

## **Relationship of Perceived Parental Behavior at the Stage of Adolescent with Life Satisfaction and Aggression of Adult Daughters**

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The present study aims to examine the relationship of handling adolescent daughters through different parental behaviors along with their life satisfaction and aggression in adulthood. It was hypothesized that: 1) Scores of parental support at the stage of adolescence would have, positive correlation with scores of life satisfaction and negative correlation with scores of aggression in adulthood and 2) Scores of parental rejection and over protection at the stage of adolescence would have positive correlation with the scores of aggression and negative correlation with scores of life satisfaction in adulthood. The participants were 100 female students of the University of Karachi, Pakistan. Their mean age was the participants were 100 female students of the University of Karachi, Pakistan. Their mean age was 21.79 years. Engna Miinnen Batraffande Uppfostran-(EMBU) Short form, Aggression Questionnaire (AQ) and Satisfaction with life Scale (SWLS) were administered. It is clear from the findings that there is a significant positive correlation of parental support with life satisfaction of adult daughters, whereas there is insignificant negative correlation of parental support with aggression in adulthood. Further, parental rejection has insignificant positive correlation with aggression and insignificant negative correlation with life satisfaction. Moreover parental overprotection has insignificant positive correlation with aggression as well as life satisfaction. Hence it is suggested that parents should provide support to their children not only on one particular stage but all stages of development for positive implications.

*Keywords:* Parental support, rejection, over protection, stage of adolescent, aggression, life satisfaction, adult daughters.

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Parental behavior with their children is considered as a vital factor in later personality development as well as for the psychological wellbeing of children. From infancy to adulthood human beings need attention, acceptance, guidance, and support from parents or significant persons. In the early 20th century Sigmund Freud (1905), gave high weightage to the stages of development and gave significant importance to parenting styles and role of caretakers. A child's experiences are regarded as major in the growth of personality. Bowlby (1969), views that initial relations between child and parents or caregivers is important in life. Further in the same century many other theories depicted impact of person's early years in later years of life.

As documented in Hussain (2011), that, expression of high level of wellbeing in early adulthood was found in those who grew up in an environment where they were closer to their mothers as well as their fathers (Sobolewski & Amato, 2007). Rueter and Conger (1995) view that a helpful, supportive and warm family environment is more lively and conducive for the solution of family problems and contributes in the improvement of parent adolescent relationships.

Kolb (1973), Freedman, Kaplan and Sadlock (1980) focuses on harmful effects of parental overprotection and regards it as a major aspect in the advancement of mental disorders (as mentioned in Perris, Arrindell and Eisemann, 1994). Moreover in adulthood, good qualities of living and parental care are positively related with each other (Zimmermann, Eisemann & Fleck, 2008). Rohner, Khaleque and Cournoyer (2009) considered parental care and love as necessary for the social and psychological growth of children. In the absence of fulfillment of this need they were found to be violent and aggressive. Similarly where there is less parental rejection, there can be more life satisfaction. Rasmi, Chuang and Safdari (2012) point out that perceived parental rejection was less indicated in European Canadian youth and their life satisfaction was higher than Arab Canadian and Arab youth in Egypt and Lebanon.

In Pakistan Ahmad (1993) pointed out importance of mother's warmth, love and affection in child rearing. Parental style, behavior and attitude is not only important in the child's life but is

important in their adulthood too. Mansab and Mohsin (2010) study on patients' sample found that the patients perceived both parents as more overprotective and less caring than the control group. Their score was also high on social readjustment as compared to normal group. Liaqat and Dawood (2010) reveal that adolescents vulnerable towards depression, perceived their parents as more rejecting than non-vulnerable students. Further it is also clear from the work of Munaf (2010) that the adolescent psychological adjustment was better in those children who experienced paternal and maternal acceptance than those who had childhood paternal and maternal rejection.

Further, Munaf and Sardar (2010a), found that adults whose life satisfaction was high and depression was low, perceived appropriate warmth in their childhood, however more depression and less satisfaction with life was noted in those adults who had more parental rejection in their childhood. Moreover negative relation was found between maternal aggression and child's self-image while a positive relation was noted between the child's self-image and paternal warmth (Kausar & Saleem, 2010). It is also clear from the work of Hussain and Munaf (2011) that during childhood, father's rejection is a predictor of poor emotional adjustment in later life. In 2012, Loona and Kamal proved that mother's authoritative and authoritarian style is a significant predictor of behavior disorders of childhood. Finally in Pakistan Ansari and Qureshi (2013) found that parental acceptance was also positively related with self-esteem of adolescents whereas parental rejection was negatively related.

It is clear from the literature review that different parental behaviors and styles towards children, adolescents and adults are negatively and positively related to different behaviors and perceptions of current life. In Pakistan very few studies have been found on both parents' behaviors and their manners of dealing with adolescents, therefore it is the need of time to highlight those parental behaviors which may play an important role in adulthood. Therefore the objective of the present study as mentioned earlier is to find out the impact of parental rejection, overprotection and support at the stage of adolescence, through determining its relation with aggression and life satisfaction, in adulthood. This



research will help to fill the gap in our knowledge related to parenting and help in handling problems of adult's life. Hence, the following hypotheses were formulated.

1) Scores of parental support at the stage of adolescence would have positive correlation with scores of life satisfaction and negative correlation with scores of aggression in adulthood.

2) Scores of parental rejection and over protection at the stage of adolescence would have positive correlation with the scores of aggression and negative correlation with scores of life satisfaction in adulthood.

## Method

### Participants

The sample comprised of 100 female students from different departments of the University of Karachi, Pakistan. Their age range was between 20-25 years with mean age of 21.79 and SD=1.31. 73% belonged to a nuclear family with mean age = 21.66, SD=1.35, while those from a joint family setup were 27% with mean age=22.15 and SD=1.13.

### Measures

**Engna Miinnen Baträffande Uppfostran- EMBU-Short form (English version by Ross, Campbell & Clayer, 1982a).** It measures parental behavior towards 15 years old children. It consists of 27 items, divided in three scales namely, the Supportive scale, the Rejecting scale and the Overprotective Scale. The Supportive scale consist of fifteen item numbered as 2,3,5,7, 8,10,12,14,15,16,18,21,24,26, and 27. The Rejecting and the overprotective scale, each consists of six items. Item numbered 4, 9, 13, 17, 19, and 25, for rejecting scale and 1, 6, 11, 20, 22, and 23 for the overprotective scale.

Each statement is rated on four point rating scale, where 1=Never, 2=Sometimes, 3= Often and 4=Always. Individuals are instructed to rate their mothers and fathers separately on each statement. Item 11 is reversed scored.

Results of Ross, Campbell and Clayer (1982b) shows, that item factor structure and reliability of the English version of EMBU-short form is comparable and high enough. Further it seems

that parental rearing dimensions are related and may not be considered as independent (Ross, Clayer & Campbell, 1983). Alpha coefficients were checked in order to measure internal reliability. It appeared to be remarkably high. Hence internal reliability of three factors was not only high but it also related with the scores of GHQ-28 (Winefield, Goldney, Tiggemann & Winefield, 1989).

**Aggression Questionnaire (AQ, Buss & Perry, 1992).** It consists of 29 items and has four dimensions namely, verbal aggression, physical aggression, hostility and anger. All statements are rated on five point rating scale, where 1=extremely uncharacteristic of me, and 5= extremely characteristic of me. Scoring of item 9 and 16 is made through reversed scoring. Sum of scores of four factors is the total aggression score.

Gerevich, Bacskai and Czobor (2007) checked psychometric of Aggression Questionnaire. On 1200 adults sample they found that three factors i.e. verbal aggression, physical aggression and hostility demonstrated high replication however anger as fourth factor was moderately replicated. It was further noted that physical aggression was strongly related to males and young peoples. Moreover verbal aggression was higher in males, however on factor of anger and hostility there was no gender difference.

**Satisfaction with Life Scale (SWLS, Diener, Emmons, Larsen & Griffin, 1985a).** Life satisfaction scale consists of 5 items which measures individual global judgment of level of his/her life satisfaction in general. Items are scored on seven point rating scale where 1= strongly disagree and 7= strongly agree. Individual shows acceptance with the statement by giving score to each statement. The total score is score of life satisfaction. Its maximum score is 35 and minimum score is 5. It is very simple scale, which is easy to administer and score. Minimum reading level required to complete this scale range from 6th to 10th grade and is applicable for people of different age group.

The SWLS is considered as reliable and valid measure to assess life satisfaction of people of different age group. Diener, Emmons, Larsen and Griffin (1985b) reported high level of test

retest reliability. Pavot and Diener (1993) reported high convergent validity and moderate temporal stability for 4 years.

### **Procedure**

After taking verbal/written consent of the participants, demographic data sheet was filled up, followed by the administration of the English version of EMBU-Short form. It assessed the participant's parental support, rejection and overprotection at the stage of adolescence when they were 15 years old. Then Satisfaction with life scale was administered for assessment of their life satisfaction and finally they completed Aggression Questionnaire which measured their aggression. For scoring, the standard procedure of scoring was made and for statistical analysis of the data Pearson product moment correlation was applied.

### **Operational definitions of variables studied in present research**

#### *Parental Rejection:*

Parental rejection in present research refers to “withdrawal or absence of significant warmth, affection, or love of mother and father towards their children when they were of 15 years old”.

#### *Parental Overprotection:*

Parental overprotection in present research refers to “extreme caring, showing extra concern and giving over attention to trivial matters of the children, when it need not require. It also includes needless, indulgence in issues of children by mother and father when they were 15 years old”

#### *Parental Support:*

Parental support in present research refers to “the warmth, love, affection, praise, care, help and guidance given by mother and father to their children when they were 15 years old.



*Aggression:*

Aggression in present research refers to “how an individual feel, think or express anger, hostility, hate, harm, annoyance, resentment, enmity, irritability towards another person, self or an object.

*Life Satisfaction:*

Life satisfaction is referred to as individual’s global judgment of the levels of his/her life satisfaction in general.

### **Results**

It is clear from the table that there is a significant correlation of parental support at the stage of adolescence with life satisfaction ( $r = .194$ ,  $N=100$ ,  $p = .027$ ) of daughters in their adulthood (Father’s support,  $r = .176$ ,  $p = .040$  and mother’s support,  $r = .206$ ,  $p = .020$ ), whereas there is insignificant negative correlation of parental support at the adolescence stage with aggression ( $r = -.059$ ,  $N=100$ ,  $p = .281$ ) of daughters in adulthood (Father’s support,  $r = -.046$ ,  $p = .324$ , mother’s support,  $r = -.078$ ,  $p = .219$ ).

Further, parental rejection has an insignificant positive correlation with aggression ( $r = .155$ ,  $N=100$ ,  $p = .062$ ),  $r = .127$ ,  $p = .104$  for father’s rejection with aggression and  $r = .09$ ,  $p = .16$ , for mother’s rejection with aggression. Parental rejection has insignificant negative correlation with life satisfaction ( $r = -.117$ ,  $N=100$ ,  $p = .123$ ),  $r = -.121$ ,  $p = .115$  for father’s rejection with life satisfaction and  $r = -.054$ ,  $p = .296$  for mother’s rejection with life satisfaction.

Moreover parental overprotection has an insignificant positive correlation with aggression ( $r = .015$ ,  $N=100$ ,  $p = .440$ ),  $r = .102$ ,  $p = .157$  for father’s overprotection with aggression and insignificant negative correlation  $r = -.01$ ,  $p = .44$  for mother’s overprotection with aggression. Similarly parental overprotection has insignificant positive correlation with Life satisfaction ( $r = .073$ ,  $N=100$ ,  $p = .237$ ),  $r = .086$ ,  $p = .197$  for father’s overprotection and Life satisfaction and  $r = .056$ ,  $p = .289$  for mother’s overprotection and Life satisfaction.

Table 1  
*Pearson's Correlation Coefficients of Parental Support, Rejection and Overprotection towards Adolescent Daughters with their Aggression and Life Satisfaction in Adulthood*

Variables	r	Aggression	Life Satisfaction
Father's Support	r	-.04	.17*
	Sig. (1-tailed)	.32	.04
	N	100	100
Mother's Support	r	-.07	.20*
	Sig. (1-tailed)	.21	.02
	N	100	100
Parental Support	r	-.05	.19*
	Sig. (1-tailed)	.28	.02
	N	100	100
Father's Rejection	r	.12	-.12
	Sig. (1-tailed)	.10	.11
	N	100	100
Mother's Rejection	r	.09	-.05
	Sig. (1-tailed)	.16	.29
	N	100	100



Parental Rejection	r	.15	-.11
	Sig. (1-tailed)	.06	.12
	N	100	100
Father's Overprotection	r	.10	.08
	Sig. (1-tailed)	.15	.19
	N	100	100
Mother's Overprotection	r	-.01	.05
	Sig. (1-tailed)	.44	.28
	N	100	100
Parental Overprotection	r	.01	.07
	Sig. (1-tailed)	.44	.23
	N	100	100

\*\* Correlation is significant at the 0.01 level (1-tailed).

\* Correlation is significant at the 0.05 level (1-tailed)

### Discussion

The aim of the present research was to determine relationship of parental behaviors towards adolescent daughters, with aggression and life satisfaction in adulthood. Our first hypothesis states, "Scores of parental support at the stage of adolescence would have, positive correlation with scores of life satisfaction and negative correlation with scores of aggression in adulthood". From the results it is obvious that the hypothesis is partially proved as the first part of the hypothesis is proved and second part is disproved. Significant correlation of parental support given to adolescent daughters is found by both mother and father with life satisfaction in their adulthood, whereas there is insignificant negative relationship of parental support given to their daughters during the stage of adolescent with their aggression. Hence first part of the hypothesis go well along with the findings of Suldo and Huebner (2004) which indicate that perceived adolescent parental support is strongly positively related with their life satisfaction.

Similar findings can be seen in the work of Habib and Asmat (2014), who found a significant positive relationship between life satisfaction and perceived social support. This makes it obvious that daughter's perceived parental support contributes in the development of added feelings of life satisfaction than lowering of aggression in adulthood. This may be due to various factors. One variable may be that in the expression of aggression parental support may have worked in a negative direction; hence could not find significant low level of aggression with high parental support. Munaf and Sardar (2010b) consider more rebelliousness in female students than in male students probably due to more parental overprotection for sons as compared to daughters. But as the sample of current research was only of female students therefore it is quite difficult to make any generalization. However current results contradict the findings of Fatima and Sheikh (2009), indicating less aggression in adolescents who perceived positive parental relationship.

The second hypothesis states that "scores of parental rejection and over protection at the stage of adolescence would have

positive correlation with the scores of aggression and negative correlation with scores of life satisfaction in adulthood". This hypothesis is disproved, which makes it clear that parental rejection and overprotection at the stage of adolescence, while having a negative consequence, is not significant to the level that its harmful effects are observable in adulthood in the form of more aggression and less life satisfaction. Our given results contradict the findings of Najam and Kausar (2011) who found that hostility and rejection of fathers are significantly positively related with the hostility and depression of children. Finally Khan, Hassan, Husain, Gul (2011), document that acceptance and rejection of parents plays a vital part in the emotional wellbeing of young adults. Like parental rejection, parental overprotection is also harmful as some parents unnecessarily worry and show concern about their children. They try to defend them from every injury, damage, tension, worry, and failures, therefore some children of overprotected parents seem to lack proper emotional growth. But significant results were not found in our study.

Hence it is clear from the discussion that parental behavior has great influence on the adolescents, as it has its impact in adulthood too. Parents try to adopt different styles for the development of their child; however we measured only three styles of parenting i.e. rejection, overprotection and support. Our results indicate that parental support is positively related with adult's life satisfaction but it is insignificantly negatively related with aggression. This shows importance of parental warmth, support, love, affection and guidance in the development of life satisfaction in adulthood. Further, parental rejection and overprotection do not seem to play important role in the advancement of aggression and lowering of life satisfaction, which shows that other variables apart from parenting play a significant role in the lives of adolescents and adults.

### **Conclusion**

It is clear that parental support at the stage of adolescent is positively related to life satisfaction. This indicates the importance of parental support warmth and affection in the development of daughters' life satisfaction in their adulthood.



### **Implications**

The results of the research show positive implications for our society. Parents are advised to provide support to their daughters not only at one particular stage but at every stage of development as it has positive implications.

### **Recommendations and Avenue for Future Research**

- 1) It is also clear that each and every society is inclined to utilize recognized standards for raising their daughters. Nevertheless a conflicting and an uneven parental relationship with their children lead to a variety of psychosocial problems in later life. Further there is an impression that other variables apart from parenting also play significant role in the lives of adolescents and adults. Therefore there is a strong need to assess various other important factors and their relationships with positive and negative behaviors.
- 2) In the present research three parenting behaviors were studied. More appropriate understanding can be reached, after taking into consideration various other behavior patterns. This would help to understand the interplay of parental behavior with an adult girl's problems and happiness.
- 3) Cross sectional and cross cultural research focusing on various stages of development with diverse parental manners would be highly significant.
- 4) Sample size was small; therefore future researchers may take large size of student's sample. Further it may not be limited only to daughters but needs to be extended to sons also. This will help us to take a broad view of the results and it may possibly show gender differences on various variables, which would be beneficial for clinical psychologists in understanding university students' problematic behaviors in the light of parenting.

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