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## A CORRELATIONAL STUDY OF PARENTING STYLE AND ADOLESCENT'S PERSONALITY

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### ABSTRACT

*For many decades, parenting styles has been a focus of attention for many researchers. This study aimed to find a correlation between parenting style and personality. It was hypothesized that children grown up under authoritarian parents are more extrovert and have less levels of psychoticism, neuroticism and lie as compared to adolescents of authoritative parenting. Authoritative parenting is an appropriate mix of nurturance, warmth and firm discipline. It fosters high achievement, self-reliance, social confidence and emotional adjustment in adolescents. Considering these positive impacts of authoritative parenting on children and adolescents, the study labeled authoritative parenting as much better parenting technique as compared to authoritarian parenting. To evaluate the aims of the study Eysenck Personality Questionnaire (junior) (Urdu version, 2007) was employed to 120 adolescents of two colleges of Abbottabad i.e. Army Burn Hall College and Pakistan International Public School and College. Convenient sampling technique is used to select the respondents of current study. Correlation and t-test was calculated to obtain statistically significant of results. The significant results supported the hypothesis. The results of current study can be used in training of parents, thus helping them to evaluate their parenting style and practice the one that can help them to raise emotionally healthy individuals.*

**Keywords** Parenting style, Personality, Psychoticism, Neuroticism, Lie, Extraversion

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## INTRODUCTION

In the era of a society full of problems Pakistan faces major problems like economic, moral, etc. The key to solve these problems is to produce healthy minds and personalities who can save the condition of nations. To meet this demand a strong healthy family system is needed (Novitasari, et al., 2022). In this regard the role of parents cannot be negated. The way parents treat their children has a long term effect on their personalities. Hence parenting styles is something very important to be studied and developed.

Children's personality is influenced by many factors. However parenting style is a significant factor to be studied in this context. Parenting style refers to the techniques and methods used by parents to raise their children. Many different styles of parenting are found in literature, however three are well defined and explained. These include, authoritative, authoritarian and permissive styles (Metwally, 2018). Authoritative style of parenting is characterized by acceptance, warm relationship, adaptive control methods and self-reliance (Mehrinejad, et al., 2015). Authoritarian parenting style refers to high level of compulsory control, low level of acceptance, warm relations and individuality. In permissive style parents are warm, sympathetic, have no control, and friend to their children. (Moradian, et al., 2014).

Personality is the dynamic organization of person's internal and external features which determines his unique adjustments to the situation (Pennington, 2007). Many theorists in the history talked about personality. Trait theory suggests that personality is a set of traits which are unique and constant. A trait can be social, emotional, physical, and social characteristic of a person. McCrae & Terracciano (2005) gave big five factor model of personality in which they explained five dimensions of the personalities named extraversion, kindness, vigilance of conscience, neuroticism, and openness to experience. Extroverts are warm, active, social, and assertive and always look for stimulation and positive emotions. Neuroticism is characterized by anxiety, aggression, depression, and impulsivity. Agreeableness refers to confidence, altruism, empathy, and humanity. These individuals build healthy interpersonal and intrapersonal relationships. People who are mentally mature, curious, ambitious, competitive, enthusiastic, sensitive and respectful to values lie in the category of openness to experience. Conscientiousness is characterized as individuals' ability to be committed to his duties, focused on achievements, to think before doing,

to be able to work continuously, and to maintain efficient responsibility, regularity, seriousness, self-control, attention, and ambitions (Qaisy & Thawabieh, 2017).

Parenting styles are assumed to play a major role in personality building of children, there was a study conducted to find the relationship between parenting styles and personality traits of teenagers. A significant positive correlation was found between permissive style and openness personality traits, however authoritarian style was negatively correlated with openness, agreeableness, and conscientiousness (Metwally, 2018). In one another study Kindergarten students were assessed on personality measures. The parents of these children were also measured on parenting behaviors. Correlational analysis showed a significant positive correlation between demanding behavior and Novelty seeking and a negative correlation with persistence, self-directedness, and cooperativeness. On the other hand a positive correlation was revealed between responsive parenting behavior and self-transcendence (Daschle, et al. , 2023). Authoritative parenting style is a recommended style to be adopted by parents to raise healthy children.

Literature showed the positive impact of authoritative parenting style on children's personality. A study conducted on elementary school children, found significant correlation between authoritative parental behavior and positive personality traits of big five model while a negative correlation was found between authoritative style and neuroticism (Akhtar, Noor, & Iqbal, 2020). Parents' educational back ground and parenting behaviors effect mental health of children. A sample of 300 college students was assessed on parenting style questionnaire and Eysenck Personality questionnaire in China. Results show the significant impact of parents' education and parenting style on mental health of college students (Ge, Sun, & Huang, 2024).

The historical background and existing literature in the field of parenting suggest a need of research to be conducted in this area. Previous studies explored any one style in relation to mental health and personality traits. This study was conducted in Pakistan to correlate the two standard parenting style with personality traits. Current study highlighted the importance of having healthy generation which is dependent on the way parents treat their children. The study results can be used to train parents to adopt positive parenting style to produce children with healthy personalities.

## **Objectives**

The major objective of the current study is to find the correlation between parenting styles and personality.

## **Hypotheses**

The hypotheses of the current study are as follows.

1. The level of extraversion and neuroticism will be high in adolescents belonging to authoritarian parenting control as compared to those who belong to authoritative parents.
2. The level of psychoticism and lie will be less in adolescents belonging to authoritative parents as compared to the adolescents who belonged to authoritarian parents.

## **METHOD**

### **Sample**

120 college students with the age range of 14-20 were selected by using the convenient sampling technique. The adolescents were selected from two colleges of Abbottabad i.e Army Burn Hall College and Pakistan International Public School and College.

### **Instruments**

#### **The Eysenck Personality Questionnaire (junior) (Urdu version, 2007)**

Eysenck and Eysenck (1970) was the original founder of the Eysenck personality questionnaire (junior) (Urdu version, 2007). In order to measure the personality traits of Pakistani adolescents, the Eysenck personality questionnaire was translated and adapted into Urdu language by Naqvi and Kamal in the year of 2007. The questionnaire consists of 81 items. The responses are in the form of dichotomous i.e. two options are given as a response. The two options that the subject responds in are (yes or no).

#### **Parental authority questionnaire (PAQ)**

PAQ is a 30 items questionnaire developed by Buri in 1991 to measure the parenting styles. It is a five point Likert scale ranging from strongly agree to strongly disagree.

### **Procedure**

In order to continue with the research, permission was taken from the head of each school. The adolescents were given instructions and brief introduction about the objectives of the current study. Then the questionnaire was administered on the adolescents after developing rapport with the adolescents. They were asked to fill out the demographics first. The subjects

were requested to fill up the questionnaire truly and honestly as it may affect the results of the study.

Fortunately, the respondents were cooperative and were seemed to be interested in the research. Positive responses were given by them regarding the study. When the test was finished, the participants were thanked for their cooperation. The data was analyzed using t- test .the comparison was made between the children of authoritative and authoritarian parenting and its impact on their children specially the four important traits of personality i-e extraversion, neuroticism, psychoticism and lie.

## RESULTS

Results for the present study was analyzed by using the SPSS-20

**Table 1**

Alpha reliability co-efficient of Eysenck personality questionnaire (Junior) (Urdu version 2013) and PAQ (N=120)

scale	No of items	A	M	SD
Eysenck personality inventory (junior)	81	.682	1.1791	6.03073
PAQ	30	.712	1.1581	5.03063

Table no.1 shows the alpha reliability coefficient of the Eysenck personality questionnaire and PAQ. The value of alpha coefficient is .682 and .712 which shows that the scales are reliable and can be used in current study.

**Table 2**

Alpha reliability co-efficient of sub Scales of Eysenck personality questionnaire (Junior) (Urdu version 2013) (N=120)

Subscales	No of items	A	M	SD
Psychoticism	17	.634	29.54	2.40
Neuroticism	20	.655	26.35	4.12
Extraversion	24	.912	35.27	7.15
Lie	20	.778	26.74	4.40

Table no.2 shows the alpha reliability coefficient of subscales of Eysenck Personality Questionnaire (junior) (Urdu version 2007). The value of alpha for the subscales of psychoticism, neuroticism, extraversion and lie is 0.3, 0.5, 0.9, and 0.7 respectively. The values shows that the scales are quiet reliable for studying authoritative and authoritarian parental control.

**Table 3**

Inter correlation of subscales of Psychoticism, Neuroticism, Extraversion and Lie

Subscales	psychoticism	Extraversion	Neuroticism	Lie
Psychoticism	—	.68	—	—
Extraversion	—	—	—	—
Neuroticism	-.74	-.328**	—	—
Lie	-.122	-.656**	.123	—

Table 3 shows the correlation among the sub scales of Eysenck personality questionnaire (junior) (Urdu version 2007). The results support a significant correlation at 0.05 levels with N=120 which means that all the sub scales of EPQ are positively co related.

**Table 4**

Mean Standard deviation and t-value of authoritative and authoritarian parenting on subscales of EPQ (junior) (Urdu version, 2007). N =120

Scale	Authoritative (N =120)		Authoritarian (N=120)		t(118 )	P	LL	UL	Cohen's	
	M	S.D	M	S.D					d	r
EPQ	1.20202	3.94	1.16582	6.62	3.303	.000	5.79	1.45	0.66	0.31
Psycho- Ticism	28.79	2.35	29.97	2.35	2.648	.046	.297	2.06	0.50	0.24
Neuroti- Cism	25.73	3.59	26.71	4.39	1.26	.293	.562	2.53	0.24	0.12
Extra- Version	45.61	6.92	34.21	4.29	11.12	.000	13.43	9.37	1.98	0.70
Lie	23.66	3.81	28.53	3.69	6.88	.855	3.46	6.27	1.29	0.54

Table 4 shows the Mean, S.D an t-value of authoritative and authoritarian parenting on EPQ and its subscales. The results support a significant mean difference ( $P < .000$ ) among authoritative and authoritarian parenting styles. Eysenck scale which indicates that level of extraversion will be high and level of neuroticism, psychoticism and lie will be less in children of authoritative parents as compared to the children of authoritarian parents.

## DISCUSSION

The purpose of this study was to compare and contrast some of the personality traits that are extraversion, psychoticism, neuroticism and lie of children belonging to authoritative and authoritarian parenting. Sample consisted of 120 adolescent. In order to assess the four dimensions of personality, Eysenck personality questionnaire was used (Urdu version, 2007).

The results of this research concluded that the parenting styles greatly effects the upbringing of children Eysenck personality questionnaire (junior) (Urdu version, 2007) concluded that the parents that grow up their children under authoritative rules are more prone to be extraverted, less psychotic, less neurotic and less lie speaking. Means that the level of neuroticism, psychoticism and lie will be low in children belonging to authoritative parenting and level of extraversion is high.

Alpha reliability coefficient of Eysenck personality questionnaire is shown in table no: 1 thus providing that the scales are reliable for measuring personality traits and parenting styles in the current study. **First hypothesis** the first hypothesis of the current study states that the level of extraversion and neuroticism will be high in adolescents with authoritative parents as compared to the adolescents with authoritarian parents. Table no: 4 is representing the results for the first hypothesis. From t value ( $t=11.12/1.26$ ) and mean score of authoritative (45.61/25.73) and authoritarian parenting (34.21/26.71) it is obvious that both the parenting styles have different impacts on the personalities of children and both the parenting styles differ significantly on the level of extraversion and neuroticism, thus proving the first hypothesis that children of authoritative parents are more extravert and anxious as compared to the children of authoritarian parents.

The same results were concluded by so many other researchers and proved that children grown up under authoritative parenting are more extroverts and neurotic. An ex-post facto study evaluated the parenting styles of parents and personality traits among 300 elementary school children and their parents. A significant negative correlation was found between authoritative parenting style and neuroticism (Akhtar, Noor, & Iqbal, 2020).



A study was conducted that examined the relationship between personality traits and parenting styles. The study revealed that extraversion was related with parenting styles and parental nurturance. Authoritative parents (mostly mothers) who were high to moderate in parental knowledge and high in nurturance had children who were high in extraversion. In contrary, authoritarian parents had children who were low in extraversion. These parents were low in nurturance and moderate to low in parental knowledge.

A study was held that investigated the relation between Big five personalities factors and dimensions of parenting warmth and behavioral control. The research conducted Meta-analysis and used sample size of 5,853 parent child. Study concluded that more warmth and behavioral control results in higher level of extraversion.

Another study assessed Big five personality traits and parenting styles (authoritative, authoritarian, uninvolved and indulgent). The study used regression analysis to examine which personality traits were related to which parenting styles. The study concluded that extraversion is related to authoritative parenting.

A study was conducted that supported the idea that personality traits and parenting styles are the two factors that holds a great importance. A descriptive survey research design was used for the study. The sample comprised of 320 respondents of the ages between 15 and 19 years. The study revealed that authoritative parenting enhanced some of the personality traits in adolescents like extraversion in adolescents.

Previous researches also proved this finding that authoritative and authoritarian parenting differ on neuroticism dimension of personality. A study was conducted that examined the relationship between personality traits and parenting styles. The study revealed that openness, low neuroticism and extraversion were related with parenting styles and parental nurturance. Authoritative parents were high to moderate in parental knowledge and high in nurturance had children who were high in extraversion and low in neuroticism. In contrary authoritarian parents had children who were low in extraversion and high in neuroticism as they were low in nurturance and moderate to low in parental knowledge.

A study was held that investigated the relation between big five personality factors and dimension of parental warmth and behavioral control. The study conducted Meta-analysis and used sample size of 5,853 parent child. Study concluded that more warmth and behavioral control results in lower level of neuroticism.

**Second hypothesis** held the view that level of psychoticism will be less in children with authoritative parents as compared to the children of authoritarian parents. Table no 4 shows the results for third hypothesis. Analysis of the results showed that authoritative and authoritarian parents differ significantly ( $t=2.648$ ) on psychoticism. The mean scores of authoritative parenting ( $M=28.79$ ) and authoritarian parenting ( $29.97$ ) confirmed the hypothesis i.e. authoritative parents have children who are more prone to suffer from psychotic disorders.

Many researches were conducted that also supported the same idea. German researchers Wolfradt, Hampel and Miles (2003) found that adolescents belonging to authoritarian parents were more prone to suffer anxiety as compared to children of authoritative. They also experienced depersonalization.

A study was conducted by Martinez, Gracia and Yuberos (2007) on Spanish and Brazilian adolescents. Study made comparison and concluded that children belonging to authoritative parenting had lower level of psychoticism as compared to the children of authoritarian parents.

Authoritarian parents might put children at greater risk of anxiety, low self-esteem and depression as compared to authoritative parents. This was proved by a research conducted on Americans by Rothrauff, Cooney and Anjs (2009).

**Fourth hypothesis** in the fourth hypothesis it was stated that children of authoritative parents have low level of lie as compared to the children of authoritarian parents. Table no shows the results for this hypothesis. Analysis of the results showed that authoritative and authoritarian parenting differ significantly ( $t=6.88$ ) on lie. The mean scores of authoritative ( $23.66$ ) and authoritarian parenting ( $28.53$ ) confirmed the hypothesis.

As this dimension of Eysenck personality questionnaire is recently included in the scale so few researches are being conducted on this dimension. The study of Barnow and his colleagues (2005) supports the hypothesis. They performed semi structured interview with the authoritative and authoritarian parents along with their children. The results concluded that the children of authoritarian parents speak more lie as compared to the children of authoritative parents. All the results are consistent with the previous researches.

### **Conclusion**

The results of current study it is concluded that parenting style have a vital role in adolescents' personality. Parents who practice authoritative parenting style develop children with healthy personalities. Results further indicate that Authoritative parenting style is positively correlated with extraversion and negatively correlated with lie, neuroticism, and psychoticism thus making it the best style to be practiced.

### **Limitations**

Less sample size and convenient technique makes current study limited.

### **Implications**

The current study is significant and has practical implications as it helps parents to understand different parenting styles and their effects on adolescent's personality. It is recommended that parents should avoid authoritarian style and practice authoritative style to develop healthy personalities of their children.

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