

## **Perceived Parenting Style and Autonomy in Psychiatric Patients**

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The present research was designed to investigate the relationship between perceived parenting styles and autonomy in psychiatric patients. Diagnosed patients having Psychiatric disorders (N=70) were selected using purposive sampling technique with an age range of 18-55 years, from two hospitals in Bahawalpur, Bahawal Victoria Hospital Bahawalpur (BVH) and Combined Military Hospital (CMH) Bahawalpur Cantt. Parental Authority Questionnaire (PAQ), developed by Buri (1991) to assess the control dimension of parenting styles was used, along with the Health Care Climate Questionnaire (HCCQ) by Williams, Grow, Freedman, Ryan, and Deci (1996), to measure autonomy in psychiatric patients, were used in the research. Data was analyzed statistically by using Pearson Product Moment correlation coefficient to measure the relationship between the variables. Linear Regression Analysis was used to find out the perceived parenting styles as predictors of autonomy. The findings revealed that perceived parenting style has great effect on autonomy. Results also showed that perceived parenting styles has significant correlation with psychiatric patients. However, authoritative parenting style has no significant relationship with perceived autonomy. Conclusively, it is predicted that permissive parenting style has good correlation with autonomy. The findings of the present research provide a deep insight to parents, psychologists and researchers in understanding and promoting adolescents' psychosocial development and well-being.

*Keywords:* Perceived parenting style, autonomy, psychiatric patients

Psychiatric disorders are a pattern of psychological or behavioral symptoms that cause an individual significant distress

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impair their ability to function in life, and significantly increase death risks, pain, disability or loss of freedom (Salter, 1998). A mental disorder is measured in terms of deviation from some normative concept of behavior (Sadock, 2001).

Parenting is the child's upbringing style that refers to a privilege of responsibility of mother and father, together or independently to prepare the child for society and culture, which provides ample opportunity to a child to find roots, continuity and a sense of belongingness (Sirohi & Chauhan, 1991). Positive experiences and positive views about self and others generated from parenting characterized by warmth, acceptance, and allowance of autonomy and high level of positive reinforcement; in contrast, criticism, rejection, control, and low level of warmth are the source of negative self-awareness and depressogenic views (Cole, 1990; McCranie & Bass, 1984; Ainsworth, 1979; Bowlby, 1980, 1988). Parsons (1955) described that family serves as the factory where child's personality, behavior, and thought pattern is developed. Baumrind's parenting styles have been found to predict child well-being in terms of social competence, academic performance, psychosocial development, and problem behavior. Research using parent interviews, teacher interviews, and child report consistently found these characteristics associated with each parenting style (Baumrind, 1978).

The authoritarian parent tries to shape, control, and evaluate the behavior and attitudes of the child in accordance with a set standard of conduct (Baumrind, 1966) and direct the child, but in a rational manner (Baumrind, 1966). A research conducted by Lloyd and Miller (1997) investigated that overprotection is associated with depression. "The permissive parent attempts to behave in a non-punitive, accepting and affirmative manner towards the child's impulses, desires, and actions" (Baumrind, 1966). Low maternal care relates to depression (Dis, 1997). An insecurely attached child had higher frequency to become anxious than others (Warren, Huston, & Egeland (1997). The individuals who were neglected, rejected, abused, and treated inappropriately by their parents have greater chances to adopt features of personality disorders (Bradley, Conklin, & Westen, 2005; Guttman, 2002). Feelings of insecurity

and anxiety are developed in children by parents' low acceptance including rejection, lack of warmth or criticism (Manassis & Bradley, 1994; Vasey & Dadds, 2001). Expressed emotions among family members, particularly negative emotions become the outcomes of chronic problems such as schizophrenia, mood disorder, divorce, alcoholism, and antisocial adolescents (Gottman, 1994).

Mahler, Pine and Bergman (1975) concluded that autonomy can be the result of healthy development. Parental autonomy support refers to the active support of the child's capacity to be self-initiating and autonomous (Ryan, Deci, Grolnick, & La Guardia, 2006). Autonomy support refers to the idea that structure and involvement by parents correlates with positive child development (Grolnick, 2003). Lamborn, Mounts, Steinberg and Dornbusch (1991) concluded that parenting style has close relationship with children's and adolescent's academic achievements. Baldwin, McIntyre, and Hardaway (2007) investigated that parenting styles are associated with optimism in child's personality. A study conducted on adolescents by Brand, Hatzinger, Beck, Holsboer-Trachsler (2009) suggests that different parenting styles were highly associated with low sleep quality, negative mood, increased daytime sleepiness, and increased symptoms of anxiety and depression; parenting styles were correlated with adolescents psychological status and well-being.

Grolnick and Ryan (1989) found that authoritative parenting was associated with independence and self-reliance in children whereas authoritarian parenting style was associated with withdrawal and discontent in children. Baumrind (1977) investigated that parental warmth positively correlated with high level of self-esteem and self-concept in children. Subsequently, the objective of the present study was to explore the correlation between perceived parenting styles and autonomy in psychiatric patients.

### **Objective of the Study**

1. To identify the effect of autonomy on perceived parenting styles.
2. To know the effect of authoritative parenting style on perceived autonomy.



3. To measure effect of permissive parenting style on perceived autonomy.
4. To explore the correlation between perceived parenting style and autonomy prevalent among psychiatric patients.

### **Hypotheses**

1. It is expected that autonomy would have positive effect on perceived parenting style.
2. Authoritative parenting style would have greater effect on perceived autonomy as compared to other parenting styles.
3. Permissive parenting style would have negative effects on perceived autonomy.
4. Perceived parenting style would have greater correlation on autonomy among psychiatric patients.

## **Method**

### **Research Design**

Correlational research design has been used to assess the relationship between the variables of perceived parenting style and autonomy. Quantitative method of analysis using standardized self-report questionnaire was applied.

### **Participants**

A total sample of already diagnosed patients with Psychiatric disorder (N=70) was selected using purposive sampling technique with an age range 18-55 years, from the two hospitals of Bahawalpur, i.e., Bahawal Victoria Hospital Bahawalpur (BVH) and Combined Military Hospital (CMH) Bahawalpur Cantt. For the present research sample was selected on the following inclusion and exclusion criteria:

Patients suffering from Psychiatric disorder diagnosed by clinical psychologists and psychiatrists were included who can read and write. Their age range was within 18-55 years. Both male and

female, with middle socioeconomic status were included in the study. Those participants were included who had spent their childhood with their mothers regardless of belongs to broken or unbroken families. The patients were excluded who have co morbid physical disease. Those patients were also excluded who spend their childhood with their fathers only. Patients older than 55 years of age were also excluded.

## Measures

**Demographic Information Sheet** with details about age, gender, education, profession, monthly income, socio economic status, marital status, number of children, number of siblings, number of friends, and hobbies.

**Parental Authority Questionnaire (PAQ)** developed by Buri (1991), has been used to measure the control dimension of parenting style. The Urdu version of scale was used in the present study. Reliability for the PAQ was 0.81 for permissiveness, 0.86 for authoritarian, and 0.92 for authoritative (Buri, 1991); whereas Alpha reliability for whole questionnaire emerged as 0.66.

**The Health Care Climate Questionnaire (HCCQ)** developed by Williams, Grow, Freedman, Ryan and Deci (1996) was used to assess patients' perceptions of the degree of autonomy. Back translation method was used to translate HCCQ fulfilling its prerequisite and Urdu version was used finally with reliability of the scale as 0.90.

## Procedure

Participants were assured regarding confidentiality of their information, test responses and results. At the end of the completion of the questionnaires, the participants were thanked for their cooperation and time. The permission letter was submitted to the concerned department of institute from which data was collected. After obtaining consent form from the department, data collection

was started. First of all, demographic information sheet was filled to build up the rapport and to obtain the necessary information about the subject, and it took 10 minutes approximately. To build up rapport with the patients having psychiatric disorder was a difficult job. After PAQ was administered and subject took 20 minutes approximately to fill it. After the break of 5 minutes the third form HCCQ was administered and it took 20 minutes. Subject took total 50-55 minutes to complete all of the questionnaires. Participants were assured to maintain confidentiality of their information, test responses and results. At the end of the completion of the questionnaires the participants were thanked for their cooperation and time by the researcher.

## **Operational Definitions of Variables**

### **Parenting style**

Parenting style is child rearing behavior. It has three different styles authoritative, authoritarian and permissiveness. Highest score on one of the style indicates the type of parenting adopted (Darling & Steinberg, 1993).

### **Psychiatric patients**

Those patients are considering psychiatric patients who fulfill the criteria of DSM-IV TR (2000).

### **Autonomy**

Autonomy means self-governance, having freedom and independence both as a person, and as a community. Higher average scores on this scale represent a higher level of perceived autonomy (Bekker et al., 2001).

## **Results**

The statistical method used for analysis in the present research included descriptive statistics (Mean, St. Deviation), Pearson product moment co-efficient of correlation and linear regression

analysis. Pearson product moment of co-efficient of correlation was used to find out the relationship between variables perceived parenting style and autonomy in the anxiety patients. Linear regression analysis was used to find out the perceived parenting style as predictor of psychological disorders.

**Table 1**

*Reliability Statistics for HCCQ and PAQ (N=70)*

Cronbach's Alpha	No. of Items
0.740	15
0.805	30

**Table 2**

*Descriptive Statistics of all the Variables of HCCQ and PAQ (N=70)*

Variables	N	Min	Max	M	SD
Age	70	15	50	24.24	8.899
HCCQ	70	57	103	82.73	9.844
PAQ	70	48	130	99.20	13.698
Permissive	70	15	44	30.30	5.531
Authoritarian	70	18	48	33.20	5.916
Authoritative	70	12	46	35.70	6.656

The average age of the respondents is 24.24 years with a std. deviation 8.899. The average score of HCCQ is 82.73 with std. deviation 9.844. Same as average score of all subscales of PAQ are Permissive average score = 30.30 with std. deviation = 5.53; Authoritarian average score = 33.20 with std. deviation = 5.916; Authoritative average score = 35.70 with std. deviation = 5.656; so, it can be concluded that the mostly respondents having authoritative parental style whose average is greater than all other styles.

**Table 3**

*Regression Analysis Summary Statistics*

Model	R	R <sup>2</sup>	B	SEB
Autonomy	0.220 <sup>a</sup>	0.049	0.220	9.672

a. Predictors: (Constant), Parental Authority



The value of  $R^2$  is 0.049 and the regression coefficient is 0.220 indicates that the autonomy depends on parental style. This relationship is positive shows there is positive effect of parental style on perceived autonomy support.

**Table 4**

*Correlation between Parental Styles with Psychiatric Patients (N=70)*

Variable	R	P
HCCQ	0.220	0.067*
PAQ		

The mean score of HCCQ is 82.73 with a std. deviation 9.844 and the average score of PAQ is 99.20 with std. deviation 13.698. The correlation coefficient value is 0.220 which shows the positive relationship between parental styles with psychiatric patients. The P-value is 0.067 which shows that the correlation is significant at 10% level of significance.

**Table 5**

*Effect of Authoritative Parenting Style on Autonomy*

Models	$R^2$	B	SE	t	P
Permissive	0.056	0.236	9.636	2.003	0.049*
Authoritarian	0.001	0.034	9.910	0.283	0.778
Authoritative	0.051	0.227	9.657	1.920	0.059*

\* $p < 0.05$

The relationship of autonomy with all the parental styles is positive. The regression coefficients indicate the dependence of autonomy on all the parental styles. We can conclude that the autonomy mostly effected by permissive style with regression coefficient is 0.236 and then authoritative style with regression coefficient 0.227 and at the third authoritarian with regression coefficient 0.034.

### Discussion

Reliability of PAQ is .92 and the reliability of PAQ in this research is .80, and HCCQ is .90 while this research has.74 reliability. The internal reliability of the present research is consistent to the external reliability.



The present research results show that respondents mostly have authoritative parental style. Baumrind (1967) found that authoritative parenting was associated with independency and self-reliance in children whereas authoritarian parenting style was associated with withdrawal and discontent in children. Baumrind (1971) also pointed out that positive development outcomes can be established by authoritative parenting style.

Regression analysis of the present research shows the value of  $R^2=0.049$  and the regression coefficient is 0.220, indicating that the autonomy depends on parental styles. This result shows that there is strong relationship between perceived parenting styles and autonomy supportive. Some previous studies also support the hypothesis that autonomy depends on perceived parenting styles. It is indicated in the research by Collins and Kuczaj (1991) that parenting had a strong impact on children's and adolescent's development. Baumrind (1977) investigated and found that parental warmth is positively correlated with high level of self-esteem and self-concept in children. It has also been studied that if parents and teachers support the children's need for autonomy then their intrinsic motivation is increased and they function optimally (Deci & Ryan, 2000). These results support the present research hypothesis that is, correlation between perceived parenting styles with psychiatric patients. Positive relationship between perceived parenting styles and psychiatric patients is shown by results as correlation coefficient value 0.220. The level of significance indicates that there is a significant relationship between variables. Bruce et al., (2006) suggested and supported the hypothesis that higher level of depressive cognition is associated with negative parenting and negative life events. It is also found that negative parenting has relationship with negative automatic thoughts in old children. Brand, Hatzinger, Beck, Holsboer-Trachslar (2009) also support the hypothesis suggesting that different parenting styles were highly associated with low sleep quality, negative mood, increase daytime sleepiness, and with increased symptoms of anxiety and depression. The results for all parenting styles indicate that autonomy depends on perceived parenting styles. The results of current research also conclude by 0.236 regression coefficient that autonomy is greatly affected by permissive parenting style.

## Conclusion

The findings revealed that perceived parenting style has great effect on autonomy. Results also showed that perceived parenting style has significant correlation with psychiatric patients. However, authoritative parenting style has no significant relationship with perceived autonomy. Conclusively, it is predicted that permissive parenting style has good correlation with autonomy. The findings of the present research provide a deep insight to parents, psychologists and researchers in understanding and promoting adolescents' psychosocial development and well-being.

## Limitations and Recommendations

The shortage of time to conduct the research has been a major hindrance for a quality research. Most people do not understand the topic so before filling up the questionnaire, it was remained quite effort some to give them a descriptive orientation of the topic. Illiteracy was a great barrier, illiterate people were ready to respond and especially in the backward area of the country it was very difficult to take educated people; however, purposive sampling helped to an extent. People residing here have little or no knowledge about psychological problems. Since, the study was conducted only at Bahawalpur; these results cannot be generalized to the whole country.

It is suggested that future research should focus on more variable to enhance the scope of the study. Sample should be greater and selected from diverse areas of the country. Parents and children both should be included in study.

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