

Study of Anxiety and Style Control Parenting

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Abstract: Strong, desirable and mutual relationship between parents and child is necessary so that nurses can achieve their duties and delivery of care to the child. This relationship should be identified in context of family (Style Control Parenting) in order for the nurses to maintain those parts of family relationship related to nursing duties. Anyhow, the actions should be planned in a manner that be well-adjusted with children' morale and help to decrease child's anxiety. The present descriptive correlation study aims to determine the relationship of behavioral models of parent with their children's anxiety (370 students in age 13 to 15) in 10 governmental girl guidance schools, Dist. 6 of Tehran city. The tools were questionnaires planned for students and parents consisting demographic characteristics, physiologic symptoms of anxiety, "Spiel Berger Anxiety Test" for parents and "Reynolds and Richmond Anxiety Tests" for students. The amount of anxiety among these groups was analyzed using Chi-square test and Fisher exact test in SPSS statistical software. Results showed that the amount of anxiety among students was 33%, with the most anxiety (92%) among adolescents who evaluated their parents' behavior as autocratic ($P=0.001$), and the least anxiety (7.6%) in adolescents who had democratic parents ($P=0.003$). These findings shows that there is statistically significant relationship between anxiety and style control parenting ($P<0.05$), ($df=2$). Style control parenting plays an important role in children's anxiety, therefore, health care providers can be effective in decreasing Children' anxiety by teaching style control parenting .

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Introduction:

Anxiety is considered as an inseparable part of human experience and nature, a mode which is created by stress. During the history, people have encountered many social, economical and technological changes resulted in reactions against stress situations (1). Anxiety is a vague annoyance feeling together with apprehension which has been developed in response to internal and external stimulations and can lead to cognitive, affective, physical and behavioral symptoms (2). Anxiety disorders is one of the most common psychological disorders, as annually, 23 millions persons in U.S.A. are affected and one of four involves in anxiety (3). Women experience anxiety disorders twice more than men (4).

Regarding etiology of anxiety, different causes has been addressed from psychological, biological, ethological, genetic and social-cultural theory points of view (5). Whereas parents deal with their children in different styles, the type of behavior with child can be influenced

by cultural issues, their social class and economical sources (6). According to developmental theories of anxiety, acceptance of children by their parents, control style and their behaviors are related with appearing symptoms of anxiety in children (7). Although there are many behaviors in style control parenting, but, three autocratic, non-interventional and democratic models are mostly used (8).

Results of studies show an increase in various types of mental disorders such as anxiety and also demonstrate the effects of style control parenting in developing such disorders. The results of some studies about style control parenting show that the other methods should be found to control and decrease anxiety in children. Strong, desirable and mutual relationship between parents and child is necessary so that nurses can achieve their duties and delivery of care to the child. This relationship should be identified in context of family (Style Control Parenting) in order for the nurses to

maintain those parts of family relationship related to nursing duties. On the other hand, nurses of school can play an important role in decreasing anxiety arising from style control parenting and preventing mental and psychological diseases by acquaintance with morale of children and adolescents and informing parents of developmental needs of their children. Considering this issue, significance of the best kind of behavior of parents with student is distinguished. This study aims to determine relationship between students' anxiety with style control parenting.

Material and Methods:

This research is a descriptive correlation study performed to determine the relationship between students' anxiety with style control parenting in 2005 (1384). The sample consisted of 370 students in third grade of governmental guidance school in Dist. 6 of Tehran city by using 2-stage sampling method. At first, names of all schools in Dis. 6 of Tehran were prepared and ten schools were randomly selected, then, two classes from each school were randomly selected. Students were under guardianship of their main parents and did not have any history of known physical or mental diseases. As anxiety in students could be the result of morbid anxiety of their parents, parents of the sample students should have no physical and mental diseases and morbid anxiety so that the researchers can reach to anxiety resulting from style control parenting, therefore parents were screened by EspillBerger test and were omitted from research in case of any problem. After taking the permission from the school principle, we chose times which student had either no class or exercise classes. Our aim was to have all students in equal condition and without stress. The vital sign were calculated from all participants equally in sitting position. Those with abnormal signs were referred to health care centers for further evaluation. The questionnaires were given to student to fill and one for parents was taken home.

Tools for gathering data in this research consisted of two separate questionnaires relating to parents and students. The first questionnaire included demographic characteristics of parents (9 questions), Diana Brinder test for recognition of style control parenting (which consists of 20 questions related to control parenting and each question had 3 different answers. One was chosen and according to answer we could determine type of parenting), and eschpillberger evident and covert anxiety test (40 questions) based on Likert scale. Achievement of score (20-42) means light anxiety, (43-64) means middle anxiety, and (65-80) means intense anxiety. The second questionnaire consisted of demographic characteristics of students (4 questions), records of physiologic symptoms of students' anxiety (9 questions) (in this research physiologic symptoms means records of blood pressure, pulse, respiration, temperature, symptoms of abdominal pain, nausea, diarrhea, urine iteration, paleness, fever), and Revised Reynolds Richmond test of anxiety (37 questions) in which, achieving score of (0-19) is non-anxiety status and (20-27) shows anxiety. To determine validity and

reliability of the style control parenting test, content validity method was used and reliability of which was reached from re-test method in the amount of 0.75. Assessment tools of parent and students' anxiety was standard and enjoyed high level of validity and reliability. Also, to ensure validity of physiologic symptoms, a fixed and same control tools were used and across reliability method was used to ensure reliability of the form for recording vital signs. Analysis of data was performed by using Fisher exact test and Chi-square test in SPSS statistical software.

Results:

In present study, most students (63.2%) were in 14-year age group and 57.3% had self-employed fathers, 60.5% had a desirable economical status and 76.8% were not in menstruation period at the time of research, regarding anxiety of students, results showed that 33% of students under study suffered from anxiety and 67% of them had no anxiety. There was no statistical significant relationship between anxiety and variables of age, birth rank, menstruation, father's age and parent's level of ($P>0.05$), but there was a statistically significant relationship between anxiety and its physiologic symptoms ($P=0.007$), parents' occupation (both mother and father) ($P=0.017$) and economical status of parents ($P=0.016$).

Findings of this research about father control style showed that 9.2% of them had non-interventional control style, 23.5% had autocratic control style, and 67.3% of them had democratic control style.(Table No. 1)

Regarding type of mothers' control style showed that 4.3% had non-interventional control style, 19.5% had autocratic control style and 76.2% had democratic control style (Table No. 1), it means democratic control style is dominant in both groups.(Table No. 2)

Findings about student's anxiety status based on style control parenting shows that, 93.8% of mothers with non-interventional control style, 84.7% of mothers with autocratic control style and 16.3% of mothers with democratic control styles anxious children, it means that in democratic control style of mothers, students had the least anxiety. (Table No. 3)

Chi-square test showed that there is a significant relationship between students' anxiety status and style control parenting ($P<0.001$). ($df=2$)

Also, findings about relationship of students' anxiety status with fathers' control style shows that 92% of fathers with autocratic control style, 67.6% of fathers with non-interventional control style and 7.6% of fathers with democratic control style had anxious children, meaning that the least anxiety of students is related to fathers with democratic control style (Table No. 3). Chi-square test also showed that there is a significant relationship between students' anxiety status and fathers' control style. ($P<0.001$) ($df=2$) (Table No. 3)

Discussion :

Findings shows that the most style control parenting of mothers under study (76.2%) and the most style control

parenting of fathers under study (67.3%) has been of democratic type which is consistent with the results of Izadpoor research showing that mothers and fathers in society prefer democratic education method and pattern to the other two methods(9). Also, findings showed that there was a significant relationship between style control parenting of mothers and students' anxiety status confirming the results of Hudson and Rapee research. In the methods that mothers have more intervention in duties of children and encourage them less, anxiety in their children is high (10).

Considering significance of relationship between students' anxiety status and style control parenting of fathers, results of Jerm and his colleagues' show that fathers have more involvements with their girls and amount of their involvement is effective in anxiety of their children (11).

According to the results, the researchers claim that style control parenting is related to the amount of anxiety of children' anxiety and is effective in its creation. Nurses in schools, considering significance of health of young society and its risks and consequences of anxiety can play an important role in on time preventing and decreasing anxiety resulting from style control parenting. Considering results of this research, it is suggested that the following topics in frame of future researches are emphasized.

According to our results which show that there is relationship between different control parenting and anxiety in students, there is usefulness of data in nursing

fields. Nurses are health group which have close relation with families and their education could have great impact on family style. This shows that every school should have nurse present and all college nursing student should be aware and educated in this regard. This itself brings the inclusion of family mental health education as one of the subjects which should be taught in schools. The parents should also be able to contact the school nurse regarding the problems they are facing in their children education.

Conclusion :

Relation between parents' anxiety is assessed with anxiety of children. Also, style control parenting can be studied from viewpoint of anxious students; in addition, considering results of this research can not be generalized throughout of the country, it is suggested that the next researches to be performed with different cultures in different provinces.

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Table No. 1:

Absolute and relative frequency distribution of control style of fathers of Girl Students in Guidance School, 1384 (2005)

Style Parenting	Control	Father		Mother	
		Number	Percentage	Number	Percentage
Non-Intervention		34	9.2	16	4.3
Despotic		87	23.5	72	19.5
Democratic		249	76.3	282	76.2
Total		370	100	370	100

Table No. 2:

Absolute and relative frequency distribution and anxiety status of girl students of guidance school based on control style of mothers, 1384 (2005)

Mother Control Style Frequency Students' Anxiety	Non-Intervention		Despotic		Democratic		Total		Test Result
	No.	Percentage	No.	Percentage	No.	Percentage	No.	Percentage	
Not exist	1	6.2	11	15.3	236	83.7	284	67	$\chi^2=149.40$ $df=2$ $p<0.001$ Meaningful
Exist	15	93.8	61	84.7	46	16.3	122	33	
Total	16	100	72	100	282	100	370	100	

Table No. 3:

Absolute and relative frequency distribution and anxiety status of girl students of guidance school based on control style of fathers, 1384 (2005)

Father Control Style Frequency Students' Anxiety	Non-Intervention		Despotic		Democratic		Total		Test Result
	No.	Percentage	No.	Percentage	No.	Percentage	No.	Percentage	
Not exist	11	32.4	7	8	230	92.4	248	67	$\chi^2=149.40$ $df=2$ $p<0.001$ Meaningful
Exist	23	67.6	80	92	19	7.6	122	33	
Total	34	100	87	100	349	100	370	100	

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