed by 155 students in total, comprising men, women, and non-binary students. The response sheet was received, and then scoring was completed.

The scores of the participant were recorded and the percentile was found. The descriptive statistics calculated were mean, SD, T-score and mean square. The kolmogorav-smirnov test was performed to check the normality of the data. The spearman correlation approach was performed to find the correlation between the independent and dependent variables. The inferential statistics was performed to assess the significance of the hypotheses.

## **Result**

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### **Descriptive Statistics**

The 75-item survey consisted of the variable scale items for parenting styles, and resilience including eight demographic items for name (initials), age, gender, geographical location, and educational qualification filled by one hundred and fifty -five people in India. All the participants completed the survey scales.

After gathering data from 155 participants, the study was stopped. The data was then evaluated to determine factors such as means, standard deviations, normality, missing

variables, skewness, and kurtosis of the scores of Parenting Authority Questionnaire and Resilience Scale. The data was found not normally distributed by the Kolmogorov-Smirnov test, which was verified by a histogram and a Q-Q plot of the data.

Table 1: Descriptive characteristics of the data

Characteristics	Parenting style of Mother	Parenting style of Father
N	155	155
Mean	1.95	1.8774
Standard deviation	1.043	1.08912
Minimum	59	51
Maximum	140	145
Skewness	-.319	-.028
Kurtosis	-.435	-.594
K-S test	0.301	.17

The descriptive statistics revealed that the mean value for participants' Resilience scores was 77.45 with a standard deviation of 13.524. Moreover, resilience scores varied between 36 and 96, in the scale of which the possible minimum score is 14 and the possible maximum score is 78. While, statistical results of parenting style of mother' scores showed that the mean value for participants' score was 1.95 with a standard deviation of 1.043. The domain scores varied between 59 and 140. The attainable maximum score of Mother's parenting style is 150 where the attainable minimum is 30.

On the other hand, statistical results of happiness scores showed that the mean value for participants' Parenting style of father scores was 1.8774 with a standard deviation of 1.08912. The scores of parenting styles of father varied between 51 and 145. The attainable maximum score of parenting style of father is 150 where the attainable minimum is 30.

#### Correlation.

The Spearman correlation approach is used to analyze the correlation between parenting styles and resilience. The raw scores obtained from the data collection were utilized to determine the significance of the correlation. The spearman correlation results for all variables are listed below.

**Table 3: Correlation**

		Parenting_Style_Mother	Parenting_Style_Father	Resilience	
Spearman's rho	Parenting_Style_Mother	Correlation Coefficient	1.000	.074	-.030
		Sig. (2-tailed)	.	.359	.708
		N	155	155	155
Parenting_Style_Father		Correlation Coefficient	.074	1.000	.121
		Sig. (2-tailed)	.359	.	.133
		N	155	155	155
Resilience		Correlation Coefficient	-.030	.121	1.000
		Sig. (2-tailed)	.708	.133	.
		N	155	155	155

There is weak negative correlation between parenting style of mother and resilience(-0.030) , as seen in Table 5. In addition, the correlation between parenting style of father and resilience(0.121), are poorly correlated. Also, there is a weak correlation between resilience and academic performance(- 0.96). A significant weak correlation (positive) is observed between parenting style of mother and parenting style of father (0.74). It can be inferred that correlation of father's parenting style and resilience is slightly greater than that of mother.

### Discussion

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The purpose of the study conducted was to investigate the possible correlations between parenting styles and resilience. The study was conducted on college students across India from different universities. The sample size collected was 155 participants. Other demographic factors that were considered are age, gender, and socio- economic status and educational background. There were two questionnaires used for the research- Wagnild and Young resilience scale and Parenting Authority Questionnaire (PAQ) by Buri (1996). The results were found to be non- parametric. Spearman test, and KS test was performed on the data.

Descriptive statistics was performed on the data. The mean value for parenting styles of mother was found to be 1.95, and parenting style of father was found to be 1.8774. The minimum possible value for parenting style if mother was 59 and maximum value was found to be 140. The minimum value for parenting style of father was 51 and maximum value was found to be 145. From table 1 of descriptive statistics, it is evident that college children perceive an authoritative type of parenting style from both mothers and fathers as compared to authoritarian and permissive type of parenting style. 40% of the mothers and 36.7% of fathers out of the total sample are perceived to be using an authoritative parenting style.

Another thing to note from the correlational table is that the parenting style of the father is more positively correlated with the child's resilience as compared to mother. Though both the correlational figures of the parenting styles are non- significant with the child's resilience, the parenting style of the mother is less positively correlated with child's resilience and academic performance as compared to the father's parenting style.

Results of this study indicate that there is a weak correlation between parenting style of mother and resilience. A weak and negative correlation is found between parenting style of

father and resilience as well. Lastly, no correlation was found between parenting style of mother and parenting style of father. These findings indicate that there is no impact or negligible impact of parenting style of either father or mother on a college student's resilience and academic performance. One of the possible reasons for such a result could be the college environment and peer influence of the child. From the population, the majority of the students are pursuing their graduation. Half of the students stay out of their homes in places such as hostels or paying guest accommodations and no longer comply with their family environment and parental value system. The social learning theory (Bandura, 1986) proposes that learning occurs observationally through modeling of behaviors, attitudes, and emotional reactions of others. By observing others, a person forms an idea of how new behaviors are performed, and performs subsequent behavior based on this information. Parental employment could also be one of the reasons as to why children are not influenced by their parents. Working mothers and fathers might not be able to give time and attention to their child's academics in high school. There is a possibility that due to a busy schedule, parents don't spend time with their children on building personal skills like resilience. Social media impacts the influence of the parenting style. Media not only impacts the parents but also influence the children with their value system.

### **Implications**

The presented research helps us to understand a new perspective of parenting style in the Indian setting. The nature of parenting style may not necessarily help in building the resilience power of a child. These days, students are influenced by a number of external environmental factors which could be responsible for building resilience and affecting their academic performance. As discussed previously, factors like college environment, peer influence, parental employment, staying in a hostel away from parents and use of social media influences the effect of parenting style on a college student. A possibility is found that parenting style may or may not impact a child's resilience and academic performance after the age of 18 years.

### **Limitations**

Some limitations of the present study is that the survey questionnaire included 74 items which was a lengthy and time consuming task for the participants to complete. Because of this reason, the study included participant fatigue which might have resulted in inaccurate results. For the same reason it took the researchers a long time to collect a sufficient number of responses for the study. Secondly, the questions in the questionnaire were very personal to the participant which may or may not have triggered the person in some way. Another point to note is that the responses may be manipulated by the participant due to social acceptability when asked about the academic performance. Participants might not have want to write their academic grade correctly if their performance was poor. This is one of the reasons that the data does not show for any poor academic performance by the participant. Lastly, the sample size of the population taken was small and not large enough to curiate generalized results. Hence, due to the data being operated in a certain manner, the results that came out showed poor correlation between the variables. Since the study showed weak correlation between

parenting styles and academic performance and resilience amongst college students, it can be considered that we conduct the study on middle school children so that we can conclude the effect of parenting style on attitudes towards a new environment. Since the middle age is the most crucial age where parenting style plays a role and the age where the major part of an individual's personality is shaped, one will be able to understand the impact of parenting style on the child in greater ways. The present study was a correlation between the two variables due to which the researchers could not draw a significant comprehensive correlation or impact. Instead if this research is conducted by causation method, one will be able to establish a better cause and effect relationship between the two variables. Further research can be conducted on the lines of understanding how the parenting styles plays a role in perceiving a new college environment and to what extent the child gets influenced in a new peer group

### **Conclusion**

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The purpose of the current quantitative study was to investigate the relationship between parenting styles and resilience and academic achievement in college students between the ages of 18 and 25. The study's findings regarding the target population indicated that a child's resilience and academic success are not significantly correlated with the parenting styles of either the mother or the father. The results of this study run counter to the conclusions drawn from earlier research on college students carried out by numerous other researchers worldwide. The current study, which is limited to an Indian context, offers a fresh viewpoint on the situation surrounding parenting styles and their effects. While the study found no evidence of a significant correlation between either mother or father's parenting style, there is a stronger positive correlation between a child's resilience and academic success. The external college environment, peer pressure, parental employment, living in a dorm, and social media influence were a few estimated factors. Further research on middle school students is also necessary because their age plays a significant role in how parenting styles shape personality. Additionally, research will be done to determine how parenting practices affect how a child perceives their new college surroundings and how much of an impact they have on their new peer group. In summary, it is suggested that a similar study be carried out with a larger sample size using a qualitative approach.



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