

A Descriptive Study to Assess the Parenting Style of Parents having Children of Age Group 3 - 10 Years Visiting Pediatric OPD and Creche of PGIMER Chandigarh 2014 - 2015

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Abstract

Background: The type of parenting style used for rearing a child has a great impact on his physical and psychological development. The aim of this study was to assess the type of parenting style used by the parents having children of age group 3 - 10 yrs.

Materials and Methods: This descriptive study was conducted on 242 parents attending the APC OPD and Creche of PGIMER, Chandigarh in 2014 - 2015. The tool used for data collection was an interview schedule which includes socio demographic profile, Parenting Style and Dimension Questionnaire (PSDQ) for assessing the parenting style. Data collected was analyzed by SPSS 16 using descriptive statistics.

Results: In present study it has been observed that the predominant parenting style was authoritative 220 (90.91%) and rest 22 (9.09%) were using mixed type of parenting style. Findings of the present study are similar to the studies conducted worldwide.

Conclusion: Majority of the parents have given positive responses for authoritative parenting style as most of the parents revealed that they are responsive to their child's feelings, providing comfort when their child is upset. On the basis of the parent's response to Parenting Style and Dimension Questionnaire we concluded that the majority 220 (90.91%) of the subjects had an authoritative parenting style and only few 22 (9.09%) had mixed parenting style.

Keywords: Parenting; Education; Authoritative; Permissive; Authoritarian

Introduction

Parents are the ones who give birth and nurture their child [1]. One of the family's functions is socialization which has a positive impact on the development of the child. Socialization pressures increase and the children get older. The parents have a great role in expressing this pressure. This pressure varies greatly as each parent goes about the socialization process differently. The parent-child relationship is based on affection and cooperation. The child's competence is built by parents by behaving as role models, using inductive discipline and in reinforcing mature behavior. It is also important to provide reasons to promote behavior guides and encourage children to master new skills. All these elements together combine into effective parenting [2].

Child-rearing styles are a combination of parenting behavior. Diana Baumrind (1927) was a clinical and developmental psychologist, who introduced the concept of parenting styles in 1967. In her study she identified four important dimensions of parenting. These dimensions include warmth and nurturance, disciplinary strategies, communication trials, expectation of maturity and control [3]. Based on these she suggested three different parenting styles namely authoritarian, permissive and authoritative parenting [4].

These parenting styles are based on two elements demandingness v/s undemandingness and responsiveness v/s unresponsiveness. Demandingness and undemandingness refers to the efforts parents make to incorporate the child to the family unit. These efforts include expressing maturity demands, ensuring adequate supervision, making disciplinary efforts and readiness to confront the child who disobeys. Responsiveness and unresponsiveness refers to the degree to which parents deliberately promote individuality, self-regulation and self-assertion by being attuned, supportive and acquiescent to children's special needs and demands.

Authoritative parenting style is high on demandingness and high on responsiveness. The parents behavior seems to direct the child's activities in a rational manner and encourage independence in them. They provide opportunity to their children and also they set the boundaries in order to bring up the best potential of their children and encourage independence in an organized manner.

Permissive parenting style is high on responsiveness whereas, low on demandingness. Parents are friendlier, do not expect or demand from their child and fulfill all their desires and are non-punitive. Children lack independence and are generally self-centered.

Authoritarian parenting style is high on demandingness however, low on responsiveness. Parents use forceful and punitive measures to enforce proper behavior in their children. They are rigid in imposing rules and regulations and want their decision to be followed, thus restricting autonomy in their children. Later on Maccoby and Martin introduced a fourth parenting style i.e. Neglectful parenting style. This parenting style is both low on responsiveness and demandingness. Parents seem to be less concerned about their children and remain distant.

Parenting styles have been reported from different parts of the world [1-7]. As parenting style is the base of the child's development, it is important to know about the parenting styles being used by the Indian parents. Keeping in mind the lack of information available from Indian setting, the current study has been undertaken to assess the parenting style of Indian parents towards rearing their child. This study will help in generating evidence for nurse educators in planning, guidance and counselling of Indian parents about parenting.

Materials and Methods

A descriptive study was conducted in the year 2014 - 2015 after obtaining the permission from the institute's Ethics committee. To accomplish the objectives of the study a quantitative research approach was considered to be most appropriate to assess the parenting styles of the parents having children in the age group of 3 - 10 years.

The research was conducted in APC OPD and Creche of PGIMER Chandigarh. Parents of; healthy children in crèche, and children who visited APC, OPD for vaccination/minor complaints within age group 3 - 10 years who were willing to participate in study were enrolled. The sampling technique used was purposive sampling. The sample size was 242. An interview schedule has two part socio-demographic profile sheets and Parenting Style and Dimension Questionnaire (PSDQ). After obtaining ethical clearance and written informed consent the parents were interviewed in Hindi or English for 20 - 30 minutes.

Two different observers had applied PSDQ on the same subjects for inter- rater reliability. First 13 items are of authoritative, next 13 authoritarian and remaining 4 were of permissive parenting style. A five point likert scale ranging from never (1) to always (5) was used for scoring the questionnaire. Questionnaire was converted into Hindi and was retranslated into English.

Data was analyzed using figures and tables for descriptive statistics and was presented through pie charts/graphs etc. Descriptive statistics included measures of central tendency (mean, median) as well as dispersion (SD, SE, range, IQR) for quantitative variables and frequency/proportion for categorical variables.

Results

Socio-demographic characteristics of parents: Out of 242 parents majority 201 (83.1%) of the participants were female and only 41 (16.9%) participants were male. The mean age was 30.98 ± 3.74 years. Regarding education 94 (38.8%) were graduates, 59 (24.4%) were 10th passed and few were post graduates, primary and secondary and some had no formal education. Regarding occupation 148 (61.2%) were not working as most of them were housewives. Less than half 44 (18.2%) of the parents were doing private jobs, 39 (16.1%) were in government, jobs, others were skilled and in business. Almost all 240 (99.2%) were married, 1 (0.4%) was separated and 1 (0.4%) was widow. As per family wise distribution, 167 (69%) have nuclear family, 72 (29.8%) in joint families and others have extended family. Monthly family income for maximum 44.2% parents was > 20,000 and minimum 12 (5%) parents had income of < 5,000/month. Approximately half 128 (52.9%) of them were urban and 114 (47.1%) were rural residents. Religion wise 181 (74.8%) were Hindus, 52 (21.5%) were Sikhs 7 (2.9%) were Muslims and only 2 (0.8%) were Christians.

Age wise distribution of children

Nearly a quarter (25.20%) of children was between 3 - 4 yrs of age, 20% of children were of 5 - 6 yrs of age, 19% were 4 - 5 yrs of age and only 2.5% children were of 9 - 10 yrs of age.

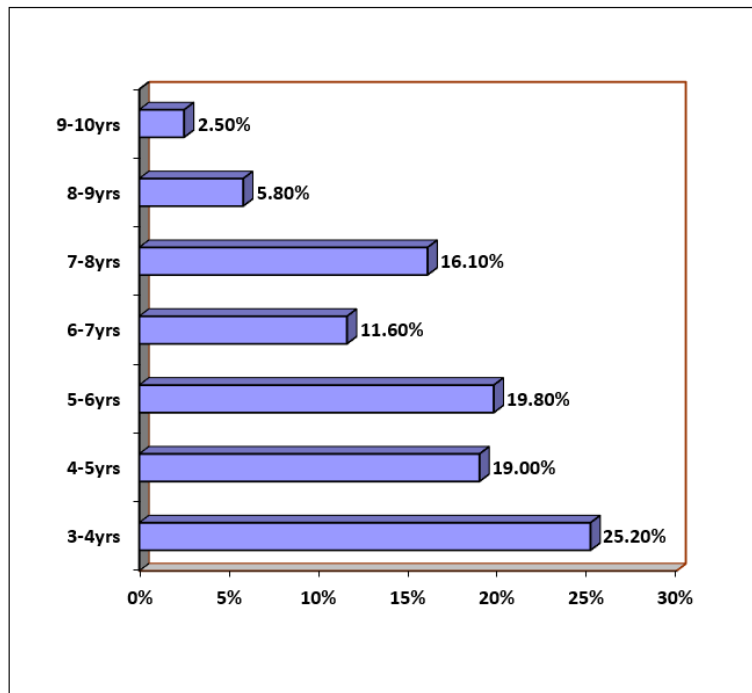


Figure 1: Age wise distribution of children.

Description of parenting style and dimension questionnaire

Item wise distribution of authoritative parenting style

Majority 175 (72.3%) of the subject said that they were responsive to their child’s feelings and needs, few 4 (1.7%) were rarely responsive and only 2 (0.8%) were not responsive at all. Regarding the consideration of the child’s wishes, more 155 (64.0%) of the subjects responded that they always consider their child’s wishes, few 13 (5.4%) said that they do it sometimes and only 3 (1.2%) said that they do it rarely. More than half 137 (56.6%) of the subjects said that they always explain to their child how they feel about his/her good/bad behaviour whereas only 4 (1.7%) replied rarely to this statement. Less than three fourth 168 (69.4%) of them said that they encourage their child to talk about his/her feelings and nearly one fourth 57 (23.6%) of the subject’s response was very often.

Out of all, 163 (67.4%) responded that they always encourage their child to freely “speak his/her mind”, even if he/she disagrees with them. Surprisingly only less than half 109 (45.0%) of the subjects said that they very often explain the reason behind their expectation. Majority 172 (71.1%) of subjects said that they always provide comfort and understanding when their child is upset, on the other hand 14 (5.8%) replied that they do it sometimes. Nearly half 120 (49.6%) of the subjects give feedback that they compliment their child. Majority 197 (81.4%) of subjects said that they treat their child as an equal member of their family and 32 (13.2%) said very often to this statement. Majority 181 (74.8%) of the subjects replied that they always have warm and intimate times together with their child, other 40 (16.5%) replied very often whereas 15 (6.2%) subjects replied sometimes, 4 (1.7%) said rarely and only 2 (0.8%) answered never to it. The findings are presented in table 1a.

S. no	Items	Always n (%)	Very often n (%)	Sometimes n (%)	Rarely n (%)	Never n (%)
1	I am responsive to my child’s feelings and needs.	175 (72.3)	45 (18.6)	16 (6.6)	4 (1.7)	2 (0.8)
2	I take my child’s wishes into consideration before i ask him /her to do something.	155 (64.0)	71 (29.3)	13 (5.4)	3 (1.2)	-
3	I explain to my child, how I feel about his/her good/bad behaviour.	137 (56.6)	85 (35.1)	16 (6.6)	4 (1.7)	-
4	I encourage my child to talk about his/her feelings and problems.	168 (69.4)	57 (23.6)	12 (5.0)	5 (2.1)	-
5	I encourage my child to freely “Speak his/her mind”, even if he/she disagree with me.	163 (67.4)	63 (26.0)	11 (4.5)	5 (2.1)	-
6	I explain the reason behind my expectations.	90 (37.2)	109 (45.0)	28 (11.6)	14 (5.8)	1 (0.4)
7	I provide comfort and understanding when my child is upset.	172 (71.1)	56 (23.1)	14 (5.8)	-	-
8	I compliment my child.	120 (49.6)	88 (36.4)	33(13.6)	1 (0.4)	-
9	I consider my child’s preferences when I make plans for the family (e.g. weekends away and holidays).	96 (39.7)	79 (32.6)	60 (24.8)	6 (2.5)	1 (0.4)
10	I respect my child’s opinion and encourage him/her to express them.	135 (55.8)	76 (31.4)	26 (10.7)	4 (1.7)	1 (0.4)
11	I treat my child as an equal member of the family.	197 (81.4)	32 (13.2)	11 (4.5)	1 (0.4)	1 (0.4)
12	I provide my child reason for the expectations, I have for him /her.	82 (33.9)	101 (41.7)	43 (17.8)	15 (6.2)	1 (0.4)
13	I have warm and intimate times together with child.	181 (74.8)	40 (16.5)	15 (6.2)	4 (1.7)	2 (0.8)

Table 1a: Item wise distribution of authoritative parenting style (N = 242).

Item wise distribution of authoritarian parenting style

Nearly an equal number of parents said that they sometimes 69 (28.5%) and rarely 68 (28.1%) tell their child to do something just because they are their parents and only 35 (14.5%) said they always tell it to their child. Nearly half of the subjects 119 (49.2%) said that sometimes they punish their child by taking their privileges away (TV, games, visiting friends), other 55 (22.7%) replied that they did so rarely, 27 (11.2%) replied that they punished child very often, 21 (8.7%) responded always and remaining 20 (8.3%) responded that they never punished the child by taking away their privileges. When the child’s behavior is not appropriate many 77 (31.8%) parents said the they rarely yell on their child, whereas 68 (28.1%) said they do it sometimes, 26 (10.7%) and 23 (9.5%) parents do it always and very often; only 48 (19.8%) said they never shout on their child.

More importantly 87 (36.0%) parents reported that they never use criticism to make their child improve his/her behavior, while an equal number of parents 22 (9.1%) use criticism for improvement always or very often. Less than half i.e. 118 (48.8%) subjects said that they never use threats as a form of punishment with little or no justification, whereas equal number 13 (5.4%) us it always and very often. Out of 242, 93 (38.4%) of subjects reported that they sometimes find themselves struggling to try to change how their child thinks or feels about things and approximately one third of the subjects responded that they sometimes 79 (32.6%) feel the need to point out their child’s past behavior to make sure he/she will not do them again. Rest of other responses are depicted in table 1b.

S. no	Items	Always n (%)	Very often n (%)	Sometimes n (%)	Rarely n (%)	Never n (%)
14	When my child asks me why he/she has to do something, I tell him /her it is because i said so, I am your parent, or because that is what I want.	35 (14.5)	23 (9.5)	69 (28.5)	68 (28.1)	47 (19.4)
15	I punish my child by taking privileges away from him/her (e.g. t.v, games, visiting friends).	21 (8.7)	27 (11.2)	119 (49.2)	55 (22.7)	20 (8.3)
16	I yell when i disapprove of my child’s behaviour.	26 (10.7)	23 (9.5)	68 (28.1)	77 (31.8)	48 (19.8)
17	I explode in anger towards my child.	14 (5.8)	21 (8.7)	71 (29.3)	74 (30.6)	55 (22.7)
18	I spank my child when I dont like what he/she does or says.	14 (5.8)	21 (8.7)	71 (29.3)	74 (30.6)	62 (25.6)
19	I use criticism to make my child improve his/her behaviour.	22 (9.1)	22 (9.1)	47 (19.4)	64 (26.4)	87 (36.0)
20	I use threats as a form of punishment with little or no justification.	13 (5.4)	13 (5.4)	48 (19.8)	50 (20.7)	118 (48.8)
21	I punish my child by withholding emotional expression (e.g. kisses and cuddles).	27 (11.2)	19 (7.9)	81 (33.5)	82 (33.9)	33 (13.6)
22	I openly criticise my child when his/her behaviour does not meet my expectations.	16 (6.6)	22 (9.1)	46 (19.0)	62 (25.6)	96 (39.7)
23	I find myself struggling to try to change how my child thinks or feels about things.	33 (13.6)	43 (17.8)	93 (38.4)	61 (25.2)	12 (5.0)
24	I feel the need to point out my child’s past behavioural problem to make sure he/she will not do them again.	31 (12.8)	33 (13.6)	79 (32.6)	64 (26.4)	35 (14.5)
25	I remind my child that i am his/her parent.	10 (4.1)	8 (3.3)	25 (10.3)	55 (22.7)	144 (59.5)
26	I remind my child of all the things i am doing and i have done for him/her.	12 (5.0)	9 (3.7)	28 (11.6)	57(23.6)	136 (56.2)

Table 1b: Item wise distribution of authoritarian parenting style (N = 242).

Item wise distribution of permissive parenting style

One third of parents 81 (33.5%) of the subjects equally responded to sometimes and rarely 81 (33.5%) that they find it difficult to discipline their child whereas more than quarter 64 (26.4%) responded never and 14 (5.8%) responded very often and minimum of them i.e. 2 (0.8%) answered always. Around, 95 (39.3%) of the parents responded that they never give into their child when he/she causes a commotion about something, remaining 73 (30.2%) rarely, 62 (25.6%) sometimes and only 5 (2.1%) always gave into their child’s wishes. Majority 206 (85.1%) of parents said that they never spoil their child whereas 29 (12.0%) rarely and 5 (2.1%) responded sometimes and only one parent said they spoil their child very often 1 (0.4%) and always 1 (0.4%). Majority of the parents 197 (81.4%) replied that they never ignore their child’s bad behavior while 34 (14.0%) responded rarely and few parents 11 (4.5%) replied ignored the child’s bad behaviour sometimes. These findings are shown in table 1c.

S. no	Items	Always n (%)	Very often n (%)	Sometimes n (%)	Rarely n (%)	Never n (%)
27	I find it difficult to discipline my child.	2 (0.8)	14 (5.8)	81 (33.5)	81 (33.5)	64 (26.4)
28	I give into my child when he/she cause a commotion about something.	5 (2.1)	7 (2.9)	62 (25.6)	73 (30.2)	95 (39.3)
29	I spoil my child.	1 (0.4)	1 (0.4)	5 (2.1)	29 (12.0)	206 (85.1)
30	I ignore my child’s bad behavior.	-	-	11 (4.5)	34 (14.0)	197 (81.4)

Table 1c: Item wise distribution of permissive parenting style (N = 242).

Parenting style used by the study subjects

According to the interpretation of parenting style dimension questionnaire, the authoritative parenting style was used by majority 220 (91%) parents, only 22 (9%) parents used mixed pattern of parenting.

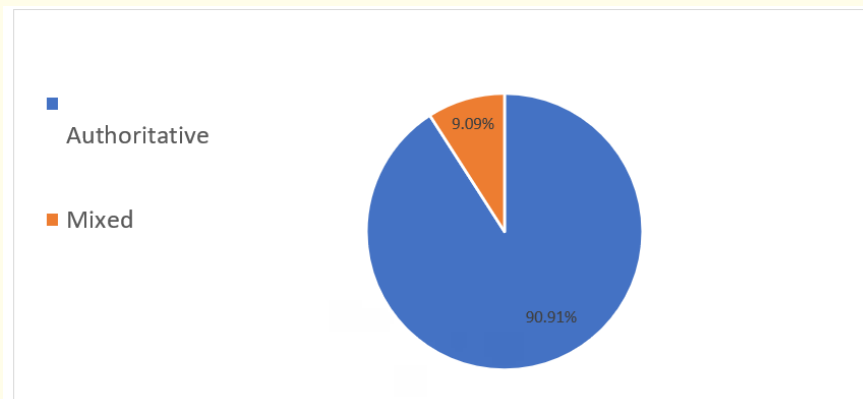


Figure 2: Parenting styles used by Indian parents.

Discussion

The descriptive study assessed the parenting styles of parents having children in the 3 - 10 years of age who were visiting pediatric outpatient and crèche of PGIMER, Chandigarh. Findings of the study revealed that majority (91%) of the parents were using the authori-

tative parenting style whereas only 9%) subjects were using mixed parenting style. The number of parents using a permissive parenting style was very less and parents use this style only in a mixed type of parenting style. Whereas, a study conducted by Seth and Ghormode in Nagpur district found that only 25.6% of parents used authoritative parenting style. These 256 students were further investigated to study the impact of authoritative parenting style on educational performance and academic achievement. Result of the study indicated that authoritative parenting style has a positive impact on the educational performance and academic achievement of all the subjects [5]. Similarly, a study conducted by Cohen, Deborah, Rice and Janet (1997) on students in grade 8 - 9 and their parents (25 - 26 yrs) showed that parenting styles were associated with academic achievement and found that the students showing high grades had more authoritative, low permissive and low authoritarian parenting style [9-11]. On the other hand a study conducted by Akhtar among 200 undergraduate students (15 - 18 yrs) in Pakistan to explore the effect of parenting style and attachment style reported that authoritative parenting style has no significant relationship with any of secure, anxious and avoidant attachment styles. Permissive fathers have a significant relationship with avoidant attachment style and permissive mothers have significant relationship with anxious attachment style [4]. The finding of all these studies showed that there is an association between parenting style and child's achievement. We also recommend that there is a need to find out how the parenting style of Indian parents affect the achievement, emotional intelligence, resilience and anger management. Indian parents should be educated on type of parenting styles and its effect on children.

Conclusion

The survey revealed that most of the parents were responsive to their child's feelings and provided comfort when their child was upset. As per overall score of PSDQ, majority of Indian parents used an 'Authoritative' parenting style and few used mixed parenting style. None of the parents used either Authoritarian or Permissive parenting style. Authoritative parenting style shows that parents are more flexible and warm. Though, none of parents had any knowledge about these parenting styles, still many of them were using this flexible and warm parenting style which is beneficial for a child's overall growth including social, intellectual, moral and emotional growth.

Conflict of Interest

None.

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