



**A STUDY ON PERCEIVED PARENTING STYLES AND RESILIENCE AMONG
COLLEGE STUDENTS**

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ABSTRACT

In psychological study, there is growing interest in and significance for the relationship between college students' reported parenting methods and resilience. People's perceptions of parenting methods have a significant impact on how they develop in a number of areas, including how well they handle difficulties and hardship. One important factor that affects college students' academic performance and general well-being is resilience, or the ability to bounce back from setbacks and live a healthy life. The aim of the study was to explore the relationship and gender differences among perceived parenting styles and resilience among college students. A total sample of 160 college students (80 Males and 80 Females) were collected. Standardised scales were used to study perceived parenting style (authoritative,

authoritarian, permissive) and resilience among college students. The results found out that resilience is significantly positively related with authoritative parenting. However, a significant negative correlation was found between Resilience and Authoritarian parenting; resilience and permissive parenting. The results also found that males are higher on resilience as compared to females. To support young adults during their transition to higher education and beyond, educators, counsellors, and parents can benefit greatly from an understanding of how various parenting styles affect resilience levels among college students.

Keywords: Perceived Parenting Styles, Resilience, Authoritarian, Authoritative, Permissive, Young Adults

Introduction

Being resilient, or having the capacity to overcome hardship, is an essential quality that enables people to face life's obstacles head-on and with courage and flexibility. It includes social, psychological, and emotional aspects that help people deal with stress, bounce back from setbacks, and prosper in the face of hardship. Even in the most trying situations, resilient people show tenacity, optimism, and useful coping techniques that enable them to hold onto a sense of direction and purpose. The process of growing self-awareness, creating networks of support, and honing problem-solving techniques are all part of cultivating resilience. In the end, resilience gives people the ability to bounce back from setbacks and turn their circumstances around to become stronger and more resilient. The term "perceived parenting style" describes how people view and comprehend the parenting style of their parents. It includes several aspects, such as responsiveness, warmth, and control. High levels of warmth and responsiveness combined with appropriate degrees of control define authoritative parenting, which creates a controlled but supportive atmosphere. Parenting that is authoritarian prioritizes obedience over individuality and tends to be highly controlling but not very

affectionate. A permissive parenting style is characterized by warmth, little control, and a great deal of independence with little direction. Low levels of warmth and control, as well as a lack of involvement and support, are characteristics of negligent parenting. The way children see their parents has a significant impact on their conduct, self-worth, and general well-being.

The resilience of college students is greatly impacted by perceived parenting approaches. Warm and demanding, authoritative parenting encourages independence and problem-solving abilities, which builds resilience. On the other hand, harsh restrictions and a lack of warmth associated with authoritarian parenting can undermine resilience because of a lack of autonomy and a fear of failing. When parents are cold and uninspiring, they might undermine their children's resilience by not giving them the tools and resources they need. Lastly, a lenient parenting style that emphasizes warmth over strict restrictions may have mixed results because it may make it more difficult for kids to learn good coping mechanisms. Overall, college students' resilience levels are greatly influenced by their perceptions of their parents' parenting styles. According to Dwairy and Menshar (2006), studies show that the relationship between parents and child can affect the emotional well-being of the child either in positive or negative way.

Perceived Parenting Styles

According to Baumrind (1968), parenting styles were first conceptualized to explain young children's social adjustments. The three styles of parenting described in the authors work include authoritative, authoritarian, and permissive; involved in qualitative differences in parental behaviors, particularly parental control." Additionally, Wolfradt (2002) states that parenting styles are usually conceptualized along two dimensions, a) parental demand (e.g. control) and parental response (e.g. warmth).

Darling and Steinberg (1993) defined parenting style as “the emotional climate in which the parents raise their children.” Parenting style as defined by Kelly and Goodwin (1983) refers to “range of behaviours and labels that have been used to generalize different styles of discipline, nurturance, reinforcement, and acceptance used in child rearing.”

Authoritative Parenting: According to Baumrind (1967) children raised by authoritative parents are best adjusted. These children are cheerful, socially responsible, and achievement oriented. They become cooperative adults. Research also suggests that children raised under this style of parenting have better self-esteem, positive emotions. These children are even better at social skills and tend to be happier (Vijila, 2013). Baumrind (1967) states that authoritative parents are strict yet provide emotional support and have a two-way communication process as the child can feel comfortable to communicate.

Authoritarian Parenting: Authoritarian parents are indifferent to a child’s requirements and desires (Baumrind, 1967). Research suggests that these children have poor self-esteem because of the negative feedback they receive from their parents. There is also a lack of encouragement from parents (Dewar, 2018). Baumrind (1967) states that authoritarian parents believe in family hierarchy and set clear rules to be followed.

Permissive Parenting: Permissive parents are moderate when it comes to responsiveness (Baumrind, 1978). This suggests that these parents are high on responsiveness and low on control and maturity. Research suggests that these children have poor academic achievements and lack decision making skills (Dewar, 2018). These children also have poor social skills. According to Baumrind (1967), permissive parents have very little control in their

interactions with their children. Parents communicate total acceptance of their child's behaviour.

Resilience

Herman et al. (2011) defined resilience as “the positive adaptation or the ability to maintain or regain mental health, despite experiencing adversity.” Shatte et al. (2016) defined resilience as “the ability to use positive mental skills to remain psychologically steady and focused when faced with challenges or adversity.” Garnezy (1991) states that resilience is the “tendency to spring back, rebound or recoil.”

Study by Werner and Smith (1982) found that mothers who deal with their children kindly, in a calm and positive manner, showing acceptance and support, tend to raise resilient children as compared to those mothers who showed opposite of these traits. Resilience has a significant association with authoritative parenting style, whereas, a negative relationship with authoritarian parenting style (Pillay & Coatsworth, 2020).

A study was conducted by Zakeri et al. (2010) on 350 students (235 females and 115 males) to study parenting styles and resilience. The results found that the parenting styles subdimensions; namely; acceptance involvement (i.e., one's perception of amount of paying attention and responsiveness of parents) was a significant predictor of the resilience, whereas, psychological autonomy granting (i.e., parents tolerance against children opinion) and behavioural strictness supervision (i.e., parents shape and modify the behaviour of children) has no significant prediction with resilience.

Objectives

- To assess the relationship between Perceived Parenting styles (Authoritative, Authoritarian, Permissive) and Resilience.

- To assess the gender differences between Perceived Parenting styles (Authoritative, Authoritarian, Permissive) and Resilience.

Purpose

The purpose is to study perceived parenting style and resilience among college students.

Hypothesis

- There will be no relation between Parenting style (Authoritative) and Resilience.
- There will be no relation between Parenting style (Authoritarian) and Resilience.
- There will be no negative relation between Parenting style (Permissive) and Resilience.
- There will be no gender differences found among Parenting styles and Resilience.

Methods

The following sample, measures, and procedures were done to study the research objectives.

Sample

A total sample of 160 college students (80 Males and 80 Females) were collected from NCR, Delhi.

Measures

The following measures were used to study resilience and parenting styles among college students.

- **Brief Resilience Scale (BRS):** The scale was developed by Smith et al. (2008) to measure one's resilience. The scale consisted of 6 items in total. The responses were

on 5 point Likert scale “strongly disagree,” “disagree,” “neutral,” “agree” and “strongly agree.” The questionnaire also had reversed scoring.

- **Parenting Styles:** The scale as developed by Manikandan and Divya (2013) was used to measure the perception of an individual about their parent’s behaviour. The scale had 30 items in total, and on a 5-point Likert scale. The scale measured three parenting styles: Authoritative, Authoritarian and Permissive.

Procedure

The participants were informed about the purpose of the research and the questionnaires were filled through Offline, face to face mode. Each participant was thanked for their cooperation. Standardized scales were administered to the participants.

Analysis of Data

To study the relationship between resilience and perceived parenting styles (authoritative, authoritarian, and permissive) Pearson Correlation was conducted. To study gender differences, T-Test was conducted.

Results

Table 1

N, Mean and Standard Deviation

	Gender	Authoritarian Parenting	Authoritative Parenting	Permissive Parenting	Resilience
N	Male	80	80	80	80
	Female	80	80	80	80
Mean	Male	23.2	34.0	34.4	3.36
	Female	22.6	35.5	35.7	3.14
Standard Deviation	Male	7.27	7.32	7.79	0.656
	Female	7.56	7.22	8.74	0.684

Table 2

Correlation between Parenting Styles (authoritative, authoritarian, permissive) and Resilience

	Authoritative Parenting		Authoritarian Parenting		Permissive Parenting		Resilience
Authoritative Parenting	—						
Authoritarian Parenting	-0.416	***	—				
Permissive Parenting	-0.291	**	0.637	***	—		
Resilience	0.303	***	-0.278	**	-0.265	**	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 3

Gender Differences among Parenting styles and Resilience

	Group	N	Mean	SD	p
Resilience	Male	80	3.36	0.656	0.037
	Female	80	3.14	0.684	

Authoritative Parenting	Male	80	34.01	7.322	0.205
	Female	80	35.48	7.218	
Authoritarian Parenting	Male	80	23.24	7.267	0.617
	Female	80	22.65	7.558	
Permissive Parenting	Male	80	34.44	7.791	0.341
	Female	80	35.69	8.736	

Discussion of Results

The results found out that resilience is significantly positively related with authoritative parenting ($r=0.303$, $p < .001$). However, a significant negative correlation was found between Resilience and Authoritarian parenting ($r=-0.278$, $p < .01$); resilience and permissive parenting ($r=-0.265$, $p < .01$). The above stated hypothesis is rejected as the results found significant relationships between parenting styles (authoritative, authoritarian and permissive) and resilience. Therefore, the above stated hypothesis has been clearly rejected, as significant relations were found.

The findings suggest a strong positive correlation between resilience and authoritative parenting. This suggests that individuals who perceive their parents as authoritative (characterised by warmth and responsiveness) tend to exhibit higher levels of resilience. Conversely, the results also showed a significant negative correlation between resilience and both authoritarian and permissive parenting. This indicates that individuals who perceive their parents as authoritarian (characterised by strict rules and obedience) or permissive (characterised by high warmth but limited control) tend to have lower levels of resilience. Authoritarian parenting may hinder resilience by restricting autonomy and fostering

dependency, while permissive parenting may undermine resilience by failing to provide necessary structure and guidance.

The results found males are higher on resilience as compared to females ($t=2.10$). However, no gender differences were found in perceived parenting styles (authoritative, authoritarian and permissive).

A study was conducted by Devi and Singh (2021) on parenting styles and resilience among adolescents among 600 adolescents (300 boys and 300 girls). The results found out that authoritarian mothers had positive and significant relationship with emotional reactivity variables of resilience. The research also found that the adolescents who perceived their parents as supportive have greater ability of resilience than those of authoritarian and permissive style of parenting. Ritter (2005) found in his study that authoritative parenting style is linked with higher levels of resiliency, whereas authoritarian and permissive parenting styles were most often linked with lower resiliency.

Authoritarian parents are often cold, insensitive, and unsupportive to their children's needs, thus the children are less resilient and more depressed (Mohammadi et al., 2013; Zhong et al., 2016). Parental acceptance is positively linked with good emotional intelligence (Bhatia, 2012); and good mental health (Sharma, 2013). Studies also show that authoritative parenting style promotes emotional health and limits psychological problems (Darling & Steinberg, 1993).

Conclusion

The findings highlight the importance of parenting styles in shaping college students' resilience levels. The results suggest that authoritarian parenting contributes positively to the development of resilience, while authoritarian and permissive parenting styles may have

negative effects. Understanding the role of parenting styles in fostering resilience can inform interventions and support systems aimed at promoting the well-being and success of college students. Firstly, interventions should focus on promoting authoritative parenting practices, which have been associated with higher levels of resilience. Educating parents about the importance of balancing warmth and reasonable levels of control can help them create nurturing yet structured environments that foster independence and problem-solving skills in the children. In addition, the development of resilience in college students necessitates extensive support networks within educational establishments. Counselling services can assist students in developing coping mechanisms and emotional control techniques by providing individual therapy sessions and resilience-building seminars. Important social support networks can also be established through mentorship programs and peer support organizations. In order to create environments that support resilience, cooperation between parents, educators, and mental health specialists is essential. Collaboratively, stakeholders may put into practice comprehensive strategies that tackle the intricate relationship between resilience, parenting styles, and college students' general well-being.

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