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Procedia Social and Behavioral Sciences 15 (2011) 1852–1856

Procedia
Social and Behavioral Sciences

WCES-2011

The relationship between perceived parenting styles, social support with psychological well-being

Masoud Gholamali Lavasani^{a*}, Sharzad Borhanzadeh^a, Leila Afzali^a, Elaheh Hejazi^a^aDepartment of Educational Psychology and Counselling, University of Tehran, Tehran, Iran

Abstract

Objective. the primary aim of this study was to investigated relative between parenting style , social support on psychological well – being .*Method .* the sample consist of 398 female students in grade two from public high school in Tehran .participants completed measures of Baum rind’s parenting style (1991) , Vaux’s social support (1988) and Ryff’s psychological well- being(1998) .*Result.* founding revealed that perceive of authoritarian and permissive parenting style shows significantly , negative relative with psychological well –being , such as social support shows significantly , positive relative with psychological well –being , however , although authoritative parenting style don’t predict psychological well – being .*Conclusion.* It is necessary for the parents who play the role of parenting and socially supporting their children especially the roles of developing their psychological and social positions, show more sensitivity to learn about cognizant these two training areas.

© 2011 Published by Elsevier Ltd. Open access under [CC BY-NC-ND license](http://creativecommons.org/licenses/by-nc-nd/3.0/).*Keywords:* psychological well-being;, perception of parenting style; social support;

1. Introduction

People are interested to answer this question: What is a good life? Although they continuously they relate or link a good life with well-being and happiness (Van Dieren Donck et al. 2008), the pre-emptive (earliest) study on psychological health focussed the fact that people must healthy psychologically and feel no suffering from negative psychological syndrome. A psychological health is not merely lack of psychological damages but rather it depends on the presence of positive aspects such as positive emotion, a target in life and a social cooperation (keyes, 2007). Two commonly applied psychological traditions; that is, hedonism and eudemonism have been applied to review a well being. It primarily considers hedonism to provide happiness and secondly regard well being as a pleasure taken by an individual and as a pain to be avoided by him. In other words it refers to subjective well being by which an individual subjectively assess one’s life (Ryan & Deci 2001). Secondly, it emphasizes a Eudemonism to emphasise the meaning of life and his self-realization.

*Masoud Gholamali Lavasani.Tel.:+09122185700; fax: +88288607

E-mail address: lavasani@ut.ac.ir

This perspective of life regards the well being as the fact that how a person can take advantage of his capabilities thoroughly in-like (waterman, 1993). Ryfe (1989) is of the opinion that some of the aspects of optimum functioning such as one's achieved aims involve legalisations and wide range of attempts. This may even oppose completely to a short-term happiness. He holds that well being must be considered simplistic but rather as equivalent to additional experience hedonism as against pain. Instead, a well being embraces an all-round attempt to attain perfection and bring the individual's potentialities to realization. He found that the scholars are in accord with the existence of criteria such as a positive vision towards oneself (self-acceptance), the ability of developing context to be adaptable to his self-psychology (environmental master), positive relationships with others, purpose in life, personal growth and autonomy. Social support stands as a predicting variable for psychological well being. Studies on social supports were not apparently initiated before years by 1970. A social support is rooted in Bowlby & Ratler's attachment theory that overemphasizes the development of a relationship between a child and his bystanders in the course of maturation (Cassidy, 1999; Alkharusi, 2010). Vaux (1988) defines a social support as a complicated process in which an interface in mutual activities between a person and a supportive network involved by an individual is established. A vast majority of researchers showed that a social support has a positive relationship with a psychological well-being or it can play a significant role in it the examples of which are studies and contents made by Direck, et al.(2006); Phillips et al. (2008); keff and decoys, (2004); Hover et al. (2007) , Dallen, Sanders and waterman ,(2005); Savi (2010) and gullacty ,(2010) .

On the other hand, the way to parenting a child, according to Bumrind (1991) is a complicated activity that requires specific treatments that are exercised by individuals and collective methods to affect children's eventualities (consequences). Bumrind (1991) has studied two factors of interaction between. Parents and child that is between; responsiveness and demand. Based on these dimensions, Burnrind has determined three parent styles that consist of authoritarian style with mandatory rules and lower & levels of acceptance. An authoritative style that is a combination of control, support and logical interest and a permissive style as related to a lower level of control. Parenting styles are determining and impressive factors that play important roles to strengthen the children's mental health. The different researchers have shown the significant relationship between the perceived parenting style with the psychological well-being of children, the most important studies of which are those of Milosdy (2006), Antens (2009), Casky (2009), Abar, Carter and Winsler (2009), Kim (2005), Ling pung (2010). Given the primmest importance of what were said above and a new of earlier researches, this study has been made in an aim to recognize the relationship between conception and styles of perceived parenting as well as social support to teenagers psychological well-being. For that purpose this study seeks to answer this question how much any one of conceptive variables share to contribute to the parenting fashion and any social support shares to foresee psychological well being. For this purpose the following theories were put to test give the recovered data: 1.The conception of an influential parenting style can bring about an increase mental well-being of teen-agers, 2. An increased social support goes hand in hand with the improved mental well being of teenagers and adolescents.

2. Method

2.1. Design

The design of this study is modelled on descriptive and correlative types.

2.2. Population and sampling

This model has 398 girl students from the secondary class of high school with mean ages 16/27 and standard deviation 0.63 the multi-phased cluster modelling method of which was adopted from the 9 districts of Ministry of Education and the interviewees answered the questions in the questionnaires.

2.3. Instruments

Ryff's psychological well-being scale. Ryff's psychological well-being scales were used in this study to review teenagers' psychological well-being (1989). This scale has 84 articles and 6 minor scales. These scales marked the answered to any question on a six-degree spectrum (ranging from fully disagreed to fully agreed). Each scale consists of 14 articles where psychological well-being of Ryff's model includes data such as self-acceptance

(environmental mastery, positive relationship with others, purpose in life, personal growth and autonomy. Psychometrical features of psychological well-being scales originals were reported acceptable. In this study, Cronbach’s Alfa coefficients for any of the psychological well-being for self-acceptance mastery environmental, positive relationship with others, purpose in life, personal growth and autonomy were obtained to be 0.79, 0.71, 0.70, 0.54, 0.61 respectively.

Questionnaires of parenting styles. This instrument has been adopted based on Bumrind’s theory (1991) from permissive, authoritarian, authoritative behavioural models the uses of them are for parenting and influencing models. This questionnaire contains 30 articles each of which has three styles and ten articles. It has been set on a 5 scale. This study has obtained a level of internal consistency based on Cronbach’s Alpha for permissive, authoritative. Styles of 0.69, 0.77, 0.73.

Social support questionnaire. This tool has been designed of a scale and used by Vaux, Phillips, Halley, Thompson, Williams and Stewart (1986). This scale has 23 articles and three sub-scales. The sub-scales concern family & friends have seven (7) articles. The remaining questions also concern supporting other people. The builder of this scale alleged that it has good reliability and validity. This study obtained an internal consistency of this scale based on Cronbach’s Alpha 0.68, 0.78.0.68.

3. Findings

Correlation coefficient and multiple Regression analysis method were used step by step to survey the relationships between the patterns of parenting and social support over and above psychological well-being. Table 1: correlation and means and standard deviation research variables

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Well-being	-													
Autonomy	0.51**	-												
Mastery environmental	0.80**	0.27**	-											
Personal growth	0.64**	0.16**	0.43*	-										
Positive with others	0.56**	0.14**	0.39*	0.21*	-									
Purpose in life	0.77**	0.20**	0.58*	0.55*	0.26*	-								
Self-acceptance	0.84**	0.38**	0.63*	0.41*	0.37*	0.59*	-							
Family support	0.44**	0.07	0.38*	0.22*	0.37*	0.32*	0.42*	-						
Others support	0.45**	0.08	0.37*	0.23*	0.46*	0.33*	0.41*	0.48*	-					
Friend support	0.32**	-0.02	0.28*	0.11*	0.59*	0.18*	0.19*	0.29*	0.50**	-				
Total social support	0.52**	0.06	0.44*	0.24*	0.60*	0.35*	0.43*	0.76*	0.84**	0.76*	-			
Permissive style	-0.20**	0.02	0.26*	0.12*	0.02	0.30*	0.17*	0.21*	0.14**	0.06	-0.12*	-		
Authoritarian style	-0.24**	0.15**	0.16*	0.17*	0.14*	0.24*	0.14*	-0.07	0.14**	-0.07	-0.12*	0.15**	-	
Authoritative style	0.06	0.05	0.08	0.11*	0.13*	0.06	0.00	0.10*	0.06	0.10*	0.11*	0.34**	0.23**	
Means	344.14	51.82	54.42	62.98	59.01	62.08	53.82	16.72	16.35	14.12	47.18	32.32	25.24	42.55
Standard deviation	38.39	8.40	9.34	7.22	9.53	9.20	10.86	3.83	3.48	3.72	8.74	6.92	6.41	5.07

* $p < 0.05$ ** $p < 0.01$

At first the correlation matrix of variables in conjunction with mean and standard deviation are reported. The multiple regression analysis showed that there is not any significant relationship ($P < 0.01$) between the psychological well-being of teen agers and understanding the authoritative parenting styles. However, in analyzing step by step a regression, it was realized that there are three elements of items such as a social support and 2 more parenting styles and the predictions are significant ($P < 0.05$).

Table 2: An outline table showing a regression analysis and coefficients for well-being

Variables, included	R	R ²	F	ΔR^2	b	β	t	sig
Supports by others	0.46	0.21	103.44	0.21	2.36	0.23	4.37	0.000
Familial support	0.52	0.27	33.94	0.063	2.51	0.26	5.33	0.000
Authoritarian style	0.55	0.30	15.57	0.031	-1.03	-0.17	-3.90	0.000
Supports awarded by friends	0.56	0.31	4.66	0.008	1.28	0.12	2.52	0.012
Permissive style	0.56	0.32	5.21	0.009	-0.54	0.10	-2.28	0.023

4. Discussion and Conclusion

The results obtained from regression analysis showed that in this version the method of authoritative parenting style is not able to predict significantly the students' psychological well-being. It seems that this style falls short of responding to the needs left by the Asian Communities who are structurally pluralistic because these cultures (Asian cultures of different communities) over emphasize obedience and collective identity. A control dimension plays a key role in these cultures. The authoritative parenting style, therefore, plays a significant role. A teenager is currently spending a critical period of time when they need to be beloved and supported more than ever by his (her) family. The confirmed theory of it shows that the parents are well aware of what are running in this period of time and so tends to provide all helps needed by teenagers to leave behind successfully all crises of this time. Affection or kindness is an important dimension of parenting method and stands as an authoritative style. Bumrind in his research (1991) showed that the parents owned by socially qualified and grown teenagers are more since and affectionate than other teenagers' parents and they establish relationships more often with their children. Therefore, a teenager or an adolescent continues moving forward and advancing and pursues gaining newer experiences. They wish to make more contacts with friends, peers, colleagues and other people in the society. He enhances his social dimension in this way. What seems important in this study is the fact that no variables is it showed any significant relationship with the self-determination and autonomy.

This finding may represent that the parents have great tendency to supply all needs felt by their children. They do not allow their children to gain experiences. Virtually a teenager with experience today shall be an adult without responsibility tomorrow. So, all parents and those who have responsibilities to develop the students, boys or girls are recommended that they should allow them to gain experience in order to learn in the future about what would be the consequences of their decisions.

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