

How to Cite:

AL-jubouri, S. M., & Alwan, I. H. (2022). Parental styles and their relationship to psychological adjustment among preparatory students. *International Journal of Health Sciences*, 6(S1), 4831–4838. <https://doi.org/10.53730/ijhs.v6nS1.5923>

Parental styles and their relationship to psychological adjustment among preparatory students

Salah Mahdi AL-jubouri

Psychiatric Mental Health Nursing \ College of Nursing, University of Baghdad.

Iman Hussein Alwan

Assist Professor, Psychiatric Mental Health Nursing \ College of Nursing, University of Baghdad.

Abstract---The current study aims to assess the patterns of parental style among adolescent students and assess the level of psychological adjustment among adolescent students to find out the significant relationship between parental style and psychological adjustment among adolescent students. A descriptive correlational design has been used in the present study using a simple random sample to select (381) students by using the self-report to select the students who will be recruited into the study. The result of the present study was showed that there are significant negative relationships between punitive and love withdrawal parental style, and psychological adjustment, in contrast, there is a positive relationship between indicative parental style and psychological adjustment among secondary and preparatory school students. We found also that more than half of the sample (52%) with moderate psychological adjustment and (45%) with good psychological adjustment, addition to (3%) with poor psychological adjustment.

Keywords---Parental Styles, Psychological Adjustment, Adolescent.

Introduction

The family has an important role in the upbringing and formation of children, or in building society and providing it with a rising generation Capable of taking responsibility, in the bosom of the family, the child receives care, attention, and guidance necessary by providing him with various experiences and methods that help him adapt and interact With society according to well-known and accepted standards, especially encouraging them to be self-reliant and Achieving their

psychological compatibility with the different stages of life.(Biasutti & Nascimento 2021).

The methods of parental treatment that the child receives in the stages of his development have great value. The stages of compatibility or incompatibility can be traced back to parenting styles and relationships. The prevailing humanity between parents and children, parental treatment methods have a significant impact on the upbringing of children and the formation of their personality and methods of adaptation and satisfaction of their needs and among the features that the family seeks to instill and develop in its children, which is the characteristic of compatibility due to its importance in achieving psychological adjustment, personal development of the individual, activating his activities and determining his ability to succeed. Achieving psychological compatibility is the basis of the mental structure of the individual. (Barber et al. 2005)

Parenting style can be defined as the strategies the parents use for controlling and nurturing their children, nurturance is the degree of support acceptance, the warmth that the parents display towards their children. Control refers to the number of control parents do over their children and how this control is achieved (Lee et al. 2006).

Psychological adjustment includes the existence of a balance between the individual and himself on one hand, and those around him on the other hand. On the other hand, if these balanced relationships exist in the individual's behavior, he will become more effective away from Disorders, and the individual's feeling of psychological incompatibility is a source of psychological strikes, and it affects the mental health of individuals. (Serebryakova, T. A. et al. 2016). Rohner and Britner (2002) have also suggested a significant relationship between general psychological adjustment and parental acceptance/rejection in their studies of reviewing related researches of parental acceptance/rejection around the world.

Methodology of study

In this study, the researcher used a descriptive correlational study because it fits with the study objective to assess the relationship between parenting treatment style and psychological adjustment among preparatory school students. From November 26th, 2021 to March 1st, 2022, the initial ethical approval came from the Ethical Committee for Research at the University of Baghdad's College of Nursing. The study will take place at secondary and preparatory schools in Najaf's central city which included (32996) male and female students distributed over (70) secondary and preparatory schools. A probability simple sample of (381) students number of preparatory and secondary schools in Najaf City Center which were selected after the approval of the Center for Educational Research and Studies in the Directorate of Education in Najaf city. The self-report is used to select the students who will be recruited for the study. (15) schools were selected from the total number of schools, (9) schools for girls and (7) schools for boys, and (381) male and female students were selected for the study. The percentage of males in the sample was (44.1%) and the percentage of females was (55.9%). In addition to socio-demographic data such as age, gender, family arrangement of the student, study achievement of both mother and father, and the standard of

living of the parents according to the student's conviction, the researcher used two scales in this study, the two questionnaires are: Parenting style scale AL-Nafiei (1988) produced a questionnaire to acquire a Ph.D., and this questionnaire measures the ways parents used to deal with their teenagers and contains 35 items. and Psychological Adjustment Scale prepared by Dr. Ijlal Muhammad sari (1986) to measure general psychological adjustment the scale consists of (40) phrases that measure psychological adjustment in four dimensions.

Results of the Study

Table 1
Distribution of the sample according to demographic data: (N 381)

Demographic Data	Groups	Freq.	%
age	15 to 17	169	44.4
	18 to 20	212	55.6
	M ± SD		17.81± 1.580
Gender	male	168	44.1
	female	213	55.9
	Total	381	100.0
Educational Level for father	not read and write	30	7.9
	red and write	34	8.9
	elementary	69	18.1
	middle school	99	26.0
	Institute / College	108	28.3
	postgraduate	41	10.8
	Total	381	100.0
Educational Level for mother	not read and write	37	9.7
	read and write	78	20.5
	elementary	87	22.8
	middle school	101	26.5
	Institute / College	59	15.5
	postgraduate	19	5.0
	Total	381	100.0
Parents' standard of living	poor	46	12.1
	average	244	64.0
	good	91	23.9
	Total	381	100.0

This table shows the distribution of demographic data, which indicates that females have the highest participation rate, as it was (55.9%), and the years in most ages (20-18) at a rate of (55.6%). The results of the study also show the level of education among fathers and mothers, as they were at a high level in the study. As for the family's economic status, the highest average percentage was (64%).

Table 2
Assessment of psychological adjustment among students: (N 381)

psychological adjustment	Freq.	%	M ± SD
Poor	12	3.1	0.637±0.158
Moderate	197	51.7	
Good	172	45.1	
Total	381	100.0	

M: Mean for score, SD: Standard Deviation for score
(Poor= 0-0.33, Moderate= 0.34-0.67, Good= 0.68-1)

This table explains the level of psychological adjustment among students, 51.7% of the sample have a moderate level of psychological adjustment followed by 45.1% of students having a good level of psychological adjustment, and 3.1% of samples were with a poor level.

Table 3
Prevalence of parenting style among students: (N 381)

Variables	Type of parenting styles	Stander Deviation	Mean
Mother	Punitive style	0.423	1.581
	Love withdrawal style	0.336	1.900
	Indicative style	0.463	2.019
Father	Punitive style	0.451	1.60
	Love withdrawal style	0.369	1.848
	Indicative style	0.448	1.90

This table shows that the mean of the mother's indicative style was (2.019), while the mean indicative style of the father was (1.90). The indicative style was the most commonly employed by parents in dealing with teenagers, while the punitive style was the least commonly utilized, with the mean for mother punitive style (1.581) and father punitive style (1.60).

Table 4
The Correlation between Three Types of parenting Style and Level of psychological adjustment among Students: (N 381)

Domains of parental styles	Psychological adjustment			
	father		mother	
	Pearson Correlation	Sig.	Pearson Correlation	Sig.
Punitive style	-.199**	0.000	-.199**	0.000

Love withdrawal style	-.132**	0.010	-.111*	0.030
Indicative style	.213**	0.000	.211**	0.000

This table shows there is a positive relationship between indicative father style and psychological adjustment by Pearson-correlation (.213**) when $p < 0.05$ level of significance at p-value 0.000 this mean when the father used indicative style the psychological adjustment increase, in contrast, the table also shows a negative relation between father punitive, love withdrawal styles and psychological adjustment, this result mean when father tend to use those style in dealing with teens the psychological adjustment decrease. The same results apply to the mother style.

Discussion

Discussion of Social Demographic Characteristics the percentage of females was (55.9%) higher than males, according to table (1). (44.1 percent) male. This is due to the fact that girls' schools were more responsive to the questionnaire and decided to participate, as opposed to boys' schools, when some students refused to participate. In the city of Najaf, girls' schools outnumber boys' schools. This result was corroborated by a study titled "Investigation of Parental Acceptance and Psychological Adjustment Among University Students," which revealed that there were more girls (271) than boys (135) in their study (Dural, G., & Yalcin, I. 2014).

The distribution of the sample according to age showed that the largest percentage was for the age group (18-20), where it was (55.6%) and decreased by (44.4%) for the age group (15-17). This age group was the least participating in the questionnaire. The group (18-20) in preparatory schools was more a result of repeated repetition among the numbers of sixth-grade students, and for this reason, their percentage was high. A study entitled "The level of emotional stability and its relationship to the formation of friendships and family adjustment among students in the preparatory stage in Al Bowen" found support for this study, which concluded that the current age groups (17-20) are high in the middle classes. (Suliman, L. N., & Nsrawen, M. 2020)

When it came to the educational level of the parents, was discovered that the majority of the fathers were in college or institute, that the percentage of the student's fathers (28.3%) was in college, and the percentage of the student's mothers (26.5%) was in secondary school, and this outcome. Because society needs to become more informed and educated, focusing on the educational element and academic accomplishment, we discovered that most parents have advanced degrees. A study named "The Role of Parenting Styles and Gender Differences in Adolescent Depression" provided support for this study, which indicated that the father had a percentage of no formal education of (63.33 percent) and the mother who has never had formal education (67.50 percent) The research was carried out in four secondary schools in Ghana's Upper East Region. (Acharibasam J., Kugbey N., 2016).

Discussion of the assessment of psychological adjustment among preparatory Students in the table (2) shows the level of psychological adjustment among students in general, 51.7% of the sample have a moderate level of psychological adjustment, followed by 45.1% of students have a good level of psychological adjustment, and 3.1% of the samples have a poor level of psychological adjustment. as most students suffer from emotional problems such as anxiety, depression, and others, and this may be due to the critical adolescence stage that students go through and the accompanying psychological and physical changes that may affect their feelings negatively. add to its direct relationship with methods of parenting which will be discussed later. A study titled "Psychological Adjustment and Academic Achievement among Adolescents "with a sample size of one hundred and twenty (N = 120) students, sixty females (N = 60) and sixty (N = 60) males, ages ranging between 12-19 years has found support for this study that found that nearly half of adolescents with moderate of psychological adjustment (Mahmood, K., and Iqbal, M. M. 2015)

Discussion of the Assess of Parenting Style among students. The differences between the mean of the three patterns in Table (3) suggest that the indicative style is the greatest way to interact with children because it develops their self-confidence by allowing them to express their opinions and without pushing them to do something without providing them a reason. Carry out this action. Because the parents in the study had the highest percentage of college graduates, this could be a reason for raising parents' awareness of the use of the indicative style in dealing with adolescents, which places a premium on parents' educational level when it comes to the method they use to raise their adolescent children. A study titled " The Relationship between Parental Style and Depressive Symptoms among Adolescents in Secondary School in Al-Karkh Sector, Baghdad City " has found support for this study who realized in his study that more parent style was perceived as authoritative parents like fathers like mothers, the study took place in Baghdad –Iraq on 321 adolescents (Kalaf, S. H., and Mohammed, Q. Q .2020).

Discussion of the Relationship between Parental Style and psychological adjustment among preparatory students, table (4) shows there is a positive relationship between indicative father style and psychological adjustment by Pearson-correlation (.213**) when $p < 0.05$ level of significance at p-value 0.000 this mean when the father used indicative style the psychological adjustment increase for children, in contrast, the table also shows a negative relation between father punitive, love withdrawal styles and psychological adjustment, for father punitive style Pearson-correlation was (-.199**) when $p < 0.05$ level of significance at p-value (0.000) and for love withdrawal style Pearson-correlation was (-.132**) when $p < 0.05$ level of significance at p-value (0.030) this result mean when father tend to used punishment, reprimand and reduce love and affection in dealing with their children that will decrease the percentage of psychological adjustment. The same table shows there is a positive relationship between indicative mother style and psychological adjustment by Pearson-correlation (.211**) when $p < 0.05$ level of significance at p-value 0.000 this mean when the mother used indicative style the psychological adjustment increase for children, in contrast, the table also shows a negative relation between mother punitive, love withdrawal styles and psychological adjustment, for mother punitive style Pearson-correlation was (-.199**) when $p < 0.05$ level of significance at p-value (0.000) and for love

withdrawal style Pearson-correlation was(-.111*) when $p < 0.05$ level of significance at p-value (0.000) this result mean when mother tend to used punishment, reprimand and reduce love and affection in dealing with their children that will decrease the percentage of psychological adjustment. A study titled "Investigation of Relationship between Parental Acceptance and Psychological Adjustment Among University Students" has found support for this study Out of 406 students aged 19-36 studying at Ankara University, found their relationship between parental acceptance/rejection and psychological adjustment. (Dural, G., & Yalcin, I. 2014)

Conclusions

- Most group of students suffers from emotional maladjustment a large percentage, then social, then personal, and finally family maladjustment.
- Parents used the indicative approach the most while dealing with their children.
- There is a negative relationship between fathers' punitive and love withdrawal style and psychological adjustment among students in secondary and preparatory schools in Najaf city.
- There is a positive relationship between fathers' indicative style and psychological adjustment among secondary and preparatory school students in Najaf city.
- There is a negative relationship between mothers' punitive, and love withdrawal style psychological adjustment among students in a secondary and preparatory school in Najaf city.
- There is a positive relationship between mothers' indicative style and psychological adjustment among students in a secondary and preparatory school in Najaf city.

Recommendations

- The researcher recommends the Ministry of education about the necessity of having a school psychologist at the level of all secondary and preparatory schools to help the adolescent adapt and work on developing the adolescent's personality in a way that makes it more effective in the academic field.
- The Ministry of Communications should activate the role of media, educational and religious programs to focus on modifying methods Parents in dealing with adolescents by giving them the greatest amount of love and adjusting their methods of guidance and counseling, they should take a pattern of dialogue rather than a pattern of instructions and orders.
- The researcher recommends universities and educational authorities hold awareness sessions and lectures for parents on how to deal with children in general and adolescents in particular.

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