



## PARENTING STYLES AND BEHAVIORAL PROBLEMS AMONG THE PRESCHOOLERS OF SELECTED PRESCHOOLS AT DEHRADUN, UTTARAKHAND : A CO-RELATIONAL STUDY.

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### ABSTRACT

**Introduction:** India is home to the largest number of children in the world, significantly larger than the number of children in China. The country has 20% of the 0-4 year child population of the world, which exerts a great need for enhancing their behavioral development and secures the future of our nation. The incidence rates of behavioral problems among the children are increasing worldwide and leaving a significant impact on child's development. Even in India, prevalence is increasing rapidly. This study aims to assess co-relation between parenting styles and behavioral problems among the preschoolers.

**Methodology:** A Non-experimental, co-relational research design was adopted for this study. Selected preschools of Dehradun were considered as a research setting. A total number of 100 mothers of preschoolers were selected as a research subjects by using non-probability convenience sampling technique. Data was collected by using Baumrind's Parenting Questionnaire, Preschool Behavior Checklist and demographic variables of the subjects.

**Results:** Results of this study unveil that the co-relation between parenting style and behavioral problem among the preschool children is very low positive relation i.e 0.111. This indicates that there is a co-relation between parenting styles and behavioral problems among the preschoolers. The chi – square value discovers that there is association between selected demographic variables i.e. education of mothers, type of family, socio- economic status and monthly income of the family with behavioral problems among the preschoolers. 31% of the subjects reported that their children were having behavior problems, identified by using PBCL. Most of the mothers i.e. 67% were found to practice authoritative parenting styles, confirmed by using PAQ.

**Discussion:** Positive co-relation has been observed by the investigator between parenting styles and behavioral problems among the preschoolers. So, the parents should follow constructive parenting strategies in order to enhance the behavioral development of their children. Significant association has been discovered between certain demographic characteristics of the mothers and behavioral problems among the preschoolers.

**KEYWORDS :** Parenting styles, Behavioral problems, Preschoolers, Behavioral development.

### INTRODUCTION:

India is home to the largest number of children in the world, significantly larger than the number of children in China. The country has 20% of the 0-4 year child population of the world which exerts a great need to enhance their behavioral development and secure the future of our nation.<sup>1</sup> Children are immature and developing individuals whose capacities and coping skills change markedly during childhood. Developmental changes occur rapidly between 2-5 years of age. Children at this age often engage in aggressive and rebellious behaviors. Behavior problems among the children are important social, educational and health issue. The prevalence of these problems, their stability over time, their poor diagnosis and their cost to both individuals and the society all point to the need of primary prevention intervention which can be best held at the basic level of their bringing i.e. at the level of the family. The influences on child outcomes are numerous, but a wealth of literature indicates that parenting practices are an important part of the equation.<sup>2</sup> Parenting or child rearing is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. Parenting refers to the intricacies of raising a child and affects all dimensions of child's behavior which persist throughout the life of an individual. From reading to infants to helping with schoolwork to enunciating values as the child grows, parent exerts enormous influence over their children's development, success and overall happiness (Psychology today).<sup>3,4</sup> Early researches in parenting and child development found that parents who provide their children with proper nurture, independence and firm control, have children who appear to have higher levels of competence and are socially skilled and proficient. Children may suffer from a wide range of behavioral problems, but children living under conditions of perpetual stress and trauma are tremendously affected. A study was adopted to identify the prevalence of behavioral disorders among children which showed that 48.60% of the children under the study were having different kinds of behavioral problems. Out of which, Peer problems were found in 44.60%, emotional problems 33.70% and hyperactivity problems were found to be 26.70%. This study concluded that family-based care and improvised institutional care should be emphasized to reduce the burden of behavioral problems in children (International Journal of pediatrics and Adolescent Medicine, 2018). The extent to which parenting practices shape behavioral development in children is a complex question and, though we may not be able to answer it with certainty, we can be certain that parents are important factors in their

children's behavioral outcome.<sup>5</sup>

### Research methodology:

Present study was conducted among the mothers of preschoolers of selected preschools at Dehradun, Uttarakhand. Non-experimental quantitative approach with co-relational research design was adopted for this study. 100 mothers of preschoolers were selected by using non-probability convenient sampling approach who fulfilled the inclusion and exclusion criteria for sample selection. Data was collected by using three tools. Section- 1: Baumrind's Parenting Questionnaire, scale with 30 statements composed of three 10-item scales representing authoritative, authoritarian, and permissive parenting styles. The subject's response was recorded against each statement. Items were rated on a 5-point Likert Scale ranging from 01 (strongly disagree) to 5 (strongly agree). Subscale scores range from 10 to 50. Greater appraised levels of the parental authority prototype yield higher scores.<sup>15</sup> Section- 2: Preschool Behavior Checklist, this check list consists of 22 items to assess the behavioral problems among the preschoolers. The scale was graded as 'never', 'sometimes' and 'often' and measured by numerical value of 0, 1 and 2 respectively giving a maximum possible score of 44. Total score below 12 shows no behavior problems while the score of 12 or greater indicates presence of behavioral problems in the preschoolers. The test-retest reliability for Preschool Behavior checklist (PBCL) tool was found .81 which shows that tools were reliable.<sup>17</sup> The study was collected at The Kids World School, Popcorn Kids School and Santa Claus Junior High School Dehradun from May 13, 2019 to May 28, 2019. The data analysis was done by using descriptive statistics.

### RESULTS:

**Table- 1:- Mean, Mean percentage and standard Deviation of the parenting style**

Parenting style	Frequency	Mean + SD	N=100
			Mean percentage
Authoritative parenting style	67	89.57 + 7.962	59.71%
Authoritarian parenting style	17	89.06 + 10.85	59.37%
Permissive parenting style	16	89.06 + 4.754	59.38%
<b>Total</b>	<b>100</b>	<b>89.40 + 8.05</b>	<b>59.6%</b>

**Table -2:- Behavioral problems among the preschoolers.**

N=100		
Behavioral problem	Frequency	Percentage
Present (27 to 100%)	31	31%
Absent (1 to 26%)	69	69%

**Table-3 Mean percentage and co-relation coefficient between parenting styles and behavioral problems among the preschoolers.**

N=100		
Category	Mean %	Co-relation
Parenting styles	59.6	+0.111
Behavioral problems	9.64	

**DISCUSSION:**

Maximum mean percentage was scored by the mothers of preschoolers with authoritative parenting style i.e. 59.71%, followed by permissive parenting style 59.38% whereas it was 59.37% for authoritarian parenting style. Therefore overall parenting style mean scores of respondents were found to be 89.40, mean percentage 59.6% with standard deviation 8.05.

According to collected data through PBCL, majority of 69 (69%) mothers reported that their children were not having any behavioral problem and 31 (31%) mothers stated that their children are having behavioral problem. So, the prevalence of behavioral problems among preschoolers of selected preschools has been found 31%. The prevalence of behavioral problems among preschoolers of selected preschools was 31%. In a similar study, S. Rai et al. found the prevalence of behavioral problems as 22% whereas Bheem reddy Raghu et al. reported the 24% prevalence of behavioral problems. 21% prevalence of behavioral problems was stated by the Ms. Poonam Kumari et al. The chi – square value was determined in order to get the association between demographic variables and behavioral problems among the preschoolers. A significant association has been found out between the behavioral problems of preschoolers and certain demographic variables: education of mothers, type of family, socio-economic status of the family and total monthly income of family.

**CONCLUSION:**

Parenting is a composite activity that is the sum of many particular behaviors working together or individually, to finally have an effect on the child's behavior (Baumrind 1978). Specific parenting behaviors, such as physical punishments, may affect children's development and consequently cause behavioral problems in them. The pattern of parenting style should be utilized to get normal variations in parents' endeavor in order to control and socialize their children.

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