



## The relationship between the manners of parenting by parents and the extent of anxiety among the students

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### Original Article

#### Abstract

**BACKGROUND:** Mental health among the children and adolescents is an essential part of public welfare and health. The transfer of values and culture, and children health are made via training. According to conducted studies, training style of parents is an important factor to predict the health problems among the children. Baumrind has conducted extensive researches on the manner of parenting. He recognized three manners of parenting, authoritative, authoritarian, and permissive. These are different from each other in terms of control, and being hot. The aim of this research was to study the relationship of parenting manners of parent and the extent of anxiety among the students.

**METHODS:** This was a correlation type research in which the relationship between the variables was obtained. Statistical population included boy students of the junior high schools in Ilam City, Iran. The sample was selected based on Morgan table, and included 100 students. They were randomly selected in a multistep process. We selected two schools among junior high schools in Ilam City using random sampling. Then, we selected second-grade class in every school.

**RESULTS:** There was a positive and significant relationship between parenting manners (authoritative, authoritarian, and permissive manners) with anxious thoughts among the students ( $P < 0.010$ ). In addition, there was a positive and significant relationship between permissive parenting manner and anxious thoughts among the students ( $P < 0.050$ ). Independent variable explained 20% of changes in the dependent variable of anxious thoughts.

**CONCLUSION:** The parenting manner influenced students, anxious thoughts at a significant level.

**KEYWORDS:** Parenting, Mental Health, Anxiety, Students

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### Introduction

The relationship between the parents and children is one of the important issues that has attracted the attention of education professionals for many years. The family is the first to provide a relationship between the child and the environment. In the family, the child learns the initial attitudes about the

world, grows physically and mentally, learns ways to speak, learns the basic norms of behavior and finally its attitudes, morals, and spirits form, and become social. Child and adolescent mental health is an essential part of general health and prosperity. Children's health and values and culture transfer through education.<sup>1</sup> According to studies, parenting education is a significant predictor of children health. Some of the parents' factors that affect the development of children include warmth, ad acceptance, and behavioral control of

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children. A high level of warmth and acceptance are the characteristics of parents who are interested in the child, and are responsible. The high level of behavioral control is the characteristics of expectant parents, and the dictator ones.<sup>2,3</sup>

One of the approaches to how parents and children are influenced is parenting style. Parenting styles are of the parents' characteristics that affect parents' efforts to socialize children by modifying certain acts that parents do, and changing children's experience in the process of socialization.<sup>4</sup> The evolutionary theory of anxiety expresses that the adoption of children by parents, their type of control, and their behaviors are related to the symptoms of anxiety in children.<sup>5</sup> Baumrind has done extensive research in the field of parenting, and has shown that parents' parenting has two dimensions of warmth and control. Based on his research, Baumrind has identified three different types of parenting including authoritative, authoritarian, and permissive that are different in dimensions of warmth and control.<sup>1-3,6</sup> Permissive parents have a high level of warmth and low behavioral control. These parents allow children to behave according to their wishes, and with the least discipline. Authoritative parents have the lowest warmth and acceptance, and high levels of behavioral control. These parents are very strict, and stick to their own limits, instead of the rules. Authoritarian parents have high levels of warmth and behavioral control. Initial research in this area was undertaken by Baumrind and other researchers have expanded research in this field, and in their research pointed to a number of negative and positive outcomes of parents' parenting with children and adolescents.<sup>7-9</sup>

Authoritarian parenting style is in relation to a number of negative outcomes such as low flexibility, low self-esteem, decreased

happiness, low achievement motivation, increased drug abuse, and lack of appropriate coping strategies and increased anxiety. In contrast, the permissive parenting style leads to positive outcomes compared to authoritarian parenting. However, in permissive parenting style low self-control, low responsibility, low flexibility, and low educational levels in children and adolescents has been reported.<sup>1-3</sup> Similar results were obtained in Boyes and Allen,<sup>4</sup> Farzigolfazani et al.,<sup>8</sup> Rapee,<sup>10</sup> Seyfi Gandomani et al.<sup>11</sup> and Wolfradt et al.<sup>12</sup> researches.

The aim of this research was to assess the relationship between parenting styles and students' anxiety, since the symptoms of anxiety thoughts in people have an important effect on life satisfaction and individual adaptations to the environment. On the other hand, different types of parenting practices and educational methods, and responding to the demands of adolescents play an essential role in achieving positive and negative outcomes for adolescents. In this research, the role of parenting styles in the development of symptoms, behaviors, and anxiety thoughts in students was investigated.

## Materials and Methods

The present research was a correlational survey, according to which the relationship between research variables was obtained. The statistical population of the study was boy students in Ilam City, Iran. Based on Morgan's table, 100 students were randomly selected in a multi-stage sampling; and the satisfaction of all of them was gained. Two schools were selected in Ilam City using random sampling method, then from each school, the grade 2 was selected.

The parenting style questionnaire, designed by Baumrind in 1972, consists of 30 sentences, of which 10 are authentically, 10 are elaborate, and 10 are eloquently related. By adding the scores of phrases related to each method, a score of 0 to 40 is obtained for each parenting method.

**Table 1. Kolmogorov-Smirnov test for the components of parenting and anxiety thoughts**

Components	M	Standard deviation	Z	P
Permissive	30.230	5.624	1.934	0.001
Authoritarian	31.520	5.828	2.145	< 0.001
Authoritative	29.240	5.128	1.513	0.020
Parenting practices	90.990	16.040	1.718	0.005
Anxious thoughts	40.490	9.433	1.664	0.008

In other words, each parent has three separate scores in this questionnaire. The Welsh Anxiety Thinking Questionnaire is a multidimensional tool for evaluating worrying which measures social worries about health concerns and fears. It has 22 items, each with a quadratic "almost never", "sometimes", "often", and "almost always" answerable. The internal reliability of the subscales of the Persian form for the three subscales of social worries, health concerns, and phrases were 85.0, 83.0, and 77.0, respectively, and the test-retest reliability of the test was equal to 75.0, 81.0, and 77.0 using non-existent, descriptive, and authoritative methods, respectively.

## Results

According to table 1, the mean level of students' anxiety thoughts (40.490) indicate that studied students had a low level of anxiety thoughts. Therefore, the assumption H0 would be rejected, and the H1 assumption, which indicates that the data is not normal, would be verified. Thus, we can say that the data were abnormal.

The relationship between the parenting styles and students' anxiety thoughts was significant ( $P < 0.010$ ). The relationship was positive and meaningful. Moreover, there was a positive and significant relationship between parenting style of permissive and anxiety thoughts among the students ( $P < 0.050$ ) (Table 2).

**Table 2. The relationship between parenting styles and students' anxiety thoughts**

Variable	R	P
Permissive	199	0.047
Authoritarian	260	0.009
Authoritative	314	0.001
Parenting practices	266	0.007

Based on coefficient (Beta), it can be said that the variables of parenting practices had a significant effect on students' anxiety thoughts ( $P < 0.050$ ) (Table 3).

**Table 3. The effect of parenting styles on anxiety thoughts**

Variable	B	Beta	T	P	F	R
Constant factor	76.363		10.977	< 0.001	4.454	208
Anxious Thoughts	353.000	0.208	2.110	0.037		

## Discussion

Baumrind has identified three authoritative, authoritarian, permissive parenting styles that are different in terms of warmth and control.<sup>1</sup> Among parenting styles, the authoritative parenting style is associated with happiness, low neuroticism, high self-esteem, independence, high academic levels, dare and high ethical reasoning, and some other positive outcomes.<sup>2,3,13,14</sup>

In this study, there was a positive and significant relationship between the parenting styles and students' anxiety thought, and between the permissive parenting style and the anxious thoughts among the students. These are similar to Seyfi Gandomani et al. study,<sup>11</sup> which reported low depression and anxiety in relation to having authoritarian parents.

## Conclusion

Child and adolescent mental health is an essential part of health and well-being. Transfer of values and children's culture and health is done through education. According to studies, parent's education style is a significant predictor of children health.

### Conflict of Interests

Authors have no conflict of interests.

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