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The relationship between parenting style and mental health

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Abstract

The purpose of the present research is to consider a relationship between parenting style with the students` mental health in counseling major of Azad University of Abharin the academic year 2014 and 2015. Statistical sample of this research includes the student of Azad University of Abhar, a sample with volume of 100 people selected in random and cluster sample. The research plan is study type of surveying and measurement tools include 2 educational styles questionnaire (parenting) with 30 articles that answered by parents and Goldberg`s general health questionnaire was answered by the students. The aim of this research is to determine the existence or non-existence of the relationship between parents` parenting styles and children`s mental health. To achieve the above goal, three hypotheses have been provided that includes:1) there is a correlation between authoritarian educational styles and mental health.2) There is a correlation between strict educational styles and mental health.3) There is a correlation between permissive educational styles and mental health. To analyze the data in SPSS software program, it's used of Pierson correlation method. The obtained results are as follows: 1) first hypothesis was confirmed with the correlation coefficient r = 306 at the level of 1% and 99% confidence. 2) Second hypothesis with correlation coefficient r = 131 at the level of 1% with 95% confidence has relationship but this relationship is reverse and stands in the positive direction and leads to the reduction of children`s mental health. According to the correlation calculations of the authoritarian educational style as the best fitted the pattern is introduced to predict mental health.

Keywords: Parenting Styles, Mental Health, Counseling Students

Introduction

The family as the smallest social unit is the basis of formation of society and the protection of human emotions. The family should be more paid attention and try to prevent family conflicts. One of the effective factors on the behavior of the person is the family. The family environment is first and most durable factor that influence the development of one's personality (quoted by Farjad 2002).A lot of studies and researches have been done on the role ofthe educational patterns of parents in children`s growth. We can mention some of these studies including researches of Sears and others(1975) about permissive families and (Bamrend 1973), Martin (1975), Hoffman, McCabe and Martin (1983), on strict and stern family as well as researchers like (Symonds and Kanjer 1979) about authoritarian family (quoted by Biria et al.,1996).Mental health can be defined on the basis of broader and general definition of health. During the last century, our perception of health changed widely. Longer life of the medium, the rescue of human life from the fatal disease with discovery of antibiotics and scientific and technical developments in the diagnosis and treatment attained the current concept of health that not only indicates the absence of a disease but also means the achievement of power at high level of health. Such a concept

requires a balance in all dimensions of a person's life in terms of physical, intellectual, social, spiritual and career. These dimensions are in reciprocal relationship with each other, so that each person takes an impact of the others and the environment and influence them. So mental health is not only the lack of mental disease, but also points out a level of performance that a person with himself and his life style is relaxed and without problem. In fact, the impression is that this person should have control over his life and it is just in such a state that can change the questionable parts of his or her life (Hershensen and power, 1988, quoted by Milani far, 1995).The results of the comparative study that has been conducted in three European countries showed that about 27 percent of people suffer from depression. Kocher as well as (1994) has reported that between10 to 15% of the youth have serious emotional, behavioral problems (BahramiEhsan 2002; quoted by Omidvar 2010).From a brief overview of the researches and mentioned opinions concerning the relationship of parenting styles with effective factors in supplying mental health, we could conclude so that parents have a decisive role in the formation of personal and social behaviors, personality traits and generally mental health of children. Since the personality education of healthy children as the useful and productive people for family and society is considered of educational purposes of parents, therefore to adopt the suitable methods of educational style for parents is a great service to the person, the family and society. But considering that the mental health of children is a function of very complex variables and frequency such as the emotional, psychological and economic status of the family, the growth of children, the occupation of parents, geographic location, their habitation, single child or the numbers of children, local culture and the media. It is essential that each of them will be considered in the future researches. A person may have good educational practices, but despite of the involvement of these factors he/she has not a good mental health. In this research, it is attempted to study the relationship of educational styles of parents on teenagers and youth (students).

Method

The present study is plat (survey) type. The statistical sample of this research consists of students who studying at the faculty of humanities and education of Azad University of Abharin the first academic semester 2014 and2015.In order to achieve the subjects of groups that provide appropriate statistical analysis, generally 240 people were selected for this plan; according to the nature of the research and the necessity of the equalization of sample after the required reviews and collaboration of participants, the number of 100 people who all of them are (both themselves and their parents) in terms of age and the other effective variables in the study almost and with 99% confidence were identical, their data were used for analysis of the research. Finally, the sample group was selected among counseling students in academic year 2014 and 2015 with available and random sampling and sample size of this research was 100 people that the response of 50 women and 50 men were analyzed.

Research Tools

Tools for data collection in this study include:
A) Educational Style Questionnaire
B) Goldberg General Health Questionnaire (GHQ)

Educational Style Questionnaire

In 1991 Pora prepared questionnaire to measure parenting styles according to Bamiynd theory at three reasonable, authoritarian and permissive levels that this questionnaire was translated into Persian by Esfandiari. First this questionnaire was prepared of 48 questions that finally 36 questions was added by 21 experts in the field of educational psychology and sociology to express the parents` three primary views with …. , and 36, 30 questions finalized on the scale that 10 questions related to the reasonable power (managerial democracy), authoritarian (managerial dictator) and permissive levels (Yusufi shahir,2009).

General Health Questionnaire

The original text of the health questionnaire prepared and designed by Goldberg in 1972 to screen the non-psychotic psychological disorders in medical centers and other communities. The 28 articles form of general health questionnaire which used in this research is prepared by Goldberg and Hailerin 1979 and its questions extracted based on the factor analysis method on the primary 60 articles form. This questionnaire as well as the primary form consists of four sub-scales, but each of them has 7 questions. Human (quoted by Rezai 2000) in the normalization of the General Health Questionnaire, reported the internal consistency by using Cranach's alpha coefficient for secondary scales of physical symptoms 85%, anxiety symptoms 87%, social dysfunction 79% and depression basic symptoms depression id equal to 91% and for the total scale which represents public health estimated equal to 85% with a standard error of 848.5.

Findings

In the present research, two variables of parenting styles and public health have studied about 100 students of Azad University of Tabriz.

Table 1.correlationreview between educational style and mental health

Variable	correlation coefficient	N	significance level
Educational style mental health	29%	100	0.01

According to the above table, as it can be observed, the calculated amount of correlation coefficient is significant, i.e. the amount of Sig is less than 5%, therefore the opposite hypothesis rejects and statistical hypothesis accepts with 99% confidence, and the results can be generalized to the society, i.e. there is a correlation between educational style and mental health.

Table 2.correlation review between the authoritarian educational style and mental health

Variable	correlation coefficient	N	significance level
Authoritative parenting style mental health	30%	100	0.01

According to the above table as it can be observed, the calculated amount of correlation coefficient is significant, i.e. the amount of Sig is less than 5%, so the opposite hypothesis rejects and statistical assumption accepts with99% confidence, and the results can be generalized to the society that there is a correlation the authoritarian parenting style and mental health.

Table 3. Correlation review between permissive educational style and mental health

Variable	correlation coefficient	N	significance level
Permissive parenting style mental health	12%	100	0.01

According to the above table, as it can be observed, the amount of the calculated correlation coefficient is not significant, i.e. the amount of Sig is bigger than %5 so the opposite hypothesis accepts and statistical assumption rejects with 95% confidence, and the results cannot be generalized to the society, i.e. there isn't a correlation between educational style and mental health.

Table4.correlation review between strict educational style and mental health

Variable	correlation coefficient	N	significance level

Strict parenting style mental health	15%	100	0.01

According to the table above, as it can be observed, the amount of the calculated correlation coefficient is significant, the amount of Sig less than% 05, so the opposite hypothesis rejects and the results can be generalized to the society, i.e. there is a correlation between educational style and mental health, but this relationship is inverse and is not in a positive direction.

Table 5.Correlation between parenting styles (authoritative, permissive or strict) and mental health

Statistical indicators / Title	correlation coefficient	confidence level
Mental health with authoritative style	r = 0.30	0.01
Mental health with permissive style	r =0.13	0.01
Mental health with strict style	r =0.15	0.01

The above table shows the results of the calculated correlations between the three parenting educational style and mental health among students. According to the results of the table that is shown there is a relationship between the authoritarian educational styles with mental health, but there isn't a relationship between permissive educational style and mental health and the third hypothesis of research according to the calculated correlation and the lack of communication between permissive educational style and the mental health can be judged that the strict and arbitrary educational style more than permissive style have impact on mental health, but this impact has not been in the direction and leads to decrease public health of children, but permissive, and will not effect on the decrease or increase of mental health, therefore permissive educational style has excellence than strict style in providing mental health.

Discussion and conclusion

By referring to the basic findings of the research, it is observed that authoritarian educational style is effective in the students' mental health at the level of 1% and 99%. The result of this hypothesis with the results of many researchers` researches such as Bamrynd and Steinberg (1990) Leper and Tauriel (1993) Bamrynd quoted by masen et al (1991) Baldin, Kalhuran, Burus (1967) Tyler et al. (1993) and Steinberg (1991) , FatynHur (1996), Rezai (1996) Marwan and Karimam (2006) and Wolfe Rod et al (2004) (quoted by Karegarzade Myandoab 2000). there is coordination and coherence. These researchers concluded that authoritarian educational style is very effective in providing children's mental health. This means that authoritative and reasonable parents have the actions such as warmth, intimacy, acceptance, control and serious behavior.

There is a correlation between permissive educational style and mental health. This relationship at the level of 195% below95% confidence and wasn't confirmed. Rejection of this hypothesis with the theory of Bamrynd has coherence because he believes these families generally have very limited rules and whoever wants to do anything and interfering in each other's work hasn't significance, because there are opinions in the permissive families in numbers of people. (Quoted by birya et al 1996)

The rejection of this hypothesis has coordination and coherence with Zare`s research (1998). The hypothesis of this researcher also expressed the relationship between parents` permissive educational style and the mental health of children which is not confirmed at level of a= 1%. The children of this category suffering from parents always from a mental and emotional weakening and since they haven't touched the parents` involvement in family and they will not be accepted through their peers and have

been encountered with moral and social problems in the larger society and the don't easily surrender to social law and regulations (Quoted by Zare 1998). As well as this findingwith other researchers` findings including the studies of Marwan and Kariman(2006) and Rod Wolf et al (2004).

There is a correlation between strict educational style and mental health. This relationship is at the level of 5% with 95% confidence and has been confirmed, but has also the opposite result with authoritarian style. The result of this research with Bill`s researches that showed in his research that grueling, indifferent parents cause tensional behavior with dissatisfaction and negativity in teenager(quoted by 1987) and the results of Fuldini and Alex`s research (1993) that they found in their research that a youth and a teenager who received more strictness from parents and less had the opportunity to make decision and showed more enthusiasm for violating the commands of parents and ithas coordination and coherence.

This hypothesis with the research of Kirsly et al (1962) found in their study that the disturbed teenagers and youth compared to healthy teenagers and youth were educated with more domination and less support and confirmation. The researchers like Blacksi (1981), Hetherington and Martin (1971) have concluded in their education that reject the restrictive parents and use punishment to make arrangements and order with infants who have anti-social behavior and lack of compatibility (Boromandnasab, 1994) as well as with Zare`s research (1998) that in his findings referred to the negative correlation between authoritarian educational style of parents and children`s mental health has the coherence and coordination.

The only person with these findings (2010) is coherent; he also in his study on students of Khosroshahr city achieved the same result. The other researchers` findings also including Karegarzade Miandoab (2000) and Rod Wolfe et al. (2004) support the finding of the present research.

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