

## Emotional Intelligence and Perceived Parenting Styles among Late Adolescents

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### ABSTRACT

**Background:** In the child's perceptual environment, parents hold the most significant position. Despite rapid changes in modern family parental discipline, the construction of the child's balanced emotionality and personality is still considered very important. Adolescence the critical time in human development since the person starts to establish a position towards the world during this period. Therefore, family being the first school where all emotional lessons are learned. In the present study the research attempt to examine Emotional intelligence and Perceived Parenting Styles among Late adolescents.

**Methodology:** For the present study, the sample comprised of 129 participants between the age range of 18-24 years (92 females and 37 males). Two scales the Perception of Parent-Scale (POPS) The College-Student Scale to assess children's perceptions of their parents and Emotional Intelligence Self-Assessment Tool, an adapted version from Sterrett was used. The data was collected online using Google Form.

**Results:** The collected data was subjected to Spearman Correlation and Mann-Whitney U test was incorporated to reach the findings. Result found no significant gender difference among late adolescents between emotional intelligence and perceived parenting styles. It was also found that there is a significant relationship in perceived mother and father autonomy with emotional intelligence.

**Conclusion:** The Mother and Father autonomy is found to be significantly related with development of Emotional Intelligence among Late adolescents. In this study the males were found to have higher scores in emotional intelligence compared to females.

**Keywords:** Emotional Intelligence, Parenting Styles, Late Adolescence.

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### INTRODUCTION

#### Emotional Intelligence

The concept of intelligence types has been part of the intelligence field since the time Gardner (1983) published his book on Multiple Intelligence. The history of Emotional Intelligence started with the concept of "Social Intelligence" which was first introduced in 1920 followed with the first research paper on the subject using this definition was published in 1990. The notion was popularized by the best seller "Emotional Intelligence" written by Goleman [1]. This was followed up with the publication of self-report questionnaire in 1997 and the first skill measure developed in 2003. Salovey and Mayer defined Emotional Intelligence as "the ability to perceive and express emotion, assimilate emotion in thought, understand and reason with emotion, and regulate emotion in the self and others" [1].

The origins of emotional intelligence can be traced back to the social intelligence of Thorndike and to the intrapersonal and interpersonal intelligences of Gardner. In the literature, many people discussed the word emotional intelligence several times before the first formal description and model of the construct was

introduced by Salovey and Mayer [1]. In 1990, Salovey and Mayer introduced the construct of Emotional Intelligence as the capability of individuals to recognize, to understand, and to cope with their own emotions, being aware of it and appropriately react to other's emotion and experience as well [2]. The popularity of the Goleman's model has remained influential in the development of the field of Emotional Intelligence. Emotional Intelligence varies from person to person and plays an important role in the development of behaviours, social skills, and psychological well-being. Also, there is consistent evidence that high levels in emotional intelligence is associated with a good mental health among adolescents [3-5]. Davis & Humphrey showed that emotional intelligence has an influence on adolescent mental health through a variety of coping mechanisms, considering both trait and capacity Emotional Intelligence to mobilize coping processes in the promotion of adaptation [6]. Relationships between adolescents and their parents during their formative years are critical to their emotional growth [7]. Also, family is considered the first interaction where a majority of emotional lessons are learned through the emotional expressions offered by parents, as well as through observation, behaviour, and responses received by children from their parents and the atmosphere in which they interact [8].

### Parenting Styles

The word "*parenting*" comes from the Latin verb *parere*, meaning "to bring forth or produce." Parents have a major influence on the life of a person. Parenting is a method of fulfilling a parent's position that incorporates many of the behaviours intended to facilitate the well-being of their children, including caregiving, child safety, exercise of authority and consistent empathy. The common approaches used by parents to raise their children are referred to as parenting style, which is a psychological term. Understanding their parenting style can aid in laying the groundwork for their children's healthy growth.

The first meaning for the identification and communication of affective signals during the socialisation period is given by parents. Children are presented with these affective signals with the hope that they will be able to recognize and respond to them. In the context of daily life, the emotional expressiveness of parents provides the child with instructions for the use of emotion in ongoing social interactions. Healthy and warm relationships between parents have been discovered to better psychosocial capacity, have greater academic competence, and fewer somatic symptoms [9]. The child's emotional intelligence is dependent on parental love and affection, and relationships with them rely on the child's rearing practises.

While parents' early years of emotional coaching support the child in the later stage of growth, it is more critical that adolescence is the crucial period in which emotions are increased. Youth is a period of physical and psychological maturation during which a person is expected to form his or her own identity as well as acquire the skills necessary for socially responsible behaviour.

Two types of Perceived Parenting styles are available: care and overprotection. Student life is thought to be the finest time of one's life. The foundations of Emotional intelligence, self-esteem, pleasure, and performance is set out during childhood and adolescence [10]. Also, the kind of parenting style adopt by the parents contribute largely to overall healthy development of their children, especially the adolescents which is the most crucial, where there is a heightened level of emotions. It is important that a child needs to manage or regulate emotions at this level. Emotionally, puberty needs to be stabilized.

### Perceived Parenting Style on Emotional Intelligence

There were few studies that were previously conducted trying to establish the relationship between Parenting Style and Emotional Intelligence. In a study focusing on the relationship between Perceived Parenting Styles with Emotional Intelligence found that all parenting dimensions were related positively with emotional intelligence. In addition, mother's perceived warmth and support for autonomy can show variations in emotional intelligence. It can be argued that one of the most effective factors in developing emotional intelligence is the way the warmth of parents is viewed. An expected outcome as per this study where parents' warmth affects the development of emotional intelligence [11].

In a study conducted with the aim to see if there is a connection between perceived parenting styles and emotional intelligence in Iranian boys. There were positive associations between affectionate restriction parenting style and optimal parenting style with high emotional intelligence capability, while there were negative associations between affectionless control style and neglectful parenting style with high emotional

intelligence ability. In adolescents, affectionate restraint parenting was a strong predictor of high emotional intelligence capability, while neglectful parenting was a possible predictor of low emotional intelligence ability. This finding has aided our understanding of emotional intelligence and how parenting style influences the development of EI in adolescents and children. According to the results, it seems that early parent-child relationship is important, and parents would have the affectionate style of parenting with children, and parents would take care of children's basic needs, and they would give them the autonomy for increasing self-confidence, self-regulation, and emotional integrity in the childhood phase [12]. A similar study from India trying to investigate the relationship between paternal parenting styles on emotional intelligence of adolescents. Findings indicated greater father engagement and the adoption of an authoritative approach to bringing up emotionally intelligent teenagers [13].

The need for this present study is to see the kind of perceived parenting style that can contribute to the emotional development in late adolescents, with other interest to find out whether there are any gender differences in emotional intelligence among late adolescents.

## METHODOLOGY

### Statement of the problem

Parenting style has a major impact on the development of Emotional Intelligence of an individual. Studies conducted previously has very clearly suggested the role of specific types of parenting style being important for development of Emotional Intelligence. The aim of this study is to see how perceived parenting styles affect emotional intelligence in late adolescence.

### Objective

1. To assess the gender difference in Late Adolescents with respect to Emotional Intelligence.
2. To examine the relationship between Perceived Parenting Style of mothers and Emotional Intelligence of Late Adolescents
3. To examine the relationship between Perceived Parenting Style of fathers and Emotional Intelligence of Late Adolescents

### Hypotheses

H1: There is a significant gender difference in Emotional Intelligence among Late Adolescent males and females.

H2a: There is a significant relationship between Perceived Parenting style of mothers involvement and Emotional Intelligence in Late Adolescent.

H2b: There is a significant relationship between Perceived Parenting style of mother autonomy and Emotional Intelligence in Late Adolescents

H2c: There is a significant relationship between Perceived Parenting style of mother warmth and Emotional Intelligence in Late Adolescents

H3a: There is a significant relationship between Perceived Parenting style of father involvement and Emotional Intelligence in Late Adolescents

H3b: There is a significant relationship between Perceived Parenting style of father autonomy and Emotional Intelligence in Late Adolescents

H3c: There is a significant relationship between Perceived Parenting style of father warmth and Emotional Intelligence in Late Adolescents

### Design of the study

To fulfill the aim of the study a descriptive correlational research design was employed using a quantitative approach to assess the relationship between Emotional Intelligence and Perceived Parenting Style and to find the gender difference among Late adolescence.

### Sample

Using a Convenient sampling technique, the sample of the present study were collected. The sample comprised of 129 Late Adolescent (Males and Females). They belong to the age range of 18 to 24 years and belong from various schools and colleges of different states of Meghalaya, Mizoram, Assam, Karnataka.

### Tools Used

The following two tools were used for the data collection

#### Perception of Parent-Scale (POPS) The College-Student Scale

The college-student version of the POPS developed by Robbins is intended for use with participants who are late adolescents or older. The scale has 42 items (21 for mothers and 21 for fathers). From these items, 6 subscale scores are calculated: Mother Autonomy Support, Mother Involvement, and Mother Warmth, as well as Father Autonomy Support, Father Involvement, and Father Warmth. Reliability measures indicate that the POPS, the Cronbach' Alpha ( $\alpha$ ) internal consistencies were found .91 for total perception of mother scale, .90 and the Cronbach' Alpha ( $\alpha$ ) internal consistencies were also found .93 for total perception of father. Also, convergent validity with Inventory of Parents and Peer Attachment (IPPA) revealed findings of the mother and father total score to be positively correlated with IPPA [14].

#### Emotional Intelligence Self-Assessment Tool

The scale is an adaptation from Sterrett. This scale measures four different area: Self-Assessment, Social Awareness and Relationship management. The scale consists of 20 items which is a Likert scale, never (1), rarely (2), sometimes (3), usually (4) and always (5). Emotional Intelligence can range from a low of 5 to a high of 100 [15].

## RESULTS

The data from the samples were collected online using Google Forms. Only participants who were willing to participate and gave a consent were part of the study. After initial data scrutiny a total of 129 participants were chosen for the data analysis. The collected data was entered in Statistical Package for Social Sciences for further statistical analysis. The current study intended to study the relationship between Perceived Parenting Styles and Emotional Intelligence in Late Adolescents.

### Gender Differences in Emotional Intelligence

**Table 1: Comparing Emotional Intelligence among males and females**

	Gender	N	Mean Rank	U	Sig
EI Total	Male	37	69.07	1551.500	0.433
	Female	92	63.36		

Table 1 shows the Mann- Whitney Test scores between males and females in terms of Emotional Intelligence. The table shows that there is no significant difference between males and females with respect to EI. Hence the hypothesis there is a significant gender difference in EI among Late Adolescent males and females is rejected. The result of the current study goes against previous research which suggest that women were more aware of their emotions with men being more adaptable, self-confident. However, there are more similarities than differences, with some men being empathetic and some women being just as emotionally resilient as the most emotionally resilient men. According to the results of this report, there is a substantial difference between male and female emotional intelligence. [16]

## Emotional Intelligence and Perceived Parenting Style

**Table 2: Correlation between Emotional Intelligence and Perceived Parenting Style in Late Adolescents**

		Mother Involvement	Mother Autonomy	Mother Warmth	Father Involvement	Father Autonomy	Father Warmth
EI*	Correlation coefficient (r)	.050	.195	.036	.027	.023	.016
	Sig value (p)	.571	.027	.699	.758	.021	.858

\* EI – Emotional Intelligence

The correlations between the Emotional Intelligence and Perceived Parenting Style were calculated using Spearman's Correlation Test. From Table 2, it indicates that there is a significance relationship between perceived parenting style of Mother and Father autonomy and Emotional Intelligence in Late Adolescents. Which shows that there is a significant positive relationship between Mother autonomy and Father autonomy with the development of Emotional Intelligence. The above table also indicates the Spearman's correlations result and it shows that there is no significance relationship between Mother and Father involvement, Mother and Father Warmth, and Emotional Intelligence among the Late Adolescents.

The previous studies did indicate the role of Mother's warmth in the development of Emotional Intelligence, the current study unfortunately fails to support the same. Parental Warmth has been shown to increase the level of Emotional Intelligence and regulation of emotion [17]. According to the findings above emotional intelligence is more influenced by the parents' autonomy support. Similar result was found in a study examining the relation between Perceived Parental Style and Emotional Intelligence on a sample of student also found that that parent's autonomy can be a great contributor to the adolescents' emotional intelligence development. However, regression analysis conducted in the study pointed out that parental warmth influences the adolescent's emotional intelligence along with the Parental Autonomy [11]. These results pointed how early parent-child relations is very much important in building a healthy emotional development in the early stage with the phase of adolescent's stage being crucial as well the kind of parenting style adopted. As pointed out by the principle of self-determination which is a theory of the motivational model, the parents' fulfilment of basic needs, contributes to an improvement in internal motivation and optimal internalization of parental values and the ability to evaluate, self-awareness and emotional control, and eventually leads to skills and positive social habits [18]. Also, providing autonomy support to the adolescent help in motivate him or her to cultivate the necessary abilities to self-regulate, and attaining competency in emotional development.

## CONCLUSION

The major purpose of this study was to examine relationship between Emotional intelligence and Perceived Parenting Styles, how one's parenting styles can contribute to the emotional intelligence in Late adolescents. Depending on the findings of the study, the following concluding notes were made:

- There was no significant gender difference with respect to EI among Late adolescents.
- The present study revealed that there was a significant relationship between perceived parenting style of mother and father autonomy with emotional intelligence.
- It was observed that there was a no significant relationship in perceived parenting styles of mother and father (warmth and involvement) in emotional intelligence.

Accordingly, as what found that parents autonomy helps in being one of the contributing factors in emotional development of an adolescents. It clearly shows as how the foundation of parenting can contribute to a child's later development. Therefore, it is necessary to address the kind of parenting parent's approach,

this can be done by providing some parent education programs giving insight on the different kinds of parenting skills. Also, as a child grows their perception of the kind of parenting, they receive changes of which a parent and the adolescent should work in collaboration, sharing opinions on styles of parenting. Similarly, schools or college programs should conduct a parent-meet where awareness on the importance of parenting can be done.

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