



RELATIONSHIP BETWEEN PERCEIVED PARENTING STYLES AND OPTIMISM AMONG MEDICAL STUDENTS

¹NIGHAT GUL, ²DR SAJID MEHMOOD ALVI, ³DR KIFAYAT KHAN, ⁴DR SHER DILL, ⁵DR ASAF NIWAZ

¹lecturer Department psychology, The University of Haripur, Khaber Pakhtunkhwa, Pakistan

²Asistant Professor Department psychology, The University of Haripur, khyber Pakhtunkhwa, Pakistan

³Assistant Professor, Department of Education, The University of Haripur, Khyber Pakhtunkhwa, Pakistan.

⁴Assistant Professor, Department of Psychology, The Hazara university of Mansehra, Khyber Pakhtunkhwa, Pakistan

⁵Associate Professor, Department of Education, The University of Haripur Khyber Pakhtunkhwa, Pakistan

ABSTRACT

The present study adds to the literature perceived parenting styles and optimism to evaluate the influence of perceived parenting style on medical student's level of optimism. Parenting styles have positive and native impact on medical student's optimism. The study was descriptive comparative and (N=504) participants were selected by using purposive sampling technique. Perceived parenting style scale and optimism scales were used for measuring study variables. T test and regression were used for statistical analysis. The t test findings illustrate Authoritarian, authoritative and permissive parenting styles mean values have difference in optimism in term of parenting styles (M = 38.87, SD = 3.037), (M = 27.84, SD= 5.375) & (M= 31.00, SD = 10.068) respectively. Female optimism was noticed higher with (38.45±3.885) mean values and male optimism was observed lower with (M =28.20, SD = 5.110) mean value. Senior medical student's optimism was greater than junior mean values were (M = 39.20, SD = 6.743) & (M = 26.55, SD = 3.086) accordingly. More ever regression analysis showed authoritative parenting style has a direct link with medical student's optimism, while permissive and authoritarian parenting styles have inverse relationships with optimism among medical. Authoritative parenting style, play positive and great role in improving optimism among medical students, henceforth permissive and authoritarian parenting styles are the constructs which potential for lowering the optimism level among medical students with gender and seniority differences. Study findings have practical implications for parents, counselors, educators and health professionals.

Keywords: parenting style, optimism, descriptive, authoritarian, authoritative, permissive, school psychologist, educationist, policy makers.

INTRODUCTION

Parenting styles play more crucial role in socialization and growth and development of children, while this ignored in developing nations, which negatively affecting their children over all whole life and optimism. With increasing materialistic life style and dual parent's job status with abundance affect their parenting style and indirectly spoil their children life. Despite the fact that, there are numerous contributing elements in low optimism execution of the students at early education, subsequently in context of brain research most impacting specialist is the parental style either positive or negative. Positive parental style playing a significant role in optimism of students at all grades, thus at collage level, student required more guidance and counseling by their parents, positive dealing lead them for good optimism and negative dealing lead to word decline and down fall of optimism. Child rearing style is clarified as a blend of emotions set out toward the youth to are cooperative to the immature and produce an energizing situation in which the guardians practices are enunciated and the students optimism groom well and a construct develop optimism among individuals (Darling & Starling, 1993).



A method for reflection amongst parent and children connections is child rearing and it is an unpredictable action that incorporates numerous particular states of mind and practices that work independently and on the whole to impact kid results what's more, produce an enthusiastic bond in which the parent's practices are (Baumrind, 1971). Child rearing can be clarified as far as two segments, for example, parental responsiveness and challenging less (Karavasilis et al., 2003).³ Parental less demanding is the degree to which guardians set rules for their youngsters, and how train them in view of these rules. Parental responsiveness is the passionate normal for child rearing. Responsiveness passes on to how much guardians boost their kids and go to their kids' needs. Both children rearing responsive and requesting has been connected to anchor connection in kids (Baumrind, 1990).⁴

Investigations have recommended that identity factors are essential to idealism advancement. Others have accentuated that family relations are significant factors to positive thinking. This investigation expected to assess the significance of child parenting styles to good faith controlling for the fluctuation represented by identity factors. Members were (N=344) Brazilian secondary school students (44% male) with mean age of 16.2 years (SD = 1) who addressed identity, hopefulness, responsiveness and less demanding scales. Three styles: definitive, tyrant, and tolerant with these ideas of responsiveness and less demanding as a top priority (Baumrind, 1971).

Rohner theory of Parental acknowledgment is dismissal normally known as a theory of socialization. This theory centers around four noteworthy issues, i.e. conduct, subjective and passionate advancement of kids and grown-up identity working. Each individual has encountered the glow and fondness gave to him/her by somebody essential, who is known as the parent not really, mother and father. This glow and love is a run from an incredible arrangement to none, where one end is parental acknowledgment while the other one is dismissal (Baumrind, 1991).⁶

Two dimensional model of child rearing: warmth-antagonistic vibe and limitation tolerance was exhibited by Becker, high in warmth and limitation Parents create grumbling, all around acted youngsters, though those high in warmth and leniency advance socially friendly, free, and innovative kids (Zanon, 2014).⁷

Parents are critical identity and have awesome impact in kid life. They have dynamic part in kid life. Parent have one of a kind disposition, conduct, trust, qualities and family foundation and these attributes differs from parent to parent. Parents in this world act in various paths for raising their kids. Particular states of mind and practices which parent demonstrate are child rearing style and these styles have significance effect on children life (Hussain & Munaf, 2012).⁸ Optimism and hopefulness, recommending that maybe the two definitions, one concentrating on hopes, and the other on presence of mind inspiration, are one and the same (Bibi et al., 2013)⁹ Optimism characterized as a more steady identity characteristic, ponders have demonstrated that it can be affected by outside conditions and impacts. Contemplated optimism and cynicism among youngsters is an element of child rearing. They gave 81 youngsters ages 8-12 years and their mom's polls to evaluate control, structure, support, and level of independence allowed to the kid. Different relapses were directed. Critical negative relationships were found between maternal structure and depressive side effects ($r = -.24$, $p < .05$) shown by the kid. Self-governance additionally indicated negative connections with tyke side effects of discouragement ($r = -.39$, $p < .001$) and cynicism ($r = -.28$, $p < .01$) and was emphatically corresponded with kid confidence ($r = .25$, $p < .05$) (Baldwin et al., 2007).

Members with dynamic adapting practices will probably show idealistic characteristics, and 2) albeit a few factors sorrow, discouragement, bolster organize, affect adapting, it was trusted that a huge affiliation would happen between good faith/misery and adapting, even with the factors (anguish, wretchedness, bolster arrange) exhibit. Members (N= 264) were enlisted over a multiyear time span from media promotions and center referrals in Wisconsin and New York (Hasan & Power, 2002).

Authoritarian parenting style is critical, usually the parental control qualities, for example, restrain setting, checking, and train consistency that turn out to be more vital to sound pre-adult modification. Berg-Nielsen et al. directed an investigation of eighty-seven sets of guardians and



youths to take a gander at issues in child rearing styles with youngsters who have social or passionate issue. (Berg-Nielsen et al ., 2003).

Parenting style is one variable that has been explored widely with respect to human advancement. All the more explicitly, Baumrind's conceptualization of parenting style has established the framework for looking at kind of child rearing helpful for the effective socialization of youngsters in the United States . In this conceptualization, guardians' qualities and the convictions they hold about their jobs as guardians characterize normally happening examples of effect, practices, and qualities. Utilizing this heuristic gadget, Baumrind proposed three sorts of parenting styles (Baumrind, 1996).

The Authoritarian parenting style is an exceedingly prohibitive parenting style in which grown-ups will in general force numerous standards, anticipate exacting submission, and frequently depend on physical discipline to pick up consistence. These guardians will in general be requesting yet not responsive. The Permissive parenting style is a careless parenting style in which grown-ups cause few requests, to urge their youngsters to express their emotions, and seldom use power to deal with their conduct. Guardians portrayed by this style tend not to require develop conduct from their youngsters, however energize autonomy. As indicated by Baumrind, the Authoritative parenting style comprises of a star grouping of parent characteristics that incorporate elevated expectations, enthusiastic help, support of bi-directional correspondence, and reliable requirement of whatever rules they set up. As it were, they will in general be requesting however not prohibitive (Maccoby & Martian, 1983). Optimism is a relevant construct within positive psychology and is gaining importance in other fields of psychology due to its association with mental health (Lia, 2009).

Positive relationships between parents and their children are related to optimism among adolescents. Thus, the types of interactions established within families from early childhood to adolescence may impact the way teenagers view the world and their expectations for the future. The quality of communication between parents and their children is related to optimism, what stresses the importance of healthy family relationships to the development of optimistic beliefs (Ben Zur, 2003).

Positive relationships between parents and their children are related to optimism among adolescents. Thus, the types of interactions established within families from early childhood to adolescence may impact the way teenagers view the world and their expectations for the future. The quality of communication between parents and their children is related to optimism, what stresses the importance of healthy family relationships to the development of optimistic beliefs. Once, parenting styles play an important role in personal growth, it is reasonable to assume that different parental styles are associated with different life expectations. In other words, parental styles may impact expectations for good or bad outcomes (Orejadu et al., 2012).

MATERIAL AND METHOD

This research was conducted in medical colleges of KP Pakistan, from 1st January 2018 to December, 2018. The ethical approval of the study was given by ethical research committee of the education department of university of Haripur. A sample of 504 medical students was selected from medical colleges of Hazara division and from Peshawar division. The selected medical student's age range was 20-25 years. We accessed only junior and senior medical colleges student's. Sampling techniques was purposive sampling technique from each division was choosing 252 participants senior and junior purposefully to medical colleges. Perceived parenting styles survey was developed by McClun and Merrell in 1998 in light of child rearing styles presented by Baumrind. LOT- R optimism scale was used for measuring the optimism of the medical students. Perceived Parental Styles Survey and Life Orientation Test-Revised (LOT-R) were used to measure perceived parenting style and optimism respectively by researcher. The Perceived Parenting Styles Survey (PPSS) McClun and Merrell was produced "in light of conduct meanings of the three child rearing styles presented by Baumrind. The instrument is comprised of three gatherings of six explanations which recognize one of every one of Baumrind's three child rearing styles. Every parenting style



part consists on six items. The LOT-R was created as a correction to the Life Orientation Test (LOT). The LOT-R was made through a re-assessment of the LOT's prescient legitimacy of dispositional idealism. The first scale comprised of 8 self report things with an extra four things planned to be utilized as "filler" things. The LOT-R comprises of 10 add up to things, four of which are filler things and these things are numbers 2, 5, 6, and 8. The LOT-R was managed to a gathering of members (N= 2,055) at Carnegie Mellon University. Subjects read the things and were solicited to recognize their level from assention: 0= emphatically dissent, 1=disagree, 2= unbiased, 3= concur, and 4= firmly concur. After formal approval to medical colleges data collection was started. There assured collected data will confidential. After student consent scales were handover the students for solving. The data was analyzed by using mean, stander deviation, t test and liner regression. T test was used to compare three parenting styles influence on student's optimism. Liner regression was used to impact of parenting styles on optimism. SPSS 18 was used for data analysis (Ben Zur, 2003).

RESULTS

The participants of the study 504 were selected through purposive sampling technique 252 were female and male medical students aligned junior and senior students respectively. From Hazara division table-1 showed parenting styles wise optimism among students table II depicted level of optimism among medical students under influence of overall parenting styles gender wise and table-III described optimism among medical junior vs senior students under influence of overall parenting styles table IV is illustrating relationship between optimism and perceived parenting styles among medical students

Table 1 Level of optimism among medical students within three different parenting styles

| Parenting styles | M | SD | F | CI 95% | | p |
|------------------|-------|--------|--------|--------|-------|------|
| | | | | LL | UL | |
| Authoritarian | 38.87 | 3.037 | 19.326 | 37.73 | 40.00 | .000 |
| Authoritative | 27.84 | 5.375 | | 25.62 | 30.06 | .000 |
| Permissive | 31.00 | 10.068 | | 27.17 | 34.83 | .000 |

Note. *p* < .001, M= Mean, SD= standard deviation, CI= class interval, UL= upper limit, LL= lower limit

Table 2 Level of optimism among medical students under influence of overall perceived parenting style gender wise

| | M | SD | t(502) | CI 95 % | | P |
|--------------------------|-------|-------|--------|---------|--------|------|
| | | | | UL | LL | |
| Female students Optimism | 38.45 | 3.885 | 10.410 | 8.295 | 12.214 | .000 |
| Male students Optimism | 28.20 | 5.110 | 10.276 | 8.266 | 12.244 | .000 |

Note. *p* < .001, M=mean SD= standard deviation, CI= class interval, UL= upper limit, LL= lower limit

Table 3 Level of Optimism among senior and junior medical students under influence of overall perceived parenting style

| | Mean | SD | t(502) | CI 95 % | | P |
|--------------------------|-------|-------|--------|---------|---------|------|
| | | | | UL | LL | |
| Senior students optimism | 39.19 | 6.743 | 11.048 | -14.919 | -10.366 | .000 |
| Junior students optimism | 26.55 | 3.086 | 11.048 | -14.934 | -10.352 | .000 |



Note. $p < .001$ SD= standard deviation, CI= class interval, UL= upper limit, LL= lower limit

Table 4 Perceived parenting styles relationship with level of optimism among medical students

| Predictors | B | β | Outcome Optimism | |
|-------------------|---------|------|------------------|--------|
| | | | 95% CI | |
| | | | LL | UL |
| Constant | 19.173 | .294 | 9.233 | 29.112 |
| Authoritative | .357 | | 38.43 | 39.31 |
| Permissive | -.376 | | 29.52 | 32.48 |
| Authoritarian | -.376 | | 26.99 | 28.69 |
| R | .778 | | | |
| R ² | .606 | | | |
| F | 191.727 | | | |
| Adjusted R square | .603 | | | |

Note. $p < .001$, B = unstandardized regression coefficients, β = standardized regression coefficient, CI = confidence interval, UL = upper limit, LL = lower limit

DISCUSSION

The study was conducted to come know the influence of perceived parenting on medical student's level of optimism. Sample was comprised on (N=504) student of senior and junior students. Study found perceived parenting is significant predictor of optimism and senior student level of optimism was higher than junior students. Table I depicts Authoritarian perceived parenting style medical student's optimism was more higher than authoritative and permissive perceived parenting style medical students and permissive perceived parenting style students level of optimism was higher than authoritative parenting style. Permissive perceived parenting style medical students' optimism was second highest within three parenting styles and least effecting parenting style was authoritative of level of optimism of college students. Over strictness is lowering the level of optimism of college students. Previous studies and literature is also consistent with present finding. Research persistent with present research authoritarian parenting style promote optimism among students and permissive parenting style less likely develop optimism among students and authoritative parents poorly contribute in students optimism.¹ Table- II is explaining optimism is higher in female than male college students in respect of perceived parenting style. Optimism increased in human through true knowledge, determination and ego, these features more occurs in female than male. These findings lent support to previous findings where significant difference in optimism among individuals under influence of perceived parenting style. Table-III is also showing senior student's level of optimism was higher than Counterpart medical students. Because these students have, get matured and experienced thus investigation approach and knowledge of enhance optimism among college students than arts students. Whose get knowledge of theory more and less get practical knowledge. study results consistent with study finding peers have influence on optimism level aligned perceived parenting style (Lia, 2009; Scheier & Carver, 1985 & Baldwin, 2007).

Table IV clearly proving the hypothesis of the study perceived parenting styles are the significant predictors of optimism among college students. Authoritative parenting style promotes optimism among children while permissive and authoritarian parenting styles not improve and enhance the level of optimism adolescences and adults as well among medical students. Parents greatly influence the thinking patterns of adolescences' and children than any other relative more; therefore parenting style is significant predictor of optimism. Previous literature is proving the

present study result. Perceived parenting styles influence the self-esteem and optimism of adolescences and children (Hutz, 2014).

CONCLUSION

Study concluded female medical student's optimism higher on same scale with same characteristics and feature of participants than male medical students. Senior medical students are more optimistic than junior medical students due to exploration and investigation activities in college. Authoritarian perceived parenting style more influencing on medical students optimism than others two perceived parenting styles, moderately influencing style of optimism is permissive and less likely effecting perceived parenting style of college students optimism is authoritative parenting style.

REFERENCES

- [1] Baldwin, D., McIntyre, A., Hardaway, E. (2007). *Perceived parenting styles on college students' optimism. Coll student Journal* , 41:550-557 .
- [2] Baldwin, D.R., McIntyre, A., & Hardaway, E. (2007). *Perceived parenting styles on medical students' optimism. Journal of Coll Stu* , 41(3): 550-557.
- [3] Baumrind D. (1971). *Current patterns of parental authority. Developmental Psychology Mono* 1971: 4(1): 1-103.
- [4] Baumrind, D. (1990). *Parenting styles and adolescent development. International Review Lerner, A*
- [5] Baumrind, D. (1991). *The influence of parenting style on adolescent competence and substance use. Journal of Early Adolescence* , 11(1). 56-95
- [6] Baumrind, D. (1996). *Effects of Authoritative Parental Control on Child Behavior. Children Development* ,37(4), 887-907.
- [7] Ben-Zur, H. (2003). *Happy adolescents: The link between subjective well-being, internal resources, and parental factors. Journal of Youth and Adolescence* , 32, 67-79.
- [8] Berg-Nielsen, T. S, Vikan, A., & Dahl, A. A. (2003). *Specific parenting problems when adolescents have emotional and behavioral disorders. Psychiatry* , 57(2): 139- 146.
- [9] Bibi F, Chaudry AG, Awan EA & Tariq B. (2013). *Contribution of Parenting Style in life domain of Children. Journal of Human Social sciences* , 12(2): 91-95.
- [10] C. Peterson & J. Brooks-Gunn (Eds.), *Encyclopedia of Adolescence* (pp. 746 758). New York: Garland.
- [11] Darling N, & Steinberg L. (1993). *Parenting style as context: An integrative model. Developmental Psychology Journal* , 58(5): 1244-1257.
- [12] Hasan, N. & Power, T.G. (2002). *Optimism and pessimism in children: A study of parenting correlates. International Journal of behavior development* , 26(2): 185-191.
- [13] Hussain, S. & Munaf S. (2012). *Perceived father acceptance-rejection in childhood and psychological adjustment in adulthood. International Journal of Social sciences* , 3(1): 149-156.
- [14] Hutz, C. (2014). *The Importance of Personality and Parental Styles on Optimism in Adolescents. The Span journal Psychology* , 23(3): 56-67
- [15] Karavasilis L, Doyle AB & Markiewicz D. (2003). *Associations between parenting style and attachment to mother in middle childhood adolescence. International Journal of Behavior Development* , 27(2): 153-164.
- [16] Lai, J. C. L. (2009). *Dispositional optimism buffers the impact of daily hassles on mental health in Chinese adolescents. Personality Individual differences* , 47: 247-249.
- [17] Maccoby, E. E, & Martin, J. A. (1983). *Socialization in the context of the family: Parent-child interaction. In P. H. Mussen & E. M. Heatherington (Eds.), Handbook of child psychology: Socialization, personality, and social development. 535-585.*
- [18] Orejudo, S., Puyuelo, M., Fernández-Turrado, T., & Ramos. (2012). *Optimism in adolescence: A cross-sectional study of the influence of family and peer group variables on junior high school students. Personality Individual Difference* , 52: 812-817.
- [19] Scheier, M. F & Carver, C. S. (1985). *Optimism, coping, and health: assessment and implications of generalized outcome expectancies. Health Psychology* , 4(3): 219- 247.
- [20] Zanon, C., Bastianello, M.R, Pacico, J.C, Hutz, C.S. (2014). *The importance of personality and parental styles on optimism in adolescents. Span Journal of Psychology* , 2-14: 10-15 .