How Do Parents' Lifestyles Affect Their Children? A correlational study in Iran

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Abstract: The present study has discussed to predict the lifestyle of parents and parenting styles through sub-scales of the quality of the parent life. The sample includes 311 parents and children who are gifted students in Zahedan in 2015-2016 that they were selected using cluster random sampling. Research data were collected using intelligence test of Raven and lifestyle questionnaire of Miller and Smith and parental authority (PAQ). Then, they were analyzed using Pearson correlation and stepwise regression methods. The results showed that there was a significant relationship between stress-free life and authoritative parenting style. Also, there is a significant relationship between stressful life and authoritarian permissive parenting style.

Keywords: Lifestyle, Parenting Styles, Gifted

Introduction

The family provides the most important social space for human development. During the normal growth of every child, we see a series of cognitive, emotional and social changes. Children's behaviors reflect the complex interpersonal condition of family members, especially the parents so that behavior problems of the child indicate faulty relationships of the family members each other and they are correlated with incorrect training methods of the parents and their defective interactions with children (Hartas, 2014).

Changes in the families lead to the changes in children's behavior over time and thereby also the society will be changed. In other words, it can be said that the family health is the health of the community. There is no doubt that the family is affected by the society and various social institutions (Baumrind, 1971).

The relationship between the parents and children is among the important cases which have always been attracted by educational experts. The family is the first base which creates a correlation between the child and his environment. The child in the family learns the basic ideas about the world, grows up in terms of physical and mental, learns the methods of speaking, learns the basic norms of the behavior and finally his ethics and moralities are formed and he becomes a social man (Heibati, 2002).

The parents are considered the first teachers and the family is regarded as the human institution. First, based on the type of relationship with the parents with children, the parents have the greatest impact on psychological, social and cultural character; second, they indirectly know the society affected from the kind of their relationship and culture. In fact, no conditions are equal to the family in terms of the power and influence (Tiller, 2004).

After the childhood, the teenage years are considered a milestone in social and psychological growth and development of an individual. During this period, the need to emotional balance especially between the balance the emotions and reason, understanding the value of self-existence, self-awareness to recognize talents, abilities and willingness, choosing real purpose in life, emotional independence from the family, keeping the mental and emotional balance against environmental stressors, establishing healthy relationships with others, gaining social skills necessary, healthy and effective living recognition and the status of it are among the most important needs for the teens (Setoudeh, 1997).

According to the studies conducted, the authoritarian parents compared to children of the authoritative parents are in low level in establishing the relationship with peers and having an active position and also in the independence of voting. These children are considered angry, isolated, sad and vulnerable with pressure (stress) and cautious people (Rodriguez and Marsenco, 2014). Behaviors and reactions that each of us show in front of our social positions are affected the kind of thinking and understanding of issues which are important in our life. Different styles of parenting play an important role in the family functioning and also the family functioning has the important role in children's mental health (Shafiabadi & Naseri, 1992).
Today, diverse life style has changed the traditional form of the families. The origin of this transformation can be found in new media, educational development, access to information, individualism, and the emergence of the new value and the result of these developments can be seen in more democratic relations between the parents and children. The results of the studies have shown that parenting styles of the parents have an impact on children's behaviors in their present and future life (Huckleberry et al., 2007).

Psychologists in recent decades have also concluded on the study of behavioral disorders and social deviance that many disorders and injuries of people disability in their correct analysis of the situation, lack of control and personal capability to deal with difficult situations and lack of readiness to solve problems and lifestyle issues depend on the right method. Therefore, due to the increasing changes and complexities of the society and developing social relationships, preparing people, especially the younger generation to deal with difficult situations seems an important need (Mehrabi, 2004).

Focusing on the reasonable demands of children, creating a relaxed atmosphere and encouraging them to fertilize knowledge and talents of children are related to the responsibility of the family. According to the studies conducted, the authoritarian parents compared to children of the authoritative parents are in low level in establishing the relationship with peers and having an active position and also in the independence of voting. These children are considered angry, isolated, sad and vulnerable with pressure (stress) and cautious people (Ellen Wartella, 2014).

Behaviors and reactions that each of us show in front of our social positions are affected the kind of thinking and understanding of issues which are important in our life. Based on the cases mentioned, the present study seeks to discuss on the study of the role of the lifestyle of the parents and parenting styles of gifted girls in third grade of high school.

Materials and methods

The research method is descriptive-correlational from the kind of prediction which through this method, the relationship between the parent and parenting lifestyles is measured. The population of this study includes all the parents and girl students in Region 1 and 2, third grade of high school in Zahedan in 2014-2015. Cochran formula was used to determine the sample size and the number of 311 people of the parents of the students in Zahedan was selected using cluster random sampling.

Adult intelligence tests of Raven, parental authority questionnaire (PAQ), Miller and Smith's lifestyle questionnaire and demographic information for the parents and children were used by the researcher to collect information. Raven test is the most prestigious global intelligence test. This test is for people 9 years and older. This test consists of 60 questions which each question contains 6 to 8 options for response and the participants must find and tick the correct option. The questions have been set in order from easy to hard. Finally, the test is given to a number which is in fact the same IQ. IQ for ordinary people is between 90 and 110. People who get higher grades are genius, very privileged, privileged and medium, respectively.

**Instruments**

**Parenting style questionnaires:** Parental Authority Questionnaire (PAQ) is made by Bury (1991). The questionnaire divides parenting methods into three styles of authoritative, authoritarian and permissive, which they are used to assess teenagers and youth from parenting styles applied by the parents and they are completed by children.

The questionnaire of parental authority is an adaptation of the theory of parental authority made from three authoritative, authoritarian and permissive styles of the parents to assess the patterns influenced and parenting styles.

**Lifestyle questionnaire of Miller and Smith:** the purpose of this questionnaire is to help individuals’ systematic evaluation of the current lifestyle and that there are some factors which can increase people's vulnerability against stress and that this can be suitable objectives for changing. According to the following indicators, 1 to 5 is assigned for each question.

- always and often; 2- usually; 3- sometimes; 4- rarely and 5- almost never

And finally, the data obtained was analyzed through statistical correlation and stepwise regression methods.

### Results

<table>
<thead>
<tr>
<th>Number</th>
<th>Sig.</th>
<th>Correlational coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>311</td>
<td>0.005</td>
<td>0.781</td>
</tr>
</tbody>
</table>

The results of the above table state that lifestyle and authoritative parenting style have a significant relationship with each other (R = 0.781 and P≤0.05).
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Table 3. Significance level and correlation coefficient of permissive approach.

<table>
<thead>
<tr>
<th>Number</th>
<th>Significance level</th>
<th>Correlational coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>311</td>
<td>0.005</td>
<td>0.84</td>
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</tbody>
</table>

The results of the above Table also state that lifestyle and permissive parenting style have a significant relationship with each other (R = 0.84 and P ≤ 0.05).

Table 4: the results of regression analysis

<table>
<thead>
<tr>
<th>Methods</th>
<th>R</th>
<th>R²</th>
<th>Adjusted R²</th>
<th>F sig</th>
<th>Beta</th>
<th>t--value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Authoritative</td>
<td>0.7</td>
<td>0.541</td>
<td>0.53</td>
<td>0.001</td>
<td>0.7</td>
<td>3.8</td>
</tr>
<tr>
<td>Authoritarian</td>
<td>0.59</td>
<td>0.353</td>
<td>0.307</td>
<td>0.000</td>
<td>0.82</td>
<td>6.345</td>
</tr>
<tr>
<td>Permissive</td>
<td>0.8</td>
<td>0.735</td>
<td>0.716</td>
<td>0.000</td>
<td>0.857</td>
<td>6.236</td>
</tr>
</tbody>
</table>

Discussion and Conclusions

In the present study, parenting styles are studied as a dependent variable and the lifestyle is a holistic concept of physical and psychological aspects of people at the present time. Bourdieu believes that people select their lifestyle based on their capital (social, cultural, and economic) which the different life styles show their different parenting styles. Families, who are better educated, enjoy intellectual and emotional security in the families and governing family relations are more democratic. The parents speak with the child and most of the parents have an approach based on democracy or freedom with their children. The results of the studies show that the parents based on their lifestyles have different ways to educate their children (Khajehnour et al, 2015).

This study discusses on the study of the role of parents and parenting style lifestyle of gifted students so that the role of lifestyle is studied on parenting styles. The students studied are minors and they are females. To collect the data, Miller and Smith's lifestyle and parenting questionnaire (PAQ) was used. This study has shown that lifestyle has a great impact on the style of parenting. The lifestyle is a term that is not used in traditional life because the attendant with a large number of places is available to choose from. Today, the concept of the lifestyle has taken special meaning. Whatever the influence of the tradition is less and whatever the lifestyle is more rebuilt based on interactions of everyday life and global factors, people are more forced to make lifestyle choices among various options (Bandura, 2000).

Authoritative parenting style is with intimacy, support and education. The studies show that authoritative parenting is associated with the strengthening of individual and social character and increases individual development. Literature indicates that people, who apply the authoritative parenting style, are involved in the activities of children and they have more awareness. A study conducted by Sternberg et al (1989) that there was three components for authoritative parenting that they are effective on the development of mental health and academic achievement in adolescents. Parental acceptance or social behavior and toughness of the children and mental independence or democracy are consistent with the studies conducted in the present research.

The main hypothesis constituting the basis of this research is that the lifestyle of the parents is reflected in parenting method. It can be said that each of parenting style has an effect on the behavior, the child's mental and physical health that they are evident most among the negative, authoritarian and permissive effects.

Although the authoritative and authoritarian lifestyle has different objectives on parenting attitudes, none of these styles have positive results because the opportunities that children are faced with stress are minimized. Too much control and demand can restrict the opportunities for the children on decision making and understanding the parents along with their needs, while the children, who grow up in permissive conditions, may not enjoy necessary guidelines and rules to develop ethical issues and objectives.
Also, the studies of the significant relationship among parenting styles have also examined different generations. Bad parenting can be moved like good parenting (Steinberg et al., 1989).

However, these conclusions are questioned for applying among different cultures. A lot of researches focus on white and middle-class children and families but the children who have different culture, ethnicity, and race, it is better to be guided by a different method. Recent concerns are expressed about the outcomes of different parenting for social progress in low-income, high-risk and inner-city families, while some studies have suggested that authoritative parenting style can be required for high risk areas. Other researches have shown that the benefits and authoritative parenting also continue.

According to the results obtained from this study, the students who are in the transition stage of adolescence see their period of personality change due to mental, physical and emotional pressure. Authoritative parenting styles are the most popular parenting style that they are more positive among mothers than fathers. These findings are consistent with local previous researches which they have many correlations with the authoritative parenting style (Hartas, 2014).

Conflict of interest
The authors declare no conflict of interest

References


