

## Perceived Parenting Style as a Predictor of Hope among Adolescents

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The present study aimed to examine the relationship between perceived parenting styles and hope among adolescents. The study involved 120 adolescents (boys=62, girls =58, mean age:16 years). The Children's Perception of Parenting scale and Children's Hope Scale were used to collect the data. The results indicate that significant positive correlations were obtained between hope and three of the perceived parenting styles i.e. democratic, accepting and over protecting. Whereas, hope was significantly but negatively correlated with rejecting perceived parenting styles. Regression analyses revealed that rejecting, accepting and over protecting perceived parenting styles significantly predict hope among adolescents. Thus perception of the parenting style is important in predicting hope in children. These results indicate that perception of parent's parenting style as accepting and over protecting leads to high hopes about future, whereas parenting style perceived as rejecting lowers hope. Thus, accepting and overprotecting perceived parenting style would help in cultivating hope among adolescents.

**Keywords:** Parenting style, hope, perception

Hope and optimism are valued as strengths by most of the cultures. Although both hope and dispositional optimism are focused on the future, optimism refers to the belief that positive things are likely to occur in the future; 'that good rather than bad things will happen' (Scheier & Carver, 1985). In contrast, hope encompasses the ability to generate and implement plans for the future (Bailey, Eng, Frisch, & Snyder, 2007). As Bailey, Frisch, and Snyder (2007) explain, 'Optimism theory posits that outcome expectancies determine goal-directed behaviour, whereas hope theory posits that efficacy expectancies (Agency) are equally necessary determinants of goal-directed behaviour. In support of this distinctiveness, Bryant and Cvengros (2004) found hope and optimism to load on separate factors.

Hope has been defined as a cognitive set involving an individual's beliefs in their capability to produce workable pathways to goals, and belief in an individual's ability to

initiate and sustain movement towards those goals (Lopez & Snyder, 2005). Snyder (2000a) defined hope as 'a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy) and (b) pathways (planning to meet goals)'. High hope individuals have a generalized expectancy of success such that any blockage of goals is viewed as temporary because new paths to achieve goals are often easily developed (Cheavens, 2000). High-hope individuals have the skills to cope more effectively with barriers to the achievement of goals and demonstrate high levels of competence across a wide range of human endeavour (Snyder, Rand, & Sigmon, 2002). By coping with difficult challenges in a positive way and by persevering in the face of difficulties, parents model hopeful behaviour to their children (McDermott & Hastings, 2000).

Hope is an important construct in a child's life, helping them to deal with stressors,

avoid problem behaviours and use past experience to develop strategies towards goals in an effective manner. It has been found that children are slightly biased, in a positive way, in their perceptions of the future, and that this bias may help children develop positive outcome thoughts and strive for success in childhood, and usually onto adulthood (Snyder, Hoza, Pelham, & Rapoff, 1997).

Parenting style is one variable that has been researched extensively with regard to human development. For the overall development of a child, the family and parenting style plays an important role. Parenting style depends on the behaviour and attitude of parents. Parenting style is a psychological construct which represented standard strategies parents use in raising their children. The term is a complex activity that includes many specific behaviors that work individually and collectively to influence the child. Parenting style captures two important elements of parenting: parental responsiveness and parental demand (Maccoby & Martin, 1983). Thus, Parenting styles can be understood as attitudes toward the child that are communicated to the child and create an emotional climate in which parents' behaviour is expressed.

Parents are primary teachers in instilling agency (motivational thinking) and pathways (routes to goals) thinking (Snyder, 2000b). This is accomplished as children begin to perceive and make sense of external events, understand that one event can lead to another, and comprehend the value of goal-directed behaviour. Consequently, children acquire 'self-instigator insights' (Snyder, 2000b) which assists them to plan goal directed behaviour and deal with obstacles that hinder the achievement of those goals. As children develop cognitively and move into adolescence and beyond, so these self-instigator insights improve. Parenting style is considered an important determinant of

several aspects of children's outcome (Gadeyne, Ghesquiere, & Onghena, 2004). The notion have been related to children and adolescent academic achievement (Lamborn, Mounts, Steinberg, & Dornbusch, 1991), optimism (Baldwin, McIntyre, & Hardaway, 2007), confidence (Strage & Brandt, 1999), motivation (Gonzalez & Wolters, 2006), externalizing problem behaviour and attention problems (Gadeyne, Ghesquiere, & Onghena, 2004). Sharma, Sharma and Yadava (2010), Sharma, Sharma and Yadava (2011), also found similar results in parenting styles and mental health problems (adjustment problems, depression) among adolescents.

In another study by Sharma, kaveri, Sharma and Yadava(2011) also found that the parenting in adolescents' behavioral problems play an effective role in present scenario. Parent's parenting as well as its role in behavioral problems among adolescents is to be attached seriously. Parental views as well as the child's views about their parents are both important for developing his personality. It is not only important to know what the parents do and what they intend but more important is how the child perceives it. Thus, it is important to see how the child perceives the parenting style adopted by the parents i.e. Percieved Parenting Style.

The relationship between parenting styles and child psychosocial outcomes are well documented. Empirical studies examining the association between parenting styles and hope are scant. However, there is evidence that suggest that the same parenting behaviors (e.g., hostility, rejection, parental dominance or control) that contribute to child depression may contribute to pessimism in children as well (Dixon, Heppner, Burnett & Lips, 1993). Furthermore, Hasan and Power (2002) found that maternal pessimism was positively correlated with child pessimism and that maternal depressive symptoms

correlated negatively with child optimism. The association between parenting style and personality traits such as optimism and pessimism may be attributed, in part, to modeling. More specifically, an optimistic parent might display more warmth and support than a pessimistic parent. Thus, cultivating optimism in their children.

Due to dearth of researches that study hope and children's perceived parenting style, the present research problem was formulated. The present study aimed to examine the relationship between hope and perceived parenting styles among adolescents.

### Method

#### Sample:

A sample of 120 school children (boys=62 and girls=58) was selected from various schools in Rohtak district. The mean age 16 years.

#### Tools:

*Children's Perception of Parenting Scale (CPPS)*: It was developed by Pyari, Kalra and Bhasin in 2005. It consists of 44 items covering six areas of children's perception of parenting i.e. democratic, autocratic accepting, over protecting and over demanding. The items are to be answered on a five point rating scale from strongly agree to strongly disagree.

*The Children's Hope Scale (CHS)*; Snyder, Hoza, Pelham, & Rapoff, 1997) was used to measure children's level of hope. It consists of six items: three items measure Agency thinking (e.g., "I think I am doing pretty well") and the remaining three measure Pathways thinking (e.g., "I can think of many ways to get the things in life that are most important to me"). A Total Hope score is yielded by summing the Agency and Pathways thinking items. Items are rated on a 6-point Likert-type scale ranging from 1 none of the time to 6 all of the time. The CHS was found to have acceptable psychometric

properties in the present study with Cronbach's alpha coefficient levels of .89, .85, and .78 for Total Hope, Agency, and Pathways, respectively

### Results and Discussion

Table 1 reveals that hope in children is significantly and positively correlated with democratic parenting style ( $r = .25, p < .01$ ) which implies that children who perceived their parents as democratic are more hopeful about future. Children who perceive their parents as understanding, having ability to teach their children how to regulate their feelings, helping them to find appropriate outlets to solve problems, encouraging children to be independent but still place limits and controls on their actions, helping them make their own decisions based upon their own reasoning; such children are more hopeful.

Accepting, another perceived parenting style is significantly and positively correlated with hope in children ( $r = .27, p < .01$ ). Accepting parents are nurturing and are very responsive to the child's needs and wishes. Accepting parents make their children emotionally secure, independent and willing to learn and accept defeat. Thus, the significant positive correlation between accepting perceived parenting style and hope implies that children's perception of parenting style as accepting is associated with hope in them. Another perceived parenting style, Rejecting is significantly but negatively correlated with hope ( $r = -.34, p < .01$ ). Parents, who are perceived as rejecting, are low in warmth and control. They are generally not involved in their child's life, are disengaged, undemanding, low in responsiveness, and may dismiss the children's emotions and opinions. Such parents are emotionally unsupportive of their children, but will still provide their basic needs such as food, housing etc. Significant positive correlation is obtained between over – protecting perceived parenting style by children and

their hope levels ( $r = .21$ ,  $p < .05$ ). Results in table 1 indicate that hope is poorly correlated with two perceived parenting style i.e. autocratic and over demanding.

**Table 1. Coefficient of correlations between various Perceived Parenting Style and Hope**

Perceived Parenting Style	Hope
Democratic	.25**
Autocratic	-.14
Accepting	.27**
Rejecting	-.34**
Over Protecting	.21*
Over Demanding	.02

\*\* $p < 0.01$ , \* $p < 0.05$

Further, stepwise regression was employed to find perceived parenting styles that account for maximum proportion of the variance in hope in children and to eliminate those parenting style that do not make additional contribution to the variable already in the equation. In the present there were a total of six predictor variables (perceived parenting style) and one criterion variable (Hope). Regression analysis on Hope scores of children indicate that three predictor variable meet the criteria, as shown in the Table-2. The most significant predictor come out be rejecting perceived parenting style with multiple R equal to .34 and  $R^2$  equal to .12 ( $F = 13.68$ ,  $p < .01$ ). The regression coefficient 'B' of rejecting parenting style is -.35. Thus, the direction of influence is negative. This

**Table 2. Predictors of Hope as shown by stepwise multiple Regression**

Predictors	Multiple R	R Square	R Square Change	$\hat{a}$	F	$p <$
Rejecting	.34	.12	.12	-.35	13.68	.01
Accepting	.41	.17	.05	.26	10.38	.01
Over Protecting	.45	.21	.04	.21	8.82	.01

Findings imply that perception of parenting style play a crucial role in positive expectations amongst adolescents about future. So parents should be cautious what parenting style they are adopting and how their children perceive it.

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implies that rejecting perceived parenting style accounts for 12% of variance in hope among children.

Accepting, another perceived parenting style, entered the equation at the next step and increased the multiple R to .41. The  $R^2 = .17$  ( $F = 10.38$ ,  $p < .01$ ) and  $R^2$  change is .05 of variance when considered alone. The last perceived parenting style that entered the equation at third step is over protecting style. The multiple R is equal to .45 and  $R^2$  equals .21 ( $F = 8.82$ ,  $p < .01$ ). The  $R^2$  change is .04 that means only 4% of variance in the criterion variable i.e. hopes is explained or accounted by over protecting perceived parenting style alone. The regression coefficients 'B' of accepting and over protecting parenting style are .26 and .21 respectively. Thus, the direction of influence for both these perceived parenting style i.e. accepting and over protecting is positive. This implies that greater the children's perception of their parents parenting style as accepting and over protecting more hopeful they are. Perceived parenting styles influence the hope levels in children. However, the negative influence of rejecting style is much more than the positive influence of expecting over protective style. Thus, parenting interventions should focus on total elimination of rejecting style as its detrimental effect can not be compensated by the other parenting style.

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