

## Original Research

# Determining The Relationship Between Parenting Styles and Disobedience and Aggression in Children

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### Abstract:

**Background:** The purpose of this study was to investigate the relationship between parenting styles and disobedience and aggression in children.

**Method:** The statistical population of the present study is the mothers of aggressive and disobedient children in Isfahan. Using Cochran's formula, 384 people were selected as a sample and the questionnaires were distributed among them by available sampling method. The validity of the questionnaire was confirmed by professors and experts. Also, the reliability of the questionnaire was calculated 0.82 by Cronbach's alpha test, so the questions had acceptable validity and reliability. SPSS 17 software was used to analyze data received from the questionnaire.

**Result:** The results of Kolmogorov-Smirnov test showed that the data were abnormal, so Spearman's nonparametric test was used to examine the research hypotheses. The test results showed that the correlation between the two variables of democratic parenting style and disobedience and aggression in children was confirmed with the coefficient of 0.834 and was accepted with sig = 0.000 and 95% confidence level.

**Conclusion:** The correlation between the two variables of negligent parenting style and disobedience and aggression of children with a coefficient of 0.117 and sig = 0.024 and 95% confidence level is not acceptable because there is a negative relationship between the two variables of negligent parenting style and disobedience and aggression of children and therefore the  $H_0$  hypothesis is confirmed and the  $H_1$  hypothesis is rejected. The correlation between the two variables of authoritarian parenting style and disobedience and aggression of children was confirmed with a coefficient of 0.815 and was accepted with sig = 0.000 and 95% confidence level.

**Keywords:** Parenting styles, Disobedience, Aggression, Children

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## Introduction

Behavioral and emotional problems are the most common form of child psychopathology. Parenting styles is one of the affective factors in the formation of children's personality and the use of dysfunctional styles can lead to

several negative consequences, including behavioral problems (3).

Every family uses certain methods in the individual and social development of their children. These methods, which are called parenting methods, are influenced by various

factors, including cultural, social, political and economic factors, etc. (1).

By parenting methods, we mean methods that parents use to raise their children. These styles are influenced by many variables, including parents' personality types, living environment, lifestyle, mental health, culture and race. Usually parenting styles fall into three groups: permissive parenting, authoritarian parenting and authoritative parenting. Some of these unfit parenting practices and the unfit use of punishment and encouragement reinforce anger and aggression in children. The first seven years of life are the years of forming the foundations of morality and behavior and even the way we look at life. It is natural for a person who has not been in peace and security in the first seven years of his life, to be incapable of living a normal life for the rest of his life. Understanding the relation of today's psychological problems with past problems in childhood, helps solving the problems caused by these psychological problems.

A person who knows that his moodiness, aggression and intolerance are caused by the anxiety and anger of his childhood, can control and correct his mood swings and aggression better. Parents, as the first teacher of children, have many duties and roles, including regular monitoring of their healthy growth and creating a calm environment (2).

Children's disobedience is an inevitable stage in their development. The most obvious coping behaviors appear between the ages of 18 and 24

months and peak at the age of three. This condition becomes pathological when it becomes abnormal in duration or severity and is noticeably more frequent, and to put it more clearly, when it's not coordinated with the child's development and age.

When these behaviors are repeated and become severe, it becomes a disorder called oppositional defiant disorder. Oppositional defiant disorder is one of the common causes of children referring to psychology and counseling clinics (4). Aggression is one of the abnormal phenomena of adolescence that has a significant prevalence. Hence, this phenomenon is as an important topic in psychological and sociological studies. The occurrence of aggressive behavior in children and adolescents, like other abnormal behaviors at this age, is deeply affected by family, parents and upbringing and communication methods (5).

According to what we said, the main question of the research is: What is the relationship between parenting styles and disobedience and aggression in children?

### **Research background**

Mousavi et al., (2017) did a research called "Studying students' aggression and its relationship with upbringing and parenting methods". Students have aggressive and inappropriate behaviors at home and at school, and parents are one of the most important factors in increasing or decreasing aggression.

We considered it necessary to explain briefly the effects of class and family structure on the development and upbringing of adolescents, such as socio-economic class, family size, birth order and gender, etc., and what methods parents use to raise their children and to provide a background for those interested in children's aggression and the influence of parents (6).

Khoda Bandeh Lou et al., (2017) did a research called "Predicting the aggression of girls in second grade of elementary school based on family communication patterns and parenting styles in Miandoab". The results showed that there was a positive and significant relationship between family communication patterns and parenting styles with aggression and its components. Therefore, based on the results of the research findings, we can say that when the relationship between parents and children and parenting styles improve, the aggression among children also improves (7).

Shafipour et al., (2015) did a research called "Parenting styles and its relationship with children's behavioral problems." The results showed that authoritative parenting, which provides appropriate levels of independence and mutual communication between the child and parents by a combination of control with high emotional support, has an important role in preventing behavioral problems in children. also permissive parenting with low supervision and Parents' indifference towards the child's behavior can lead to behavioral problems in

children (3). Sadegh Khani et al., (2012) did a research called "Comparison of parenting styles of mothers of 7 to 9 years old boys in elementary school with oppositional defiant disorder and normal behavior in Ilam city". The results showed that there is a significant difference between the parenting styles of mothers in the research groups in authoritative, authoritarian and permissive parenting patterns at the level ( $p < 0.05$ ).

Mothers of children with oppositional defiant disorder use more authoritarian and permissive parenting methods compared to mothers of normal children and they use less authoritative parenting methods. Conclusion: The methods that parents use in raising their children have an essential role in ensuring the mental health of their children, it is in the shadow of healthy communication that we can recognize the needs of our children and strive to provide and satisfy them. Therefore, it is necessary to pay more attention to the effects of such parenting styles and their consequences (1).

Haji Seyed Razi et al., (2012) did a research called "The significance of the effectiveness of educating parents of disobedient children on mothers' parenting methods and children's behavioral problems".

The results of comparing post-test mean of the groups with analysis of covariance showed that the parent education program was followed by the improvement of parenting methods and the strict control of mothers in the experimental group. There was no significant difference in

other dimensions of parenting methods and children's behavioral problems between experimental and control groups. The research findings are discussed based on the concept of methods and dimensions of parenting, the role of cultural differences, methods and components of parental education programs, as well as the factor of time and tools (8).

Masud et al., (2019) did a research called "Parenting Styles and Aggression Among Young Adolescents: A Systematic Review of Literature (SSCI)". The results showed that parenting styles have a direct effect on aggression in children. Parental authority styles play a positive role in children's psychological behavior, while authoritarian parenting styles allow aggressive and negative behaviors in children. The results also showed that it is possible to do research on this issue in developing countries. Future researches should take place in developing and underdeveloped countries and should focus on different research methods and examine the direct impact of parenting styles on aggressive behavior in children on different cultural grounds (9).

Servat Yari et al., (2018) did a research called "The relationship between parenting styles with the aggression of their children in Sanandaj primary school students". The results showed that there was a significant and inverse relationship between aggression and rational authority parenting, so that children in a family

with rational authority parenting are less aggressive than other children (10).

Llorca et al., (2017) did a research called "Parenting Styles, Prosocial and Aggressive Behaviors: The Role of Emotions in Offender and Non-Offender Adolescents." The results indicate that emotional variables generally act as mediators in non-delinquent adolescents, but we have observed that in delinquent adolescents, the direct effect of supporting aggressive behavior is negative and on social behaviors is positive; And negligence towards aggressive behavior and the permissibility of people in society has a negative effect (11).

### **Research objectives**

- Determining the relationship between authoritative parenting style and disobedience and aggression of children.
- Determining the relationship between permissive parenting style and disobedience and aggression in children.
- Determining the relationship between authoritarian parenting style and disobedience and aggression in children.

### **Theoretical framework of the research**

Parenting styles are the methods that parents use to deal with their children. These styles have a profound and deep effect on the

formation and development of their personality and behavior (3).

Parenting styles are combinations of parental behaviors that occur in a wide range of situations and create a long lasting parenting atmosphere.

### **Permissive parenting style**

In permissive parenting, parents allow the child to do whatever he likes or believes to be rational and have no control over his actions (12).

### **Authoritarian parenting style**

In this style, the opinion of the parents is mainly dominant and the child has no right to express any opinion, otherwise he will be punished by the parents (12).

### **Authoritative parenting style**

Parents rationally monitor the child's actions and allow him to express his opinion when appropriate (12).

### **Oppositional defiant disorder**

Oppositional Defiant Disorder is a relatively new disorder in children who do not have all the factors of conduct disorder. This disorder was first considered a behavioral disorder and is one of the most common clinical disorders in children and adolescents. Oppositional Defiant Disorder (ODD) that has been reported frequently in children from 3 to 17 years of age, regardless of the effect this disorder has on social and educational matters and

communication with family members, if left untreated in most cases, in 75% of cases turns into behavioral disorders and antisocial personality disorders and other adult psychological disorders that are related to aggression and violence (13).

### **Aggression**

Conceptually, the word aggression refers to the type of intensity of action against others in the general sense, including individual, collective, verbal, affirmative and privative behavior. Aggression does not have a specific meaning; For example, some of its definitions emphasize only the physical aspect. Any threatening act or behavior that is intended to cause harm and actually leads to harm or damage, or is likely to cause harm and injury, is considered an aggressive behavior.

This is how the World Health Organization defines aggression: Aggression is the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation (14). Aggression is a verbal or physical behavior that may be accompanied by violence and controversial behavior. Anger and violence are connected to many adverse consequences in individuals and communities (15).

## Research Hypotheses

There is a relationship between authoritative parenting and children's disobedience and aggression.

There is a relationship between permissive parenting and children's disobedience and aggression.

There is a relationship between authoritarian parenting and children's disobedience and aggression.

## Research Methods

This research has a functional purpose and a descriptive-analytical method. Spss17 software was used to analyze the data obtained from the questionnaire. Data was collected using documentary and library research methods and field surveys through observation tools, and a questionnaire. The validity of the questionnaire questions was confirmed by professors and experts, and its reliability was calculated 0.82 by Cronbach's alpha test (Table 1). In this study, the Aggression Questionnaire (Arnold H. Buss and Mark Perry), the Buri Parenting Styles Questionnaire (1991) and the Hashemi et al. (2008) Oppositional Defiant Questionnaire (2008) were used.

The statistical population of the study are mothers of aggressive and disobedient children (both girls and boys between 3 and 10 years old) in Isfahan. 384 people were selected as a sample by available sampling and a questionnaire was distributed among them.

This research was done in one of the counseling centers of Isfahan.

## Research Findings

According to Table (2), Kolmogorov-Smirnov test showed that the research data were abnormal, so Spearman test was used.

Studying the research hypotheses

The first hypothesis:

**H1:** There is a relationship between authoritative parenting and children's disobedience and aggression.

**H0:** There is no relationship between authoritative parenting and children's disobedience and aggression.

According to Table (3), the results obtained for the level of significance indicate that the correlation between the two variables of authoritative parenting and disobedience and aggression in children was confirmed with 0.834 coefficient and is accepted with sig=0.000 and 95% confidence level. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two variables of authoritative parenting and disobedience and aggression in children and as a result, the H0 hypothesis is rejected and the H1 hypothesis is approved.

### The second hypothesis:

**H1:** There is a relationship between permissive parenting and children's disobedience and aggression.

**H0:** There is no relationship between permissive parenting and children's disobedience and aggression.

According to Table (4), the results obtained for the level of significance indicate that the correlation between the two variables of permissive parenting and disobedience and aggression in children with a coefficient of 0.117, sig =0.024 and at a 95% confidence level is not acceptable. Due to the fact that the level of significance in the correlation coefficient is more than five percent, so there is a negative relationship between the two variables of permissive parenting and disobedience and aggression in children and as a result, hypothesis H0 is approved and hypothesis H1 is rejected.

### The third hypothesis:

**H1:** There is a relationship between authoritarian parenting and children's disobedience and aggression.

**H0:** There is no relationship between authoritarian parenting and children's disobedience and aggression.

According to Table (5), the results obtained for the level of significance indicate that the correlation between the two variables of authoritarian parenting and disobedience and

aggression in children was confirmed with a coefficient of 0.815 and accepted with sig=0.000 and 95% confidence level. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there is a direct and significant relationship between the two variables of authoritarian parenting and disobedience and aggression in children. As a result, H<sub>0</sub> hypothesis is rejected and H<sub>1</sub> hypothesis is approved.

### Conclusion

Family is the most important institution that plays a role in the socialization of the child, the acceptance of customs and the establishment of good morals and habits in the child. The family, as a social system, plays a vital role in human growth and development and is the basis for physical, mental and social growth and well-being. Family is the first social unit in which children and adolescents experience their cognitive, social, emotional and psychological development process.

Therefore, parenting style has a significant effect on how children and adolescents develop their personality. This study aims to determine the relationship between parenting styles and disobedience and aggression in children. SPSS17 software was used to analyze the questionnaire data. This research was done in one of the counseling centers of Isfahan. Kolmogorov-Smirnov test showed that the research data were abnormal, so Spearman test was used to test the research hypotheses.

The results of non-parametric Spearman test showed that the correlation between the two variables of authoritative parenting and disobedience and aggression in children was confirmed with the coefficient of 0.834 and was accepted with  $\text{sig}=0.000$  and 95% confidence level. Due to the fact that the level of significance in the correlation coefficient is less than five percent, so there was a direct and significant relationship between the two variables of authoritative parenting and disobedience and aggression in children, so  $H_0$  hypothesis was rejected and  $H_1$  hypothesis was accepted.

Correlation between the two variables of permissive parenting and disobedience and aggression in children with a coefficient of 0.117,  $\text{sig}=0.024$  and at a 95% confidence level is not acceptable. Due to the fact that the level of significance in the correlation coefficient is more than five percent, so there is a negative relationship between the two variables of permissive parenting and children's disobedience and aggression. Finally, the correlation between the two variables of authoritarian parenting and disobedience and aggression in children was confirmed with a coefficient of 0.815 and was accepted with  $\text{sig}=0.000$  and 95% confidence level. Also, because the level of significance in the correlation coefficient was less than five percent, so there was a direct and significant relationship between the two variables of authoritarian parenting and disobedience and

aggression in children. As a result, hypothesis  $H_0$  was rejected and hypothesis  $H_1$  was confirmed.

The results of the present study are conforming with the researches from Khodabandeh Lou et al. (2019), called "Predicting aggression based on family communication patterns and parenting styles in second grade elementary school students in Miandoab", Sadegh Khani et al. (2012), called "Comparison of parenting styles of mothers of 7 to 9 year old primary school students with oppositional defiant disorder and normal in Ilam city", Haji Seyed Razi et al. (2012), entitled "Significance of the effectiveness of educating parents of disobedient children in parenting methods and Childrens' Behavioral Problems ", Masud et al. (2019), called " Parenting Styles and Aggression among Young Adolescents: A Systematic Review of the Literature (SSCI) ". Also, the results are not conforming with the research from Servat Yari et al. (2018) called "The relationship between parenting styles and children's aggression in primary school students in Sanandaj".

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None

### **Conflict of interest**

There is no conflict of interest for the authors of this article.

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**Tables and Charts:****Table (1).** Cronbach's alpha

Parenting styles	0.82
Permissive	0.83
Authoritative	0.81
Authoritarian	0.83
Children's disobedience and aggression	0.83
Total	0.82

**Table (2).** Kolmogorov-Smirnov test for analyzing the normality of research variables

Factors	Mean	Kolmogorov-Smirnov test	Significance
Parenting styles	3.147	0.136	0.000
Permissive parenting	3.258	0.157	0.001
Authoritative	3.68	0.169	0.000
Authoritarian	3.975	0.149	0.001
Children's disobedience and aggression	3.258	0.157	0.000

**Table (3).** the data of spearman correlation test for the first hypothesis

Conclusion	Confidence level	Spearman correlation coefficient
Positive significant correlation and rejecting H0	0.000	0.834

**Table (4).** the data of spearman correlation test for the second hypothesis

Conclusion	Confidence level	Spearman correlation coefficient
Positive significant correlation and rejecting H0	0.0024	0.117

**Table (5).** the data of spearman correlation test for the third hypothesis

Conclusion	Confidence level	Spearman correlation coefficient
Positive significant correlation and rejecting H0	0.000	0.815