

RELATIONSHIP BETWEEN PARENTING STYLES AND AGGRESSION IN PAKISTANI ADOLESCENTS

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ABSTRACT

OBJECTIVE: To assess the relationship between parenting styles and aggression in adolescents studying in various schools of Lahore, Pakistan.

METHODS: This cross-sectional study was conducted on 200 adolescents (100 male & 100 females). Parenting Style Questionnaire and Aggression scale were used to collect the data. Sample was selected from 3 schools of Lahore (King Way High School, Shaheen High School and Lahore Garrison School) using purposive sampling strategy. The age range of sample was 14 to 18 years. In the present study we hypothesized; adolescents with authoritarian parents will have high level of aggression as compared to the adolescents of authoritative parents. We used Pearson Correlation and Multiple Regression techniques to find out the results from collected data.

RESULTS: Mean age of participants was 13.09 ± 0.86 years. Significant positive association was found between authoritarian parenting style and aggression ($P < 0.01$) and significant inverse relationship between authoritative style of parenting and aggression ($P < 0.05$) in adolescents. So, parents with authoritarian parenting style had higher level of aggression. Authoritarian parenting significantly predicted (19%) aggression in adolescents, while authoritative parenting style was not a significant predictor of aggression in adolescents.

CONCLUSION: In our study, there is significant effect of authoritative and authoritarian parenting style on aggression and most of the children from authoritarian parents have high level of aggression as compared to authoritative parents.

KEY WORDS: Aggression (MeSH); Adolescents (MeSH); Parenting Style Questionnaire (Non-MeSH); Authoritative (Non-MeSH); Authoritarian (Non-MeSH); Aggression scale (Non-MeSH); Parenting (MeSH)

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INTRODUCTION

Parents support and promote the social, emotional, physical, and intellectual development of a child throughout the life span and particularly from infancy to adulthood.¹ Parenting style is a psychological construct that describe particular strategy parents employ in the brought up of their children.² Parents are different in their style of parenting, i.e. one may be authoritative and the other authoritarian. Both terms look similar

but have different characteristics. Parents are guardian and that is why term "authoritative" is use for parents. However, authoritative parents have medium level of demand. They focus on the positive reinforcement of their children. They try to explore hidden abilities of their children. Their focus is to realize the children about the negative and adverse consequences of their actions or mistakes.³ Such parents are neither too much strict, nor very lenient. Children of authoritative parents have high self-esteem and learn

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from their mistakes and grow without any fear of rejection.¹ So, this is the best parenting style. On the other hand, authoritarian types of parents have high demands from their children.^{3,4} They are very rigid and strict. They impose their strict rules over their children. They have behavioral as well as psychological control of their children.

Numerous researches describe relationship between parent's attitude and psychological well-being.^{4,5} Parents help their children to shape responsible behavior.² Several researches describe that interaction between parent and child is related to child's confidence. Children with caring behavior of parents reported good mental health as compared to parents who were overprotective for their children.^{6,7} People with damaged self-worth have a greater risk of developing social and psychological problems.⁴

Aggression is a behavioral problem that causes to harm themselves or other people.⁸ Aggressive behavior may be direct or indirect.⁷ In a direct aggression one may harm physically or verbally and indirect aggression involve behavior intended to impair one's social relations. In recent years, aggression appear as one of the gravest social ills in Pakistani society. According to the findings of several researches parenting style is positively related to aggression.² There is well documented evidence that authoritarian parenting leads to aggression and behavioral problems in adolescents.⁹ If adolescents exposed to strict behavior and rules, they might begin to employ such strict and harsh behaviors in their interactions with family and peer.⁸ So, parent's discipline strategies play important role in the development of children behavior.

Although, parenting style and aggression has been studied in western

TABLE I: CHARACTERICS OF STUDY PARTICIPANTS

Variables	Category	Frequency	Percentage
Gender	Male	100	50
	Female	100	50
Age (years)	14	46	23
	15	50	25
	16	53	26
	17	52	26
Class	8 th	60	30
	9 th	68	34
	10 th	72	36

TABLE II: DESCRIPTIVE STATISTICS OF AUTHORITATIVE, AUTHORITARIAN AND AGGRESSION SCALE

Variables	K	M	SD	α	Min-Max Score
Authoritative	15	38.19	6.22	.84	15-75
Authoritarian	12	36.03	8.90	.70	12-60
Aggression	29	79.01	12.05	.89	29-145

K= number of questions in scale, α = Cronbach's alpha, Min = minimum score, Max = maximum score

TABLE III: RELATIONSHIP BETWEEN AUTHORITARIAN, AUTHORITATIVE PARTING STYLE AND AGGRESSION IN ADOLESCENTS

Variables	1	2	3
Authoritarian	-	.11	.40**
Authoritative	-	-	-.09
Aggression	-	-	-
Mean	36.03	38.19	79.01
SD	8.90	6.22	12.05

TABLE IV: MULTIPLE REGRESSION ANALYSIS FOR PREDICTING AGGRESSION IN ADOLESCENTS

Variables	B	SEB	β	t	p-value	95% CL (LL-UL)
Constant	6.91	3.52				
Authoritarian	.88	.14	.42	6.53	.000	.62-1.15
Authoritative	-.31	.13	-.14	-2.28	.02	-.57-.04

countries, limited studies are available on parenting style in Asian context particularly in Pakistan. This study explored the effect of both authoritative and authoritarian parenting styles on aggression in adolescents. The main objective of present study was to explore which one of the parenting styles predicts aggression in adolescents. The findings of the present study will be helpful for parents, children and practitioners.

METHODS

In the present study, cross-sectional research design was employed. The objective of this study was to find out

the effect of parenting style on aggression in adolescents. The data of present study was collected from 3 schools (King Way High School, Shaheen High School and Lahore Garrison School) during October 2017 to January 2017. These schools were selected randomly after compiling a list of high schools of Lahore city. Study participants (200) with the age range of 14 to 18 years were included in this study using purposive sampling technique. Of these potential participants, 60 were from class 8th, 68 from 9th and 72 from 10th. Only those adolescents were selected who were willing to participate in the study. Participants with prior history of any

clinical problem were excluded from the study. Data was collected with the help of demographic information sheet including quarries regarding gender, age and education. Parenting Styles Questionnaire¹⁰ was used to assess styles of parenting. This scale consisted of 27 items. Parenting Styles Questionnaire is previously used and validated in the indigenous studies.¹¹ Twenty nine items Buss Perry aggression scale¹² was used to assess level of aggression in adolescents. This scale is also previously used and validated in indigenous researches.¹³

The present study was approved by the research committee of Punjab University of Lahore. Data was collected after the written permission of school authorities. Written informed consent was also obtained from parents of selected children with the help of school teachers. We collected all the data in class rooms. Data was collected personally and all assumptions were checked before further analysis.

SPSS version 22.0 was used for data analysis. Frequency and percentages were calculated for gender, age and academic class. Pearson correlation was used to find out relationship between parenting styles and aggression. Multiple regression analysis was used to predict aggression in adolescents of authoritative and authoritarian parents.

RESULTS

In the present study a total of 200 participants were selected from both the public and private schools. Mean age of participants was 13.09±0.86 year. Demographic details of study participants are given in Table I.

Table II indicated that the alpha coefficients of all scales of present study are reliable to find out the responses of our study participants.

Table III showed significant positive relationship between authoritarian parenting style and aggression (0.40**). Further findings indicated that negative relationship between parenting authoritative style and aggression.

Table IV results indicated that authoritarian parenting significantly predicts aggression and this explained

TABLE I: DIFFERENCE IN BODY WEIGHT BETWEEN EXPERIMENTAL GROUPS BY POST-HOC TUKEY TEST

Groups		Mean diff.	P-Value
Group A	Group B	-52.8	0.0001
	Group C	-42.1	0.0001
Group B	Group C	10.7	0.001

TABLE II: MULTIPLE COMPARISON OF SERUM UREA AND SERUM CREATININE LEVELS BETWEEN GROUPS BY POST-HOC TUKEY TEST

Parameter	Groups		Mean diff.	P-Value
Serum Urea	Group A	Group B	28.3	0.005
		Group C	10.1	0.0001
	Group B	Group C	18.2	0.0001
Serum Creatinine	Group A	Group B	0.33	0.0001
		Group C	0.04	0.502
	Group B	Group C	0.37	0.0001

TABLE III: MULTIPLE COMPARISON OF SERUM GLUTATHIONE PEROXIDASE BETWEEN GROUPS BY POST-HOC TUKEY TEST

Groups		Mean diff.	P-Value
Group A	Group B	0.59	0.0001
	Group C	0.09	0.172
Group B	Group C	0.68	0.0001

19 % variance with $F(2,197) = 22.52$, $p < 0.01$. Whereas, authoritative parenting style is not significant predictor of aggression in adolescents.

DISCUSSION

Findings of present study revealed authoritarian parenting style is a significant predictor of aggression. Our findings are in accord with results of western empirical studies on this particular phenomenon.^{2,12} Researchers describe that children with authoritarian parenting style develop anger and harsh attitude with family and peers as compared to children with authoritative parenting style.¹⁴ Some other supportive research work conducted in Pakistan amplifies that children with authoritarian parenting style have elevated level of aggression.¹¹

Now a days, psychologists and professionals recommend and encourage parents, family members and teachers that try to modify their focus more on child's individual values of development for example self-respect, confidence, and independence rather than strict academic

performance.¹⁵ Parenting with Authoritative style provides warm attitude that help in developing a child as socially responsible and acceptable among peers.

Furthermore, participants of this study are emerging adulthood. This is the unique developmental transition phase from adolescence to adulthood. Studies described the influence of parenting styles on aggression and attitude in between the period of late adolescence and young adulthood. During emerging adulthood, parenting style that young adults received at either their younger time or present plays critical role in their adjustment. Young adult who had exposure of positive parenting style showed significantly associated to their positive temperament. On the other hand, findings of several studies have mentioned that young adults from authoritarian families tend to have high level of aggression, lesser creativity and capability.¹⁶

CONCLUSION

Results of this study showed that authoritarian parenting style practiced

by the majority of parents in Pakistan. Besides these results, findings also showed that there is significant effect of authoritative and authoritarian parenting style on aggression and most of the children from authoritarian parents have high level of aggression as compared to authoritative parents.

LIMITATIONS

Sample of this study was selected from schools of one city. In order to generalize sample should be large and from other cities as well. Another constraint of this study was access of limited information regarding this issue.

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AUTHORS' CONTRIBUTIONS

Following authors have made substantial contributions to the manuscript as under:

AA: Concept and study design, analysis and interpretation of data, drafting the manuscript, final approval of the version to be published

TN: Acquisition, analysis and interpretation of data, critical review, final approval of the version to be published

NS: Acquisition of data, critical review, final approval of the version to be published

Authors agree to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

CONFLICT OF INTEREST

Authors declared no conflict of interest

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