



25th European Health Psychology Conference *Engaging with Other Health Professions: Challenges and Perspectives*

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Parenting styles and child's stress a parent-child analyses

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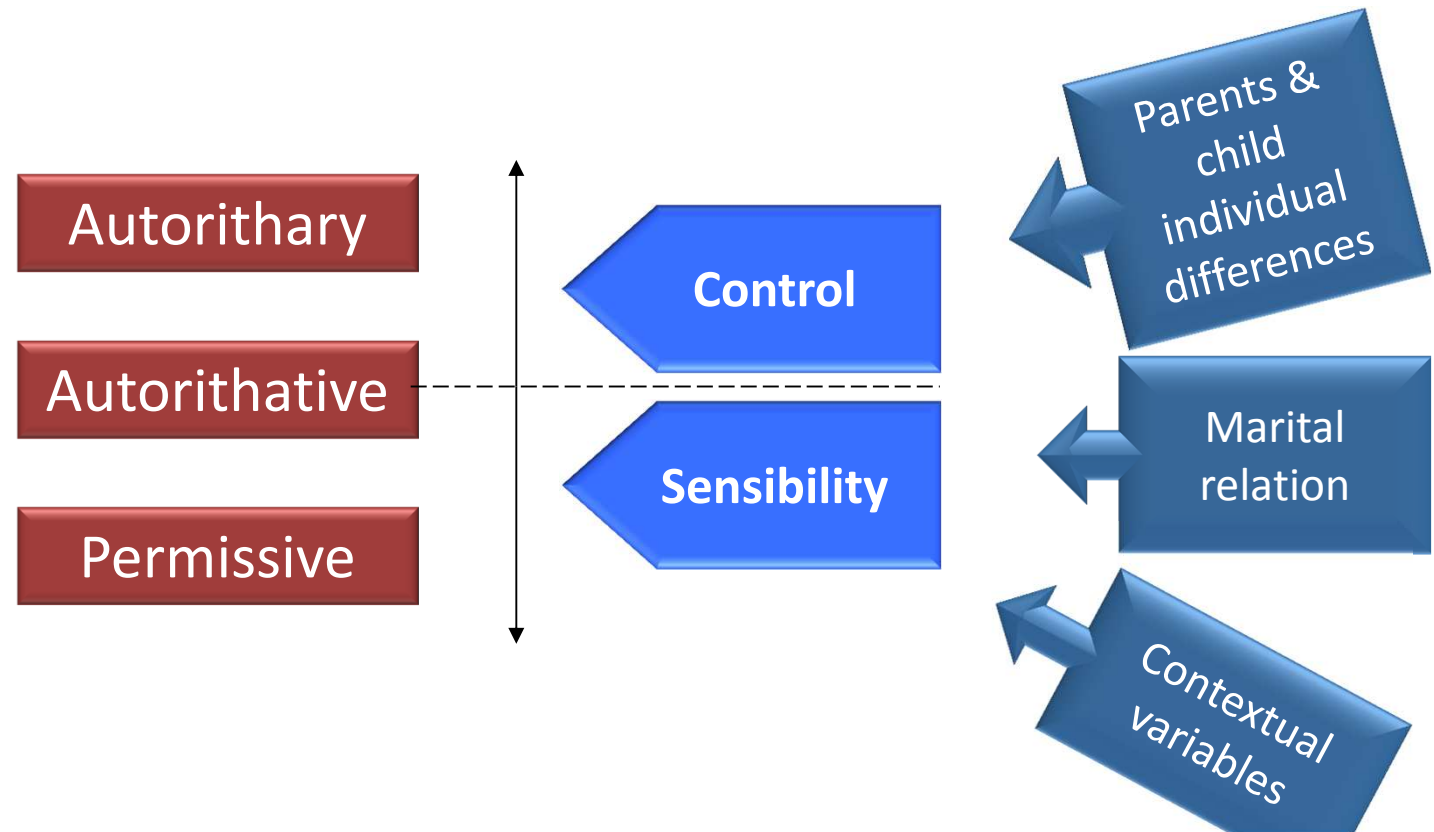
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Parenting styles

Relation patterns adopted by parents in raising their children, defining consequently the family emotional climate were parental behaviors occur (Baumrind, 1971, Darling & Steinberg, 2002)





Parenting styles & children outcomes | Child's stress

Authoritative

- Promotes Children's development
- Cultural differences

Authoritarian

- High anxiety levels in children and influence in school achievement (Ang & Goh, 2006)
- Children externalize behaviour and authority dependence (Maccoby & Martin 2003; Smetana, 1995)
- High parenting stress level and negative perception of children's negative behaviors (Deater-Deckard & Scarr, 1996)

Permissive

- Children's externalize and internalize outcomes
- Arbitrary moral focused on consequences

(Baumrind, 1971; Dornbush, 1997; Grolnick & Ryan, 1989; Heaven, et al. 2010; Lamborn, et al., 1991; Leman, 2005; Taris & Semin, 2007; White & Matawie, 2004)

Importance to family health



Child's stress

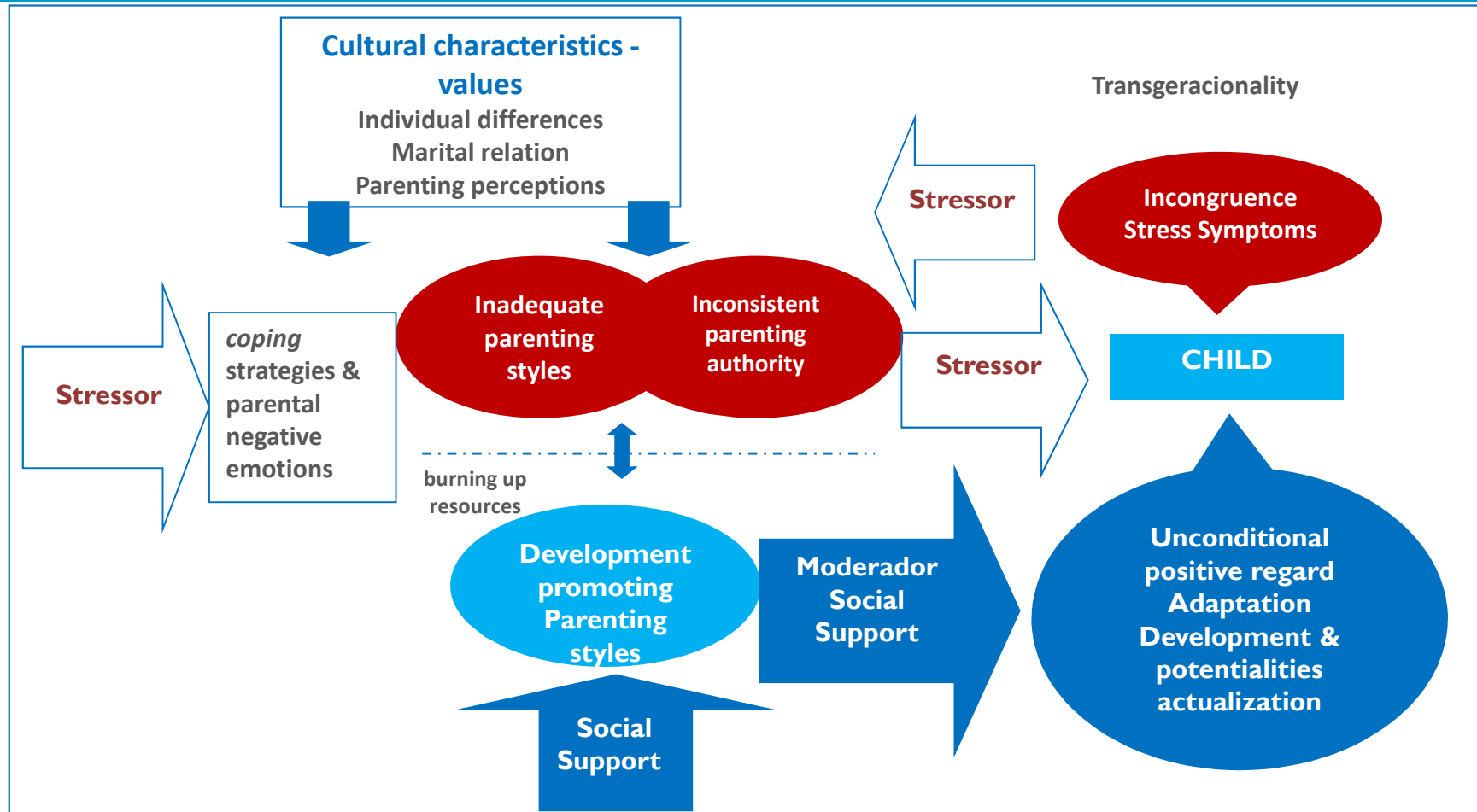
- Stressors evaluation based on adult perceptions
- Adult stress models inadequate to comprehension of children's stress
- Prevalence of affective-emocional aspects in the stress responses to stress

Behavioral /emotional manifestations, such as:

- Retreat
- Isolation
- Depression
- Somatized manifestations
- Prevalence and type of symptoms associated to:
 - Gender, age, social-economical status (Goodyer, 1998; Lemes et al., 2003; Sbaraini & Schermann, 2008)
- Family as an important source of social/affective support and as moderator but also as a stress agent
 - EP's & stress



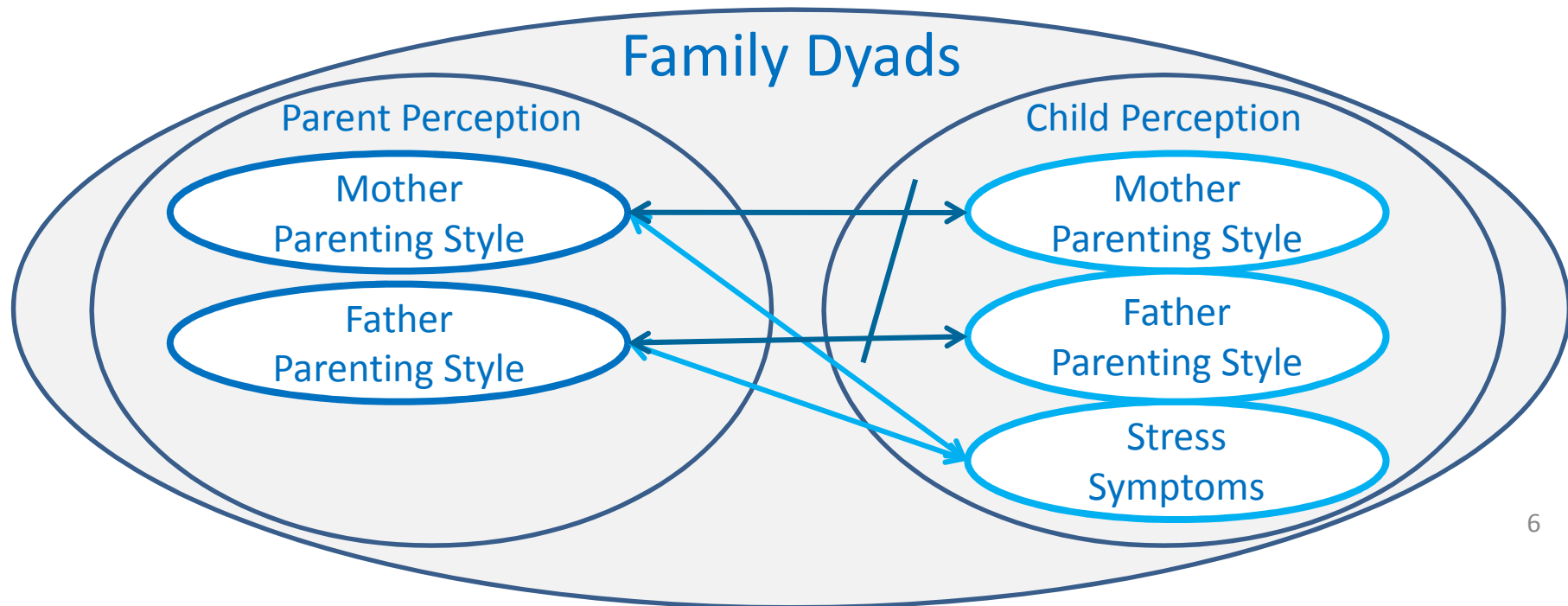
Parenting styles | Stress Family





Problem | Design

- ▶ Parenting styles may differ from each family member
- ▶ Parenting styles may predict child's stress symptoms





Participants

- Convenience sample

- Lisbon urban area
- 103 mothers age from 25-47 ($M=36.1$; $SD= 5.62$)
- 57 fathers age from 29-51 ($M=38.9$; $SD= 8.9$)
- 148 children
- 73 boys (50%) e 73 girls (50%)
- Age from 5 to 8 years old ($M=6.27$; $SD= 1.1$)
- Private schools ($n=73$, 49%), Public schools ($n=41$, 27.7%) e IPSS's ($n=23$)
- Mostly with a nuclear family ($n=113$, 66.9%)
 - with one brother/sister ($n=80$, 54.4%)

148 families

Family Dyads

103 mother-child dyads

57 father-child dyads



Instruments

- PAQ-P – Parenting Authority Questionnaire for parents
 - Adaptation of *Parental Authority Questionnaire* Buri (1991) and Portuguese validation
 - 3 Parenting styles Authoritative / Authoritarian / Permissive
- PAQ-C – Parenting Authority Questionnaire for children (5-8 year olds)
 - Inspired in the *Parental Authority Questionnaire* Buri (1991)
 - 18 verbal and manipulative items / Portuguese validation
 - 2 Parenting styles scales:
 - Father Scale: Authoritative-Authoritarian / Permissive
 - Mother scale: Authoritarian-Authoritative / Permissive
- ESI – Child Stress Symptoms Scale
 - Translation to Portuguese expression of the Brazilian Scale from Lucarelli and Lipp (1998)
 - Portuguese Validation
 - 3 scales Depressive reactions / psychophysiological reactions / psychophysiological-fear reactions and Global stress score



Procedures

- ▶ Research protocols distributed in several schools after school board permission and contact with teachers
- ▶ Parents consent form and research protocols return in sealed envelop
- ▶ Children questionnaires application
- ▶ Data inserted and analyze with SPSS 17 (*Statistical Package for de Social Sciences*)
 - ▶ Missing values analyze
 - ▶ Correlations and paired *t* student test
 - ▶ Linear and multiple regression
 - ▶ Significant level established at $>.05$



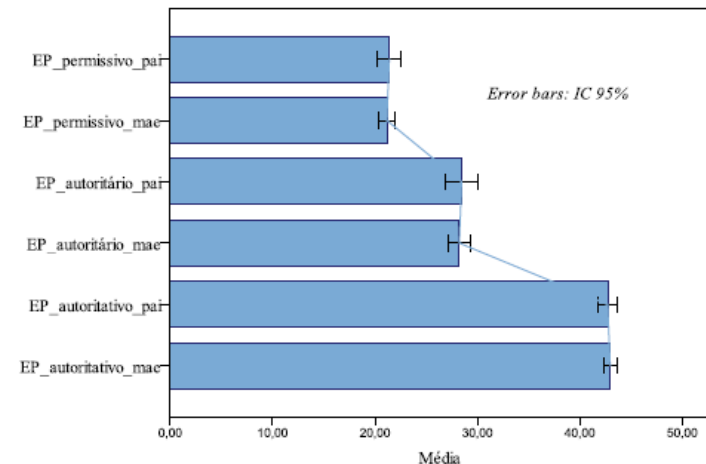
Results

▶ Parent dyads

▶ Parenting styles agreement but,

▶ Fathers view themselves as more authoritarian [$t(53) = -2.526, p < .01$]

▶ *Substantial agreement in parental dyads dominant parenting styles (Cohen's Kappa .663, $p < .001$).*



▶ Only in the type of school (private schools) a correlations were found between parenting styles and child stress



Results

▶ Mother/father-child dyads

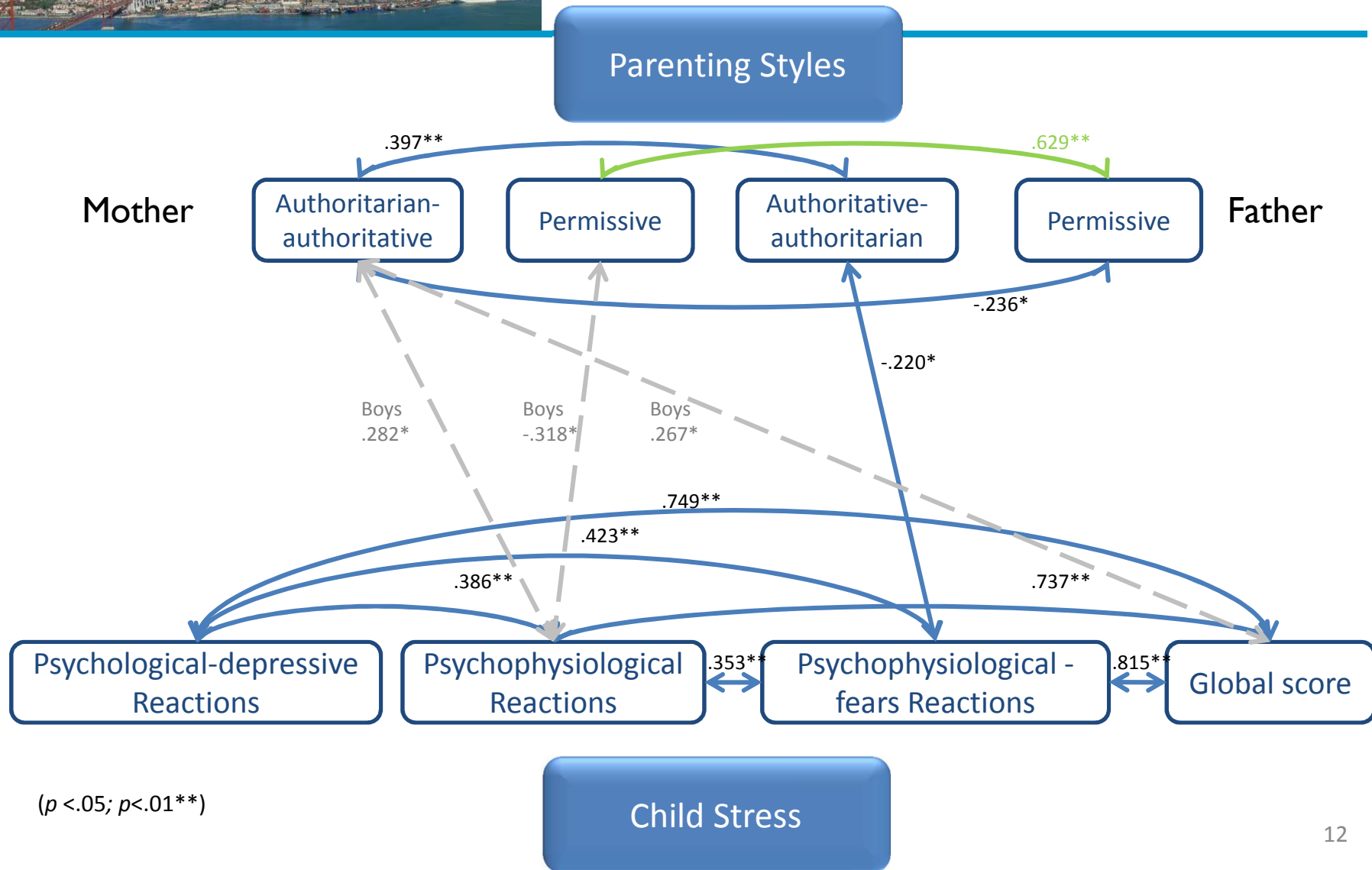
- ▶ Different parenting styles perceptions in parent-child dyads (correlations with all p 's > .24)
- ▶ Father/mother permissiveness in child perception
- ▶ Fathers more authoritative in child perception ($t(84) = -2.459, p < .05$]

Results consistent with previous studies (Smetana, 1988, 1995)
Possible desirability effect

But, consistent mother-father parenting styles in child's perceptions
(Winsler et al., 2005)

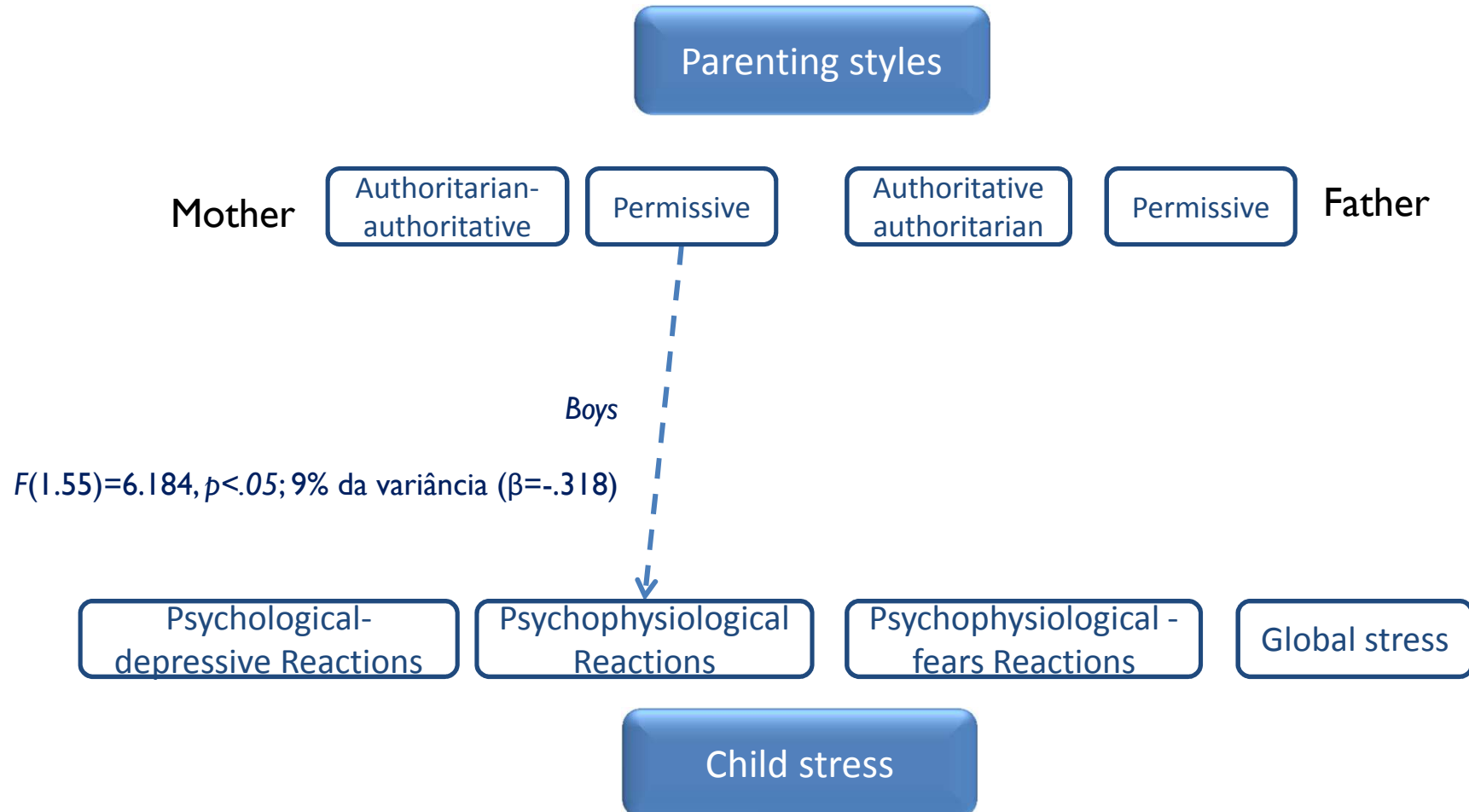


Results | Child perception





Results | Child perception





Discussion

- Independence of parent-child parenting style perception.
- No correlations were found in parents parenting styles and child's stress

But in children perceptions,

- fathers authoritativeness-authoritarian ($r=-.22, p<.05$) and mother permissiveness (boys only) correlates negatively to stress reactions explaining 9% variation [$F(1.55)=6.184, p<.05$].

These findings enhance the importance of parent awareness of theirs and their child's perception, communication, emotional climate, and it's inclusion on primary prevention parenting awareness programs, promoting health-quality in non-clinical families.



Discussion

Importance of the development of instruments destined to pre-school and school age children

Importance of new methods and statistical procedures to evaluate different family perceptions to know their own reality and experiencing

Emergency of new child stress models

Importance of the family dynamics that promotes children's development and family health

Importance of context variables in family studies

Results consistent with previous studies in parenting styles and family stress models researches



Discussion

▶ Limitations

- ▶ Instruments / social desirability
- ▶ Sample homogeneity - Urban / Majority married couples
- ▶ Little age range (5 a 8 olds)
- ▶ Difficulties in collecting family data

▶ Future Studies

- ▶ Continue to develop children's instruments
- ▶ Importance of mix-methods research and to quantitative and qualitative data in family research
- ▶ Continue to access different family perceptions to the same variable
- ▶ Continue to study parenting stress and its relation to individual, family and contextual variables in Portuguese samples
 - ▶ Parenting practices | self-esteem | self efficacy (ongoing research)
 - ▶ Parental and child's stress (ongoing research)
 - ▶ Child's stress and family and peer relations



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