

PARENTING STYLES: A KEY FACTOR TO SELF DETERMINATION AND PERSONAL GROWTH OF ADULTS

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ABSTRACT

The study was conducted to explore the impact of parenting styles of adolescents on their self-determination and personal growth. The data was collected from 300 adults evenly divided by gender, aged 23-38 years. To measure the parenting styles, level of self-determination and personal growth, the Caregivers Practices Report, Self Determination Scale, and Personal Growth Scale were used respectively. Results showed that the authoritative parenting style compared to authoritarian and permissive parenting styles are the significant determinants of high self-determination and personal growth among adults. It was also found that, self-determination is positively correlated with personal growth. The results pertaining to gender differences also showed significant differences in self-determination that suggested that male showed high self-determination than female adults. However, no gender differences were found in personal growth.

Keywords: Authoritarian Parents, Parenting Practices, Personal Growth, Self-determination,

INTRODUCTION

Upbringing is a tough job that admits more particular conducts which act separately and untidily to childishness. While particular upbringing conducts, such as Spanish speaking, might act as child care, seeing any particular act in closing off is possibly misdirecting. Other authors accepted that particular upbringing exercises are less crucial in arguing with child welfare services than the broad ways of upbringing. Other researchers also effort to depict this broad upbringing, on 'Diana Baumrind's constructs of upbringing ways'. The concepts of upbringing ways are applied to catch normal editions in the parents' effort to check and make social their children (Baumrind, 1991).

According to Diana, such parents have an upper level of check but, merely less responses. They require their children to obey them with no question. They have an upper level of structure and clear statement and frequently give penalty on disobedience. Maintaining the upper level of mental control is also qualified by them. Their children are good in school and face no problems. But low in self-pride and, face psychosocial problems.

Authoritarian parents are a big reason for weighty youngsters (Baumrind, 1991).

Those parents are placed between authoritarian and permissive. Children have allowance and have options for sure aims. Finally youngsters will not take any step, but, only give their suggestions. Parents defined the policies for the youngsters to learn the communication practices and conditions which are useful and seemed best for parents and children. Briefly, low level of difference is found with themselves (Baumrind, 1991). Completely against to authoritarian, permissive parents have high response to their kids, but are very low in their constructions. They are considered to be somewhat fictitious and fantasy by some people. Simply, it had a positive answer that, the other parenting styles doesn't have its real facts.

A person can be able to commit in purposive, personal control and independent actions by having a series of abilities, information and notions. It is necessary for self-determination to have good and skilled knowledge of one person's power and restrictions on a notion. People have good skill to hold their lives to become prosperous youngsters by performing those abilities and opinions

(Deci & Ryan, 1995).

There are some features of self directed individuals defined by Sharon Field In 1998. A band of qualities make them able to satisfy their adulthood characters. Qualities of self determination are broadly accepted. Self directed people have shared designs or models of qualities. Individuals are informed by their self orientation, concerns, power and limits. They have a quality to distinguish from desires and demand and also know the quality of being spiritual. Self determined people make decision on past experiences and consequently repeat it on next time.

They have options from their orientations, concerns, desires and demands. Those individuals have a sense to deal with shared choices and predict the outcomes of their act and have power to lead up and conduct the act. Self determined people can adjust and act till the end. Self control and dictated have high abilities to clear their troubles (Ryan & Denci, 2000). Those people like freedom as compared to depend on others. Speaking and writing abilities for themselves and free actions and adaption are the abilities of self determined people. Composed, stubborn and motivation of success are high within themselves. Those individuals are responsible for their activities and conclusions. They are artistic, respected and confident (Field, 1998).

Colorado (1989) defines a rule for the way of human achievement for significant recognition of a person's self development. Everybody has dissimilar aims and presidencies. It indicates that, our dissimilar acts and behaviors make us happy. In built instinctual power and deficiencies are too found with them. Only by this, they can be an achiever of their life time (Colford, 1989).

Unlike thoughts of all people is important for their achievement, personal awareness is very important factor for any one's achievement. Some people depend on others' thinking of achievement and have no confidence about themselves. There are many personalities and characters and they possess the essential measures which are dissimilar to our values. In this situation, people have distinguished the difference of

the personal thinking and personal notion of what is actually significant by the unlike views which will make the people tired and tensed to privilege others' achievement concepts and didn't consider the battle of own intuition. It is important that, people must recognize the real significant. (Colford, 1989).

By acknowledging the community patterns, it is free for the people to make better personal information and recognize the actual targets. It must be realized that, all people's rules are equally significant like our personal rules. In the community, there are many kinds of people and conducts for some specific goals. And it is another way that would lead to the personal development (Colford, 1989).

Objectives

After reviewing the literature, the present study was designed to explore the impact of parenting styles on the self determination and personal growth of adults. It is hypothesized that, adults of different parenting styles will report different levels of self determination and personal growth. It was further assumed that, authoritative parenting will be more effective in predicting the self-determination and personal growth as compared to other types of parenting. It was also assumed that, self determination and personal growth will be positively correlated with each other. Exploring the gender differences were also in objectives of the present study.

Method

Participants

The sample was consisted of 300 adults including 150 male and 150 female adults ranging in age from 23 to 38 years. Sample was selected through Convenient Sampling Technique and a Non-probability Sampling Approach. The characteristics of participants were more or less similar on socio-economic background and education level.

Instruments

Following scales were used in this study.

Parenting Styles Scale (PSS)

This scale was developed by Robinsonin (1995) to measure the three types of parenting styles such as,

authoritarian, authoritative, and permissive. Parenting Style Scale contains 18 items; each item has four options showing different parenting styles. The highest score shows the dominant parenting style. This scale has reliability coefficient of .64.

The Self Determination Scale (SDS)

The Self Determination Scale was designed to assess individual differences in the extent to which people tend to function in a self determined way. It is thus considered a relatively enduring aspect of people's personalities which reflects the following as, being more aware of their feelings and their sense of self and feeling a sense of choice with respect to their behavior. The SDS is a short, 10 items scale, with two 5-item subscales. The subscales can either be used separately or they can be combined into an overall SDS score.

For scoring, first items 1, 3, 5, 7, 9, need to be reverse scored so that, higher scores on every item will indicate a higher level of self-determination. To reverse score an item, subtract the item's response from 6 and use that as the item score. Then, calculate the scores for the self-awareness of self-subscale and self-determination or the perceived choice subscale by averaging the item scores for the 5 items within each subscale. The items 2, 4, 6, 8, 10 are for self-awareness subscales and items 1, 3, 5, 7, 9 are for self-determination and perceived choice.

Personal Growth Initiative Scale (PGIS)

The PGIS (Robitschek, 1999) is a self-report instrument, that yields a single score for personal growth initiative. Personal growth initiative is a person's active and intentional involvement in changing and developing as a person. The PGIS consists of nine items that are rated on a Likert scale from 1= strongly Disagree to 6+ strongly Agree. Item scores are summed to obtain a total PGI score. There is evidence that, the PGIS is strongly positive related to psychological well being and negatively related to psychological distress. Reliability and validity evidence have been strong. The PGIS takes about 5 minutes to complete, and there is no time limit.

Results

Table 1 indicates that, there is positive correlation

between self-determination and personal growth ($r = .55$). It suggests that, self-determination leads to personal growth.

Table 2 indicates significant gender difference in self determination ($t = 2.25, p < 0.05$). It shows that, male adults are more self-determined than female adults while no difference was found in terms of personal growth.

Table 3 shows statistically significant differences in self-determination ($F = 154.2, *p < 0.01$) and personal growth ($F = 240.21, *p < 0.01$) for three groups of adults having authoritarian, authoritative, and permissive parenting styles.

Table 4 shows multiple comparisons of parenting styles for self determination and personal growth of adults. Results

Scale	Self-determination	P
Personal Growth	.55	0.001**

**P < .01

Table 1. Correlation between Self-determination and Personal growth

Scales	Gender	Mean	SD	t	p
Self Determination	Male	8.76	2.32	2.25	.025**
	Female	6.06	2.84		
Personal Growth	Male	29.36	6.45	0.24	.813
	Female	29.17	6.96		

*p < 0.05

Table 2. Gender Differences in the levels of Self-determination and Personal Growth

Scales	Source of Variance	SS	df	MS	F	P
Self Determination	Between Group	1042.1	2	521.0	154.2	.000*
	Within Groups	1003.5	297	3.379		
	Total	2045.6	299			
Personal Growth	Between Groups	8299.1	2	4149.5	240.21	.000*
	Within Groups	5130.5	297	17.275		
	Total	13429.7	299			

*p < 0.01

Table 3. One way Analysis of Adults' Self Determination and Personal Growth with different Parenting Styles

	(I) Parenting Style	(J) Parenting Styles	Mean Difference	Std. Error	p
Self-Determination	Authoritarian	Authoritative	-3.750(*)	.2599	.00*
		Permissive	.3800	.2559	.145
Personal Growth	Authoritative	Permissive	4.1300(*)	.2559	.00*
	Authoritarian	Authoritative	-9.900(*)	.58779	.00*
		Permissive	2.1900(*)	.58779	.00*
	Authoritative	Permissive	12.09(*)	.58779	.00*

*P < .01

Table 4. Post Hoc Test for Multiple Comparisons of Parenting Styles for Adults' Self-determination and Personal Growth

indicate that, adults having authoritative parenting styles have more self-determination and personal growth than the adults of authoritarian parenting. No difference was found between authoritarian and permissive in terms of self-determination.

Discussion

This study was undertaken to investigate the parenting styles as determinant of self determination and personal growth among adults. It was in the assumption of current study that, different parenting styles will affect self determination and personal growth of adults. Results indicated significant differences in self determination and personal growth among the adults of authoritarian, authoritative, and permissive parenting styles. It was found that, authoritarian parenting was more effective for self determination and personal growth. It means, the adults who were under authoritarian parenting were reporting high self determination and high personal growth as compared to adults under authoritarian and permissive parenting styles. The assumption indicates that, the adults with authoritative parenting style have high self determination and their personal growth was supported. The result indicated significant differences among adults of different parenting styles. Adults having parents with authoritative parenting styles have high level of self determination and personal growth. And the adults with authoritarian and permissive parenting styles have low level of self determination and personal growth among adults.

Results further demonstrated the strong positive relationship between self determination and personal growth. It suggested that, self determination and personal growth are positively correlated with each other. Previous researches also showed that, both self determination and personal growth have positive relationship.

Findings pertaining to gender difference explained the differences in male and female adults in relation to their self determination and personal growth. Results presented that, the male adults have high level of self determination as compared to female adults. Those results are significant. However, results indicated no

differences in personal growth between male and female adults.

Conclusion

The findings revealed by this study are significant contributions in understanding the adults' well-being and their healthy living. This study has confirmed the role of parenting styles in determining the self determination and personal growth. Results have revealed that, authoritative parenting style has significant impact on self determination and personal growth of adults. Another finding shows that, both the constructs of self determination and personal growth are associated with each other. Male and female adults are reported the differences in self determination while no differences were found in personal growth between male and female adults.

Recommendation

On the basis of these findings, the study suggested that, parents must look into their parenting practices carefully because adults' self determination and personal growth depend on authoritative parenting practices.

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