

Children's Mood Undergoing Disciplining Process in Turkey

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Abstract

Background: Parenting style is very important in establishing and maintaining discipline in children. So the parenting strategy and its affects can be decisive for the mood of the children .

Aims: Researchers tried to identify the impact of parenting strategies on the mood of children in a sample representing Turkish people.

Study design: In this prospective cross sectional study with the help of a questionnaire adapted for the target community, researchers interrogated the parents and the respective children to evaluate the parenting strategy and its affects.

Methods: An empirically correct self proving questionnaire consisting of 35 items defining the parenting strategy and its affects on children ,were directed to 84 parents and 84 children through interviews. Primarily statistical analysis system software SPSS 15.0 was used for evaluation.

Results: Statistically significant affects of parenting style on the mood of children are clearly seen in the replies of children to the items in the questionnaires.

Conclusions: Harmful effects of authoritarian style on mood of children are clearly seen in this research. To increase the number of responsible, succesful persons in the community, education of parents on parenting styles is of upmost importance both for the well being of children and community.

Keywords: Parenting style, Child development, Authoritarian family, Childrearing

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Introduction

Understanding regarding the developmental psychology of childhood and interfamily interaction which is the most important element in childrearing, developed progressively in years. Discussions on childrearing and developmental psychology continued for ages. In middle ages children

were accepted sinful from birth; As time passed the children were accepted as a blank page so called tabula rasa. In recent times children are accepted good natured by birth. Even if children are of good nature, nurture and rearing are fundamental to arm them for succesfull and useful adult lives. Through this nurturing the child acquires identity in the community (1).

Interfamily interaction is of utmost interest in childrearing. Children commonly observe and acquire behaviours e.g. values and goals in the family and project these into their future life. Family care and attitude toward the child determines the personality of the child.

This study aims to observe behaviour of parents in rearing and disiplineation of children with its impact on mood and reactions of children.

Material and Method

After obtaining Biruni University Ethical Committee's (2015-KAEK-43 numbered) approval parents from the same community and district representing all segments of SES (socioeconomic status) who have children 4 to 18 years of age are included in this research (Table 1), Between January 2016 and april 2016 84 adults and 84 children; with a distribution of 43 female 41 male (Table 2) are included in this research. Parents accepting to

participate this research are interviewed personally by one of the teammates and directed items in the questionnaires. Children are interviewed separately. Adapting items that were used in standart questionnaires, according to the charecteristics of the community, researchers produced original 35 items targeting to describe the parenting strategy. Parents answered 20 items (Tablo 3) and children 15 items (Tablo 4) in the questionnaires to help determine the behaviour of the families toward children and the reactions in children respectively.

Statistical Analysis

Statistical analyses were performed by statistical analysis system software SPSS 15.0. Missing data were excluded and all data entries were double-checked in order to prevent errors. Pearson Correlation Coefficients was used to calculate the relationship between variables. All statistics were performed using a two-sided test and statistical significance was considered at $p \leq 0.05$.

Table 1. Children 4 to 18 years of age included in the study

Age	Participant number	Participant percent
4,0	4	%4,8
5,0	3	%3,6
6,0	4	%4,8
7,0	8	%9,5
8,0	3	%3,6
9,0	5	%6,0
10,0	8	%9,5
11,0	5	%6,0
12,0	10	%11,9
13,0	6	%7,1
14,0	9	%10,7
15,0	10	%11,9

16,0	1	%1,2
17,0	3	%3,6
18,0	5	%6,0
Total	84	%100,0

Table 2. Gender Distribution of participant children

	Participants	Percent distribution
Male		
Female	41	%48,8
Total	43	%51,2
	84	%100,0

Table 3:Percent distribution of answers by parents

Grading of answers	1	2	3	4	5
Please read carefully the questions; if you strogly agree mark 5, agree mark 4, if not sure mark 3 if disagree2 or strongly disagree mark 1					
1) I impose my dreams and goals I coudn't attain on my child.	51%	1,20%	3,60%	7,10%	37%
2) My children share everything with me	42%		4,80%	8,30%	45%
3) When I was a child my parents scared me with doctors and injections now I scare my children with such things	64%	3,60%	1,20%	1,20%	29%
4 I tell my child how to behave before going any place	52%	4,80%	1,20%	6%	36%
5) I used harsh rules about toilet training	35%	1,20%	2,40%	8,30%	54%
6) If my child displays a behavior I don't like, he/she tells me	46%	1,20%	2,40%	7,10%	43%
7) If I see an unsuitable behavior of my child I warn him with my gestures or mimics	30%	1,20%	2,40%	7,10%	60%
8) If my child falls or breaks an object I overreact or lose my nevre	44%	6%	2,40%	3,60%	44%
9) my child displays behaviours in outdoor locations I didn't approve at home.	67%	3,60%		4,80%	25%
10) My child displays behaviours like cursing, spitting or lieing.	55%	4,80%	1,20%	3,60%	36%
11) My child has a room of his/her own (!)	62%	1,20%	%1,2	1,20%	35%
12) Our house belongs us	55%	3,60%	1,20%	3,60%	36%
13) My child pisses himself in sleep.	64%	2,40%		2,40%	31%

14) My child has a sleeping disorder or problem.	55%	%3,6	%1,2	3,60%	36%
15) my child has speaking problem or stuttering.	48%	3,60%	6%		43%
16) Sometimes I am at cross with my child.	55%	3,60%	1,20%	3,60%	36%
17) My child displays overenviuousness.	44%			1,20%	55%
18) My child takes or hides objects without permission	37%	2,40%		3,60%	57%
19) My child displayed different reactions after the birth of his/her brother/sister.	44%			1,20%	55%
20) My child pisses himself in sleep.	58%	1,20%	2,40%	6%	32%

Table 4. Percent Distribution of answers by children

Grading of answers	1	2	3	4	5
Please read carefully the questions; if you strogly agree mark 5,agree mark 4,if not sure mark 3 if disagree2 or strongly disagree mark 1.					
1) I share everything with someone in my family.	39,30%	1,20%	2,40%	4,80%	52,40%
2) When I do something my parent don't approve I tell them.	40,50%	51,20%	8,30%	4,80%	45,20%
3) My parents scare me with doctors or injections.	46,40%	1,20%		2,40%	50%
4) My parents tell me loving words.	50%			4,80%	45,20%
5) I show my feelings to my parents	32,10%		1,20%	7,10%	59,50%
6) I can tell my thoughts to my parents freely	41,70%		3,60%	6%	48,80%
7) My family pressure me on vocation selection.	50%	3,60%	1,20%	2,40%	42,90%
8) I get along well with my friends..	51,20%		2,40%	8,30%	38,10%
9) I like playing with my brother/sister.	32,10%		3,60%	2,40%	61,90%
10) I like school.	36,90%	3,60%	2,40%	8,30%	48,80%
11) I spend time with my parents..	39,30%	1,20%	2,40%	8,30%	48,80%
12) sometimes my family forces me to do something I didn't like.	41,70%	4,80%		3,60%	50%
13) Before I go any place my family gives directions.	51,20%	1,20%	2,40%	3,60%	41,70%
14) I like sharing my toys and things.	36,90%	2,40%	4,80%	3,60%	52,40%
15) My parents pressure me to study my lessons..	29,80%	3,60%	2,40%	3,60%	60,70%

Results

In this research multiple variables related to the mood state of children were examined and in this context distinctive results were shared as follows.

In Table 5 the correlation coefficient between the variable A”my child shares everything with me”and the variable B” My child has heathy relations in his/her social environment” is 0,357 and it is statistically significant. There is a positive correlation

between these two variables.

In Table 6 the same variable A "When I was a child my parents scared me with doctors and injections now I scare my children with such things" shows a positive correlation with variable B "My child has speaking problems or stuttering" with a correlation coefficient of 0.434

The same variable A "When I was a child my parents scared me with doctors and injections now I scare my children with such things" in table 6 also shows a positive correlation with variable B "My child pisses himself in sleep" with a correlation coefficient of 0.481.

In Table 7 between the Variable A "I tell my child how to behave before going any place" and variable B "If I see an unsuitable behavior of my child I warn him with my gestures or mimics" there is a positive correlation with a value of 0.417

In Table 8 variable A "If my child displays a behavior I don't like, he/she tells me" showed a positive correlation with variable B "My children share everything with me" with a coefficient value of 0.428 ($P < 0.000$). If the child tells everything including even unapproved behaviours; he/she also shares everything with his/her parents. In Table 9; Variable A "If I see an unsuitable behavior of my child I warn him with my gestures or mimics" showed a negative correlation with variable B "My child displays behaviours like cursing,

spitting or lying." with a correlation coefficient value of -0.455.

In Table 10 variable A "My child displays behaviours in outdoor locations I didn't approve at home" and variable B "My child takes or hides objects without permission." showed a positive correlation with a coefficient value of 0.369. In Table 11 between variable A "My child has a room of his/her own" and variable B "my child displays behaviours in outdoor locations I didn't approve at home" there is a negative correlation with a correlation coefficient of -0.421

In Table 12 between variable A "my child pisses himself/herself in his/her sleep" and variable B "When I was a child my parents scared me with doctors and injections now I scare my children with such things" there is 0.481 correlation coefficient. This is a positive correlation. To scare children is peculiar to authoritarian style and the result may be enuresis.

In Table 13 we found between variable A "My child has a sleeping disorder or problem." and variable B "My child displays behaviours like cursing, spitting or lying" a correlation coefficient of 0.287. In Table 14 between variable A "my child has a speaking problem or stuttering." and variable B "If I see an unsuitable behavior of my child I warn him with my gestures or mimics" was found a positive correlation coefficient of 0.356.

Tablo 5. Correlation Coefficients

Variable A	Variable B	Correlation coefficient	p
My children share everything with me	I was scared by injections or doctors and I too scare them with these things	0,329	< 0.002
My children share everything with me	I tell my child how to behave before going any place	0,367	< 0.001
My children share everything with me	If my child displays a behavior I don't like, he/she tells me	0,428	< 0.000
My children share everything with me	My child takes or hides objects without permission	0,282	< 0.009
My children share everything with me	My child has heathy relations in his/her social environment	0,357	< 0.001

Table 6. Correlation Coefficient Between A and B Variables

Variable A	Variable B	Correlation coefficient	p
When I was a child my parents scared me with doctors and injections now I scare my children with such things	I tell my child how to behave before going any place	0,33	< 0.002
When I was a child my parents scared me with doctors and injections now I scare my children with such things	I used harsh rules about toilet training	0,319	< 0.003
When I was a child my parents scared me with doctors and injections now I scare my children with such things	If my child displays a behavior I don't like, he/she tells me	0,306	< 0.005
When I was a child my parents scared me with doctors and injections now I scare my children with such things	If I see an unsuitable behavior of my child I warn him with my gestures or mimics	0,342	< 0.001
When I was a child my parents scared me with doctors and injections now I scare my children with such things	my child displays behaviours in outdoor locations I didn't approve at home.	0,441	< 0.000
When I was a child my parents scared me with doctors and injections now I scare my children with such things	My child displays behaviours like cursing, spitting or lying	0,355	< 0.001
When I was a child my parents scared me with doctors and injections now I scare my children with such things	My child has a room of his/her own	0,453	< 0.000
When I was a child my parents scared me with doctors and injections now I scare my children with such things	My child pisses himself in sleep.	0,481	< 0.000
When I was a child my parents scared me with doctors and injections now I scare my children with such things	My child has speaking problems or stuttering	0,434	< 0.000
When I was a child my parents scared me with doctors and injections now I scare my children with such things	My child takes or hides objects without permission	0,389	< 0.000
When I was a child my parents scared me with doctors and injections now I scare my children with such things	My child has heathy relations in his/her social environment.	0,289	< 0.008

Table7. Correlation Coefficient Between A and B Variables

Variable A	Variable B	Correlation coefficient	p
I tell my child how to behave before going any place	If I see an unsuitable behavior of my child I warn him with my gestures or mimics	0,417	< 0.000
I tell my child how to behave before going any place	My child has a room of his/her own	0,328	< 0.002
I tell my child how to behave before going any place	My child pisses himself in sleep	0,464	< 0.000
I tell my child how to behave before going any place	My child has speaking problems or stuttering	0,365	< 0.001
I tell my child how to behave before going any place	Sometimes I am at cross with my child	0,338	< 0.002
I tell my child how to behave before going any place	My child has heathy relations in his/her social environment.	0,375	< 0.000

Table 8. Correlation Coefficient Between A and B Variables

Variable A	Variable B	Correlation coefficient	p
If my child displays a behavior I don't like, he/she tells me	My children share everything with me	0,428	<0.000
If my child displays a behavior I don't like, he/she tells me	When I was a child my parents scared me with doctors and injections now I scare my children with such things	-0,306	<0.005
If my child displays a behavior I don't like, he/she tells me	I used harsh rules about toilet training	-0,299	<0.006
If my child displays a behavior I don't like, he/she tells me	my child displays behaviours in outdoor locations I didn't approve at home.	-0,351	<0.001

Table 9. Correlation Coefficient Between A and B Variables

Variable A	Variable B	Correlation coefficient	p
If I see an unsuitable behavior of my child I warn him with my gestures or mimics	When I was a child my parents scared me with doctors and injections now I scare my children with such things	-0,342	<0.001
If I see an unsuitable behavior of my child I warn him with my gestures or mimics	my child displays behaviours in outdoor locations I didn't approve at home.	-0,342	<0.002
If I see an unsuitable behavior of my child I warn him with my gestures or mimics	My child displays behaviours like cursing, spitting or lieing.	-0,455	<0.000
If I see an unsuitable behavior of my child I warn him with my gestures or mimics	My child has a room of his/her own	0,566	<0.000
If I see an unsuitable behavior of my child I warn him with my gestures or mimics	My child pisses himself in sleep.	-0,577	<0.000
If I see an unsuitable behavior of my child I warn him with my gestures or mimics	My child has speaking problems or stuttering.	-0,356	<0.001
If I see an unsuitable behavior of my child I warn him with my gestures or mimics	Sometimes I am at cross with my child	0,363	<0.001
If I see an unsuitable behavior of my child I warn him with my gestures or mimics	My child takes or hides objects without permission	-0,384	<0.000
If I see an unsuitable behavior of my child I warn him with my gestures or mimics	My child has heathy relations in his/her social environment.	0,316	<0.003

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Table 10 Correlation Coefficient Between A and B Variables

Variable A	Variable B	Correlation coefficient	p
my child displays behaviours in outdoor locations I didn't approve at home.	I used harsh rules about toilet training	0,364	<0.001
my child displays behaviours in outdoor locations I didn't approve at home.	My child displays behaviours like cursing, spitting or lying	0,407	<0.001
my child displays behaviours in outdoor locations I didn't approve at home.	My child has a room of his/her own	-0,421	<0.000
my child displays behaviours in outdoor locations I didn't approve at home.	My child pisses himself in sleep	0,388	<0.000
my child displays behaviours in outdoor locations I didn't approve at home.	My child has speaking problems or stuttering.	0,349	<0.001
my child displays behaviours in outdoor locations I didn't approve at home.	My child displays overenviousness.	0,289	<0.009
my child displays behaviours in outdoor locations I didn't approve at home.	My child takes or hides objects without permission	0,369	<0.001
my child displays behaviours in outdoor locations I didn't approve at home.	My child has healthy relations in his/her social environment.	-0,388	<0.001

Table 11. Correlation Coefficient Between A and B Variables

Variable A	Variable B	Correlation coefficient	p
My child has a room of his/her own	When I was a child my parents scared me with doctors and injections now I scare my children with such things	0,453	<0.001
My child has a room of his/her own	I tell my child how to behave before going any place	0,328	<0.002
My child has a room of his/her own	I tell my child how to behave before going any place	0,566	<0.000
My child has a room of his/her own	my child displays behaviours in outdoor locations I didn't approve at home	-0,421	<0.000
My child has a room of his/her own	My child displays behaviours like cursing, spitting or lying	-0,508	<0.000

Table 12. Correlation Coefficient Between A and B Variables

Variable A	Variable B	Correlation coefficient	p
My child pisses himself in sleep	When I was a child my parents scared me with doctors and injections now I scare my children with such things	0,481	<0.000
My child pisses himself in sleep	I tell my child how to behave before going any place.	0,464	<0.000
My child pisses himself in sleep	If I see an unsuitable behavior of my child I warn him with my gestures or mimics	-0,577	<0.000
My child pisses himself in sleep	my child displays behaviours in outdoor locations I didn't approve at home	0,388	<0.000
My child pisses himself in sleep	My child displays behaviours like cursing, spitting or lying.	0,394	<0.000
My child pisses himself in sleep	My child has a room of his/her own.	-0,674	<0.000

Table 13. Correlation Coefficient Between A and B Variables

Variable A	Variable B	Correlation coefficient	p
My child has a sleeping disorder or problem	My child displays behaviours like cursing, spitting or lying.	0,287	<0.008

Table 14. Correlation Coefficient Between A and B Variables

Variable A	Variable B	Correlation coefficient	p
My child has speaking problems or stuttering.	When I was a child my parents scared me with doctors and injections now I scare my children with such things	0,434	<0.000
My child has speaking problems or stuttering.	I tell my child how to behave before going any place	0,365	<0.001
My child has speaking problems or stuttering.	If I see an unsuitable behavior of my child I warn him with my gestures or mimics	0,356	<0.001
My child has speaking problems or stuttering.	my child displays behaviours in outdoor locations I didn't approve at home.	0,349	<0.001
My child has speaking problems or stuttering.	My child displays behaviours like cursing, spitting or lying	0,488	<0.001
My child has speaking problems or stuttering.	My child has a room of his/her own	0,569	<0.000
My child has speaking problems or stuttering.	My child pisses himself in sleep.	0,594	<0.000
My child has speaking problems or stuttering.	My child has a sleeping disorder or problem	0,356	<0.001

Discussion

When we examine the behaviour of families we classify it mainly as democratic, authoritarian or permissive (2). A Thai study suggests high similarities between Thai mothers and fathers in their attributions and attitudes related to parenting (3). Studies in USA which explored parenting style as either progressive or authoritarian found mothers significantly more progressive –successful in this regard (4). At this point parenting styles e.g. the ability of parents to make ready their children for adult years emerges (5). It is important how and what to choose as a discipline style because it has implications extending to gender identity acquisition (6).

At present four parenting styles are accepted under different headings in the

related literature since Diana Baumrind's classical paper. Before explaining these styles it is important to define what is meant by childrearing and discipline terms. The main aim of parents are to make ready the child for life. This notion is explained as discipline or socialization of child. Discipline as a term in childhood psychology means to make children acquire new talents such as to show suitable behaviours in the community, to solve problems and to cope with harmful feelings. Discipline educates child to take lessons from failures or faults and to cope with irritating feelings in a socially acceptable way. To learn alternative behaviours and solutions child should be given authority. Many discipline strategies include praise and reward ; positive strengthening urges good behaviors to continue. Thus children acquire an identity

in the community. It is important that parents should consider both their own and children's temperament and personality when determining a discipline strategy. When a style is chosen parents must educate themselves in this style. If not effective, change of style may be imperative. Most parents use a combination of these styles. But one style comes to the forefront in this regard; authoritarian style, which is considered very harmful in terms of child development and health with continuing hazards into adulthood (7). Choice between indulgent and authoritative varies in different cultures. For instance a Spanish study found indulgent-permissive style more successful in Spanish families (8).

To be a healthy adult child should have the discipline she/he acquired throughout childhood. Discipline teaches to make right decisions, to cope with feelings and also prevents health hazards like obesity (9) and depression (10). These talents cannot be acquired later in life and if discipline is not acquired fully during childhood, cavities form in the personality of the person.

Since Baumrind's classical paper on parenting styles 4 major types are recognized

1-Authoritarian-despotic style: parents dictate rules without any explanation and reasoning. This style produces a low self-esteem in children (11-12). In this research, researchers observed that if the child is scared because of an unapproved behaviour, development and mental health of child were directly affected and speech problems and stuttering emerged. Also if the child is oppressed or maltreated for pissing himself his self esteem seems lowered (Table 6). Authoritarian parents try to control children strictly but as a consequence the child can isolate himself/herself from the environment and becomes overreacting

(Table 7). If children were harshly warned for unapproved behaviours erratic behaviours such as swearing, spitting and lying decreased (Table 9). If the child displays behaviours in outdoor locations that wasn't approved at home he/she also does erratic behaviours such as taking objects and hiding them without permission (Table 10). To scare children with injections or doctors and to oppress them is peculiar to authoritarian parenting. Parents who answered affirmative to this question also responded affirmatively to the question "does your child piss himself/herself. We see a linear correlation between authoritarian parenting and enuresis (Table 12). Erratic behaviors like sleeping disorders, swearing, lying are seen under authoritarian parenting. Because sleeping disorders are psychogenic so oppression and fear deserve mentioning in these respects. We found a positive correlation between these two variables in this research (Table 13) Stuttering and speech problems are not always psychogenic but parents responding the question "If I see an unsuitable behavior of my child I warn him with my gestures or mimics." affirmative have children with speaking problems (Table 14).

2-Permissive-liberal parenting style: Rather than being a parent they play the role of a friend. There isn't a house rules list on the wall. They don't give house chores or any responsibility at home. In fact they have few rules; are loving and affectionate toward child and don't present themselves as an active agent that will form their future life. Child decides when to eat, sleep or play games

3-Authoritative-democratic parenting style: They also have rules but explain the causes of rules. When drawing limits they take into account children's feelings, instead punishment shows the results of wrong actions, to reinforce good actions and

behaviours, use the useful results (11). They can freely articulate their ideas and become responsible and successful adults (13).

In this research children sharing everything with their parents were successful in their social relations (Table 5). If our children displays a behaviour we don't like and tell it to us they also share everything with us (Table 8) (5).

4-Uninvolved-rejecting neglecting- parents tend to be neglectful. These parents may have mental health issues or substance abuse problems like alcohol or drugs. They are overwhelmed by life's other problems. They lack knowledge about parenting and how to discipline their child. These children exhibit frequent behaviour problems, perform poorly academically (14), tend to lack self esteem and are unhappy

It is important that parents should consider both their own and children's temperament when determining a discipline strategy. When a style is chosen parents must educate themselves in this style. If not effective, change of style may be imperative. Most parents use a combination of this styles. The role of socioeconomic status on parenting style is a continuing argument (15). We observed erratic behaviours out of the house in low income families (Table 11) An Oklahoma State University thesis gives an incidence of 22.6 percent for authoritarian style, 22.9 percent for authoritative style, 18,6 percent for permissive style, %19,2 percent for uninvolved style in mothers. In this thesis 16.7 percent of mothers were not categorized and did not conform to any of the aforementioned types (16).

Researchers tried to observe the affects of authoritarian parenting style in a family sample directing questions to both parents and children. We also observed the effect of parenting style on child behaviour.

Contrary to standard questionnaires researchers used two empirically sound questionnaire; one directed to parents and the other to children. Refining items in standard questionnaires researchers tried to group authoritarian style group against all other groups combined. There are items representing behavioral control, high or low level of demandingness, responsiveness also items representing rejection, warmth, acceptance, granting autonomy and two items representing socioeconomic status. The influence of parenting on socialization and development of children was tried to examine in this research.

Verbal hostility and physical coercion are also included in these items. We explored, respect for the children's opinions by encouraging them to express themselves. We reinforced our style targeting questionnaires on both legs e.g. parents and children.

The high percent of authoritarian style signs in this group plainly shows the unawareness in this regard and education need of parents. We observed that this a faulty and harmful parenting style as evidenced by answers to the questionnaire directed to illuminate the mood of the children. A wide spectrum of activities in childhood beginning with erratic behaviours such as lying, swearing and continuing with physiologic dysfunctions like enuresis, speech problems, stuttering ends up with individuals with low self esteem and poor academic and job satisfaction. This problem seems still to continue in our community. If we want to increase the number of healthy, responsible, successful persons efforts must continue to educate parents on parenting and discipline strategies.

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