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Parenting Style Influence on Attention Seeking Behavior In Adults And Adolescents : Shaping Lives

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Abstract

The purpose of the study was to investigate the effects of styles of parenting on attention seeking among youth in Khyber Pakhtunkhwa, Pakistan. The sample comprised two age groups, i.e., adolescents and adults (N=500; 250 adolescents, 250 adults) their age ranges from 13-30 years. The findings of the study showed that there is negative correlation between authoritative parenting styles and attention seeking (-.24); while there is positive correlation between authoritarian (.18) and permissive parenting style (.11) with attention seeking. However, adults score high on attention seeking (M=51.5, SD=12.7) as compared to adolescents (M= 50.4, SD=12.6). Moreover, there is also differences depicts among variables between male and females as well as adolescents and adults.

Keywords: Attention seeking, parenting styles, adolescents and adults.

Introduction

Family plays a crucial role in molding the adolescent's behavior and psychological wellbeing as well as child's social, cultural and psychological roles. Although it is affected by society and peers as well, family has a remarkable influence. Therefore, the balanced relationship between parents and child is an important factor both for their mental and physical health. (Kimble, 2004). Parents give identity and protection to adolescents, while the affiliation with parenting styles and relationship with children performs multiple purposes such as moral, psychological growth and familiarize with the rules and norms of society.

Parenting styles have a significant function on the personality development of an individual, for this purpose the study was aimed to identify how parenting style directly impact the children s behavior either positively or negatively and extent of attention seeking behavior. The need to get attention is a natural phenomenon and crucial for social support and survival. There are both healthy and unhealthy ways to get attention from

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others. While unhealthy attention seeking behavior can destroy relationships as well as maybe a sign of personality disorder. This type of unhealthy relationship may be evident in many forms such as in real world or on an internet.

Why an Adult May Engage In Attention-Seeking Behavior

Low Self-Esteem

People who pretend to be unhealthy attention-seeking may have low self-esteem and are insecure about themselves, leading them to seek the validation of others in order to feel worthy.

Jealousy

If adults may feel jealous or threatened by someone may engage in attention seeking behavior.

Loneliness

Human beings are social beings, so everyone experience distress, physical and mental problems in the consequence of prolonged isolation. Lonely people at times any engage in attention seeking behavior in an effort to promote human connections about themselves and others.

Literature Review

On child's social, cultural and psychological roles, the family plays a crucial role. Although it is affected by society and peers as well, family has a remarkable influence. Therefore, the balanced relationship between parents and child is an important factor both for their mental and physical health. (Ezazai, 1997).

A research was conducted on 300 participants, (150) parents in age range of 35-65, (150) adolescents and adults aged 15-22 in all educational institutes and from different areas of Lahore and concluded that authoritarian, uninvolved parenting styles and the age of children have significant positive association with the psychological well-being of children that authoritarian, uninvolved parenting styles and the age of children have a significant positive association with the psychological well-being of children (Fletcher et al 1999).

Another study conducted in Ghana, Africa focused on academic performance of 317 students at home with different parenting styles and find that individuals having authoritarian parenting style performs better than individuals with other parenting styles. Which shows that parenting styles are important factors in family, parent- adolescent relationships (Shek, 2002). As we know adolescence is a significant development phase which requires parents and youth to develop healthy relation (Laurson and Collins, 2009). Overall, majority of the studies with western sample found that authoritative parenting style is associated with higher level of parent adolescent cohesion (Nelson et al., 2011). in contrast, authoritarian parenting style is linked with lower cohesion (Smetana, 1995).

Similarly, Sorkhabi and Middauh (2014) data from American adolescents included Asian,

Latione, Arab, European and other ethnic background. The concluded that authoritative parents reported less conflict than with authoritarian parents. Parenting styles are crucial because how parents interact with their children has lifetime impact on children's emotional, physical and behavioral development (Maher, 2006).

This study is based on two variables the parenting style and attention seeking behavior. Also, there is another variable which is the part of borderline personality disorder known as attention seeking behavior. The study indicated that there is strong relation exist in authoritarian and permissive parenting styles with attention seeking behavior in children. The conclusion of the study shows higher level of authoritarian parenting have higher level of engagement in attention seeking behavior. Similarly, individuals have permissive parenting style have higher levels of attention seeking behavior.

Operational definition of variables

Parenting styles

Baumrind identified four parenting styles that are:

Authoritarian parenting style

In this, parents' device rules for children and they are expected to follow the rules, failure to follow such rules may result in penalty. Usually, parents don't explain the reasons behind the rules, while the also expect high demands and provide little direction to their children's punishment in failure to meet expectations and are not responsive towards their children. Punishment is provided on mistakes, often children are left wondered for they have been punished. Children of authoritarian parenting styles are proficient and obedient but lacks in happiness, self-esteem and social competence.

Authoritative parenting style

Like authoritarian parents, in this style of parenting rules and guidelines are established for their children and they are expected to follow them. Parents are much more responsive and willing to listen to questions from their children. This style of parenting is much democratic, parents expect from their children and provide support, warmth and feedback. In failing to meet the expectation these parents are nurturing and forgiving punishment. The goal is to raise children who are cooperative, self-regulated and social responsible. This style of parenting results in cooperative, capable, happy and successful children.

Permissive parenting style

Permissive parenting style is often referred to as lenient parents as they make less demands from their children. They make less expectations from children and rarely discipline their children. They usually prioritize themselves as children's friend rather than parents. They set few rules and hardly enforce rules and have very low expectations and allow their children to take their own decisions. Their children are usually low in

happiness and self-regulation. They experience problems with authorities and perform lower in school.

Uninvolved parenting style

Uninvolved style of parenting is also called neglectful parenting. In which parents don't respond to their children's needs and desires expect basic needs of food, clothing and shelter. They take little or nearly no support, nurturance and guidance from parents. The children with uninvolved parenting styles are fails to foster an emotional connection with parents, which in turns low self-esteem and emotional connectedness in their relationships.

Hence this small study cannot be applicable to broader perspective because different parenting styles in various cultures may lead to various consequences. When children grows up with an emotional detachment and emptiness from their parents they may repeat the same with their kids. Consequently, they may have poor quality of relationship with their children.

Statements of the problem

As in tackling any other problem behavior, a period of systematic observation and recording is necessary to define carefully when and where the attention seeking behavior occurs and how long it lasts to as well in this described the problematic parenting style like authoritarian and permissive and authoritative parenting style how it could produce attention seeking behavior which is one of the serious mental concerns.

Objectives

1. To find out the association between parenting style scale and attention seeking.
2. To scrutinize the attention seeking behavior among adolescents and adults.
3. To examine the role of gender on the study variable.

Hypotheses

1. There will be negative association in authoritative parenting style and attention seeking.
2. There will be positive relationship in authoritarian and permissive parenting style with attention seeking.
3. There will be gender differences with respect to perceived parenting style and attention seeking.
4. Adolescent will score high on attention seeking scale as compared to adults.

Sample size

The study sample consisted of 300 students (N=300) between the aged ranged of 13-30

years 150 adolescents (n=75) male students and 75 female similarly 150 adults (75 male and 75 female) students. Random sampling technique was used for collections of data.

Inclusion criteria

Individuals with age range of 15-29 years, educated, not suffering from any mental illness and physical disability were included.

Exclusion criteria

Individual who were below and above the expected aged range, illiterate and suffering from physical and mental illnesses were excluded from the study.

Instruments

1. Demographic information sheet

The research Instrument comprises two parts. Part 1 contains demographic information such as age, gender, socioeconomic status and academic qualification. Part 2 consists of set of two instruments used in the study that are perceived parenting style scale (2013) and mindful attention awareness scale.

2. Perceived parenting style scale (2013)

It was developed by Dvya and Manikandan in 2013 to evaluate the children's view with reference to their parent's behavior. It assess the authoritarian, authoritative and permissive style of parenting. The instrument comprises 30 items on a five-point Likert scale ranges strongly agree (5) to strongly disagree (1). Each style of parenting is scored separately. The item from authoritative parenting are: 1,4,7,10,13,16,19,22,25 and 28; authoritarian are: 2,5,8, 11, 14, 17, 20, 23, 26 and 29; permissive are: 3,6,9,12,15,18,21,24,27 and 30. The reliability of the instrument was .76.

3. Mindful attention awareness scale

Mindful attention awareness scale is a 15-item scale designed to measure core characteristics of mindfulness and attention on five-point Likert ranges from 1 (definitely false) to 5(definitely true). The scale was developed by Brown and Ryan (2003).The validity and reliability of the scale was good.

Procedure:

The research based on quantitative and correlational research method, data was collected from the students through a set of questionnaires with attached informed consent in which

clear information about the nature of the study was mentioned. For collection of data the permission was granted from various schools and different departments of Kohat University. After getting permission the students were approached individually by the rapport was established and assured about confidentiality. After agreeing with the consent students were instructed to record the responses on Mindful Attention Awareness Scale (MAAS) and Perceived Parenting Style (PPS) scale respectively. After getting data the participants were thanked for their time and cooperation and at the end they were debriefed.

Results

Statistical packages of social sciences was used to analyze the results.

Table 1 represents the total number of respondents (N=300) which is divided equally among adolescents and adults' groups including (75-male adolescents, 75-female adolescents) while (75-male adults, 75 female adults) participated in the research, where the sample average age is 20.1.

Table 1
Demographic characteristics of participants of the study (N=300)

| | <i>N</i> | <i>%</i> |
|-------------|----------|----------|
| Gender | | |
| Female | 150 | 50 |
| Male | 150 | 50 |
| Age | | |
| 13-19 years | 150 | 50 |
| 20-30 years | 150 | 50 |

Table 2
Descriptive properties of Perceived Parenting style Scale (PPSS) and Attention Seeking Scale (ASS), N= 300

| Scales | <i>M</i> | <i>SD</i> | <i>α-coefficient</i> |
|--------|----------|-----------|----------------------|
| ASS* | 51 | 12.7 | .79 |
| PPSS** | 87 | 12.0 | .69 |

Note: ASS* (Attention Seeking Scale), PPSS** (Perceived Parenting Style scale)

Table 2 shows the descriptive properties of scales used in the study. Reliability of ASS is .79 and Alpha coefficient of PPSS is .69, which indicated that the scales are internally reliable and consistent.

Table 3

Correlation between scores of perceive parenting style scale (PPSS) and attention seeking scale (ASS)

| Variables | <i>M</i> | <i>SD</i> | 1 | 2 | 3 | 4 |
|----------------------------|----------|-----------|--------|--------|------|---|
| 1. authoritative PS | 23.7 | 5.2 | — | | | |
| 2. Authoritarian PS | 26.8 | 5.9 | .135* | — | | |
| 3. Permissive PS | 26.3 | 6.3 | -.36 | .543** | — | |
| 4. Attention seeking scale | 51.0 | 12.7 | -.24** | .182** | .110 | — |

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

Table 3 indicates correlation between authoritative, authoritarian and permissive parenting style with attention seeking scale suggesting that there is negative relationship exist between authoritarian parenting style with attention seeking scale as well as the positive relationship exist between permissive parenting style and authoritarian parenting style and attention seeking scale. The variables results are significant at 0.05 and 0.01 level.

Table 4:

Gender differences on perceived parenting style scale and attention seeking scale

| Variables | Female students | | Male students | | <i>t</i> (298) | <i>P</i> | Cohen's <i>d</i> |
|-----------|-----------------|-----------|---------------|-----------|-----------------|----------|------------------|
| | n=150 | | n=150 | | | | |
| | <i>M</i> | <i>SD</i> | <i>M</i> | <i>SD</i> | | | |
| PPSS | 87.5 | 13.5 | 86.7 | 10.1 | 298 | .021 | 0.06 |
| ASS | 51.6 | 12.7 | 50.3 | 11.8 | 298 | .034 | 0.10 |

Note. ASS (Attention Seeking Scale), PPSS (Perceived Parenting Style Scale)

Table 4 shows differences in means with respect to gender on perceived parenting style scale and attention seeking scale. Results of the study indicates that female students have greater scores ($M=87.5$, $SD=13.5$) as compared to male students ($M=86.7$, $SD=10.1$) on perceived parenting style scale, while there is a difference in means between male and female students on attention seeking scale ($M=51.6$, $SD=12.7$; $M=50.3$, $SD=11.8$) respectively.

Table 5

Age wise differences on perceived parenting style scale and attention seeking scale

| Variables | Adolescents' student (13-19 years) | | Adults student (20-30 Years) | | <i>t</i> (298) | <i>P</i> | Cohen's <i>d</i> |
|-----------|---------------------------------------|-----------|---------------------------------|-----------|-----------------|----------|------------------|
| | n =150 | | n =150 | | | | |
| | <i>M</i> | <i>SD</i> | <i>M</i> | <i>SD</i> | | | |
| ASS | 51.8 | 12.7 | 50.4 | 12.6 | 296 | .63 | 0.11 |

Table 5 shows differences in means with respect to age wise on attention seeking scale. Results of the study indicates that adolescents have greater scores ($M=51.8$, $SD=12.7$) as compared to adults ($M=50.4$, $SD=12.6$), which mean that the extent of attention seeking becomes lesser as age grows.

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