

# A Study on the Relationship Between College Students' Original Family Environment And Parental Rearing Patterns

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## ABSTRACT

The parental rearing style is highly concerned by experts and scholars in psychology, education, and sociology. The main purpose of this research is to explore the relationship between the special environmental elements of college students' original families and their parental rearing style from the perspective of family systems. This study used cluster random sampling and the EMBU scale to survey 10 classes of 423 college students in central China. SPSS software was used to analyze the collected data. The results of this study was as follows: (1) There was a significant correlation between environmental factors of college students' original family and parenting styles; (2) In terms of the relationship between family background information and parental rearing styles, multiple regressions showed significant positive predictability; (3) There were significant differences in the distribution of parenting styles among different elements of the original family environment. This study concluded that there were significant differences in parenting styles and types of parenting based on different elements of the original family environment, including gender, place of residence, the one only child, and single parent family).

**Keywords:** college students, native families, parenting styles, EMBU

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## 1. Introduction

Parenting style, refers to the sum of the parents' beliefs, goals, styles and behavioral practices in the process of educating and raising their children (Darling, Steinberg and Sigel, 1993-2002)<sup>1~2</sup>. Belief is the guiding ideology of parents in educating their children, including right and wrong, good and bad, true and false, good and evil, etc. Goals indicated parents' expectations about children's educational results, such as children's academic performance, character, adaptability, specialty, health, and so forth. Parenting attitudes, mainly included the expression of emotions, family atmosphere, and family interpersonal interaction modes, such as authoritative, authoritarian, and tolerant; Practice is the specific behavior that parents teach their children. It is generally divided into two dimensions of care and control. (Wang Y, 2006)<sup>3</sup>. The meaning of caring includes understanding, support, and encouragement between parents and children and refers to the emotional warmth, care, and tolerance between them. The connotation of control mainly includes parents' supervision, shaping and guidance towards children in terms of attitude, cognition and behavior.

Since the end of the 19th century, people's awareness of the influence of parental rearing styles and children's development has continued to increase, and the research results have been fruitful. The most representative

theoretical sources of parenting styles research are psychoanalysis theory (Freud), behaviorism theory (Watson) and social learning theory (Bandura). In the field of empirical research: from the perspective of gender factors, researchers found that parenting styles have a very close and complex relationship with children's gender factors (Zhang Lin et al., 2008; Hao Jiajia, 2017; Luo Lei et al., 2018; Shan mengxiao et al., 2019; Hosokawa, Katsura, 2019; Hyun Sook, 2018; brand, Gerber, kalak, et al,2011)<sup>4、5、6、7、8、9、10</sup>. In terms of the number of children raised by families, the researchers found that there were significant differences in parenting styles between only child and non only child (Yang Yali, 2013; Zhao Jing et al., 2018)<sup>11~12</sup>; In terms of living environment differences, the researchers found that rural or urban areas were an important predictor of parenting styles (MA Gaoxiang, Wang Mingjie, Wang Tong, Yi Chenbin, Wang Li, Myrica rubra et al., 2007-2019; Ohyeongsuk, Han Yoo MI, 2009; Zhu Zhulin, 2010; Hamid, Shba, 2013;Tian Feng, Yang Qian, et al., 2018)<sup>13、14、15、16、17、18</sup>; In terms of family structure, a large number of empirical research results show that due to the absence of parents, the conflict between family and work, social stigmatization and other factors, the differences in family structure (single parent or two parent family) will affect parents' parenting style (Cherian, Malehase, 2000; Hu Wenjie, 2006; Li Na et al., 2010; Alami, Ali; Khosravan, Shahla; et al., 2014; Duan Lilin, 2018; Cui Nan, 2017; Camacho, I., Jimenez Iglesias, A., et al., 2020)<sup>19、20、21、22、23、24、25</sup>.

The impact of many factors on Parenting styles is likely to vary from country to country and from region to region depending on cultural and policy differences. Mainland China, for example, has had a family planning policy since the 1970s, with the emergence of many one-child families; Traditional Chinese notions of marriage and family and public opinion may impact the children of single-parent families; China's deep-rooted beliefs of patriarchal attitude may impact the parenting attitudes and styles of gender-specific children; Polarization between urban-rural areas and unbalanced development, especially the phenomenon of alternate-generation upbringing may also have a crucial impact on children's upbringing. Therefore, the purpose of this study was based on the cultural background of China: (1) to understand the differences between only child and non only child in parenting style; (2) to understand the differences between single parent and non single parent students in parenting style; (3) to understand the differences between rural or urban students in parenting style; (4) to understand the differences between boys and girls in parenting style.

## 2. Methods

### 2.1 Participants

A total of 423 college students from 10 classes in a university in Central China were selected as subjects. Among them, 283 are female students, 140 are male students; 242 are urban students, 181 are rural students; 290 are only children, 133 are not only children; 26 are single parent families, 397 are not single parent families.

### 2.2 Hypotheses and Data Analysis

The purpose of this study was to propose and verify the following three research hypotheses:

Hypothesis 1: Factors such as the gender of the college students, the place of residence, whether they were the only child, and whether they were single-parent families are significantly related to their parenting styles;

Hypothesis 2: College students' gender, birthplace, whether they are the only child, and whether they were single-parent families, had significant predictive power for their parenting styles;

Hypothesis 3: There were significant differences in the distribution of parenting styles in terms of gender, place of birth, whether they were only children, and whether they were single parent families.

### 2.3 Measure Instruments

The parenting style scale (EMBU) in this study uses the Chinese version revised by Yue Dongmei et al. in 1993 originally compiled by Swedish scholars (C. Perris et al.) in 1980. The questionnaire includes 66 items, which distinguish the parenting style of father and mother. There are six factors in the father scale: father's warm understanding, father's severe punishment, father's excessive interference, father's preference, father's refusal to deny, father's excessive protection; There are five factors in the mother scale: mother's warm understanding, mother's excessive interference and overprotection, mother's refusal to deny, mother's severe punishment, mother's preference. Each item of the scale is graded according to 1-4 grades, representing "never, occasionally, often, always". In this study, the alpha coefficients of each subscale of father's parenting style are 0.80, 0.79, 0.53, 0.81, 0.69, 0.45; the alpha coefficients of each subscale of mother's parenting style are 0.82, 0.64, 0.78, 0.77, and 0.81. The alpha coefficient of the total scale is 0.84.

### 2.4 Processing and Analysis of Data

In this study, Pearson product correlation, multiple regression, and independent-sample t-test have adopted as instruments for exploring the relationship between the environmental factors (gender, whether or not the only child, place of residence, if single-parent family) and their parenting style.

## 3. Results and Discussion

### 3.1 Results

#### 3.1.1 Study of correlation matrix

The correlation analysis between the students' family environment factors and their parents' parenting styles was as follows. The results were shown in Table 1.

Table 1. Correlation matrix of family environment factors and parenting styles (n=423)

family factors	Father's parenting style						Mother's parenting style				
	warmth	punish	interference	partiality	refusal	protection	warmth	punish	interference	partiality	refusal
gender	.098*	-.112*	-.157**	.080	-.129**	-.196**	.103*	-.202**	-.094	-.113*	.080
whether only child	.159**	.003	.116*	.278**	-.018	-.026	.161**	.080	-.015	-.002	.278**
rural or urban	-.116*	-.022	-.083	-.327**	.017	-.015	-.107*	-.065	.006	-.015	-.327**
whether single parent	.128**	-.137**	-.081	.025	-.178**	-.045	.133**	-.094	-.147**	-.122*	.025

( \**p* < .05 \*\* *p* < .01 \*\*\* *p* < .001 )

The statistical results (Table 1) showed that:

From the perspective of father's parenting style, there is a significant positive correlation between father's emotional warmth and child's gender; While there is a significant negative correlation between father's punishment severity and gender. There is a significant negative correlation between father's excessive interference and gender; There is a significant positive correlation between father's preference and only child, but a significant negative correlation between father's preference and place of residence.

From the perspective of the mother's parenting style, there is a significant positive correlation between the mother's emotional warmth and the child's gender. While there is a significant negative correlation between mother's punishment and gender, there is no significant correlation between mother's punishment and other factors. Excessive interference and protection of the mother are significantly negatively related to single-parent families; it shows a significant negative correlation between mothers' preference and children's gender.

From a gender perspective, it has significantly positively correlated with parents' emotional warmth. Gender has a significant negative correlation with the father's severe punishment, excessive interference, rejection, and excessive protection, so did the mother's severe punishment and preference.

From the perspective of whether an only child or not is, it had a significant positive correlation with the father's emotional warmth, excessive interference, and preference. Meanwhile, it also had a significant positive correlation with the mother's emotional enthusiasm and rejection. But it had no significant correlation with the parenting styles of other parents.

From the perspective of urban and rural residence, neither father's emotional warmth and preference nor mother's emotional warmth and refusal were a significant correlation.

From the perspective of a single parent or not, it had a significant positive correlation with parents' emotional warmth, but a significant negative correlation with father's severe punishment and refusal, and a significant negative correlation with mother's excessive interference, protection, and preference.

### 3.1.2 Study of regression analysis

Regression analysis was used to examine the relationship between family background data (single and double parents, only and non-only children, place of residence, and gender) and parenting styles. The results were shown in Table 2.

Table 2. Linear regression of family environment and parenting styles (n=423)

Family factors	Father parenting style			Mother parenting style			Parent parenting style (total)		
	<i>B</i>	<i>SE B</i>	$\beta$	<i>B</i>	<i>SE B</i>	$\beta$	<i>B</i>	<i>SE B</i>	$\beta$
Single parent	-.76	2.73	-.01	-.24	2.73	-.01	-1.52	3.17	-.02
Only child or not	-3.43*	1.61	-.11*	-3.22*	1.61	-.11*	-3.35	1.88	-.09
Rural and urban	4.63**	1.50	.16**	5.12***	1.50	.19***	4.96**	1.75	.15**
Boy or girl	-2.85*	1.38	-.09*	-2.70*	1.38	-.09*	-3.52*	1.60	-.10*
<i>R</i> <sup>2</sup>	.068			.071			.058		
<i>Adj R</i> <sup>2</sup>	.059			.062			.049		
<i>F</i>	7.6***			8.0***			6.4***		
<i>df</i>	(4, 418)			(4, 418)			(4, 418)		

( \**p*<.05 \*\* *p*<.01 \*\*\* *p*<.001 )

The statistics showed:

In terms of the explanatory power of the overall regression model, the overall influence of family environment on fathers' parenting styles reached 6.8%, after considering the simplicity adjustment, the explanatory power still was 5.9%, which is statistically significant,  $F(4,418)=7.6$ ,  $p<.001$ ; The overall influence of family environment on mothers' parenting styles reached 7.1%, and the adjusted explanatory power was 6.2%, which achieved a statistically significant

effect,  $F(4,418)=8.0, p<.001$ ; The influence of family environment on parents' overall degrees was a significant effect statistically,  $F(4,418)= 6.4, p<.001$ .

From the test of simple main effect, there was significant explanatory power for the father's parenting style, which included rural or urban, only or non-only child and boy or girl; For the mother's parenting style, there was significant explanatory power for rural or urban, only or non-only child, boy or girl;

For the overall parenting style, rural or urban, boys or girls have significant explanatory power. By contrast, the rural or urban residence has the most significant explanatory power to parenting style, and a single parent or double parent has no significant explanatory power to parenting style.

### 3.1.3 Study of parenting differences

To examine the differences of parenting styles in various family environments, this section intended to explore and analyze the four dimensions of one-child or non-one-child, single-parent or two-parent families, residence (rural or urban), and gender (male or female).

#### 3.1.3.1 Gender differences in parenting styles

The independent sample *t*-test method was used to identify the differences in parenting styles in terms of gender. The results were shown in Table 3.

Table 3. *t*-test of gender in parenting style

Parenting style	Mean (standard deviation)		Degrees of freedom	<i>t</i> value	<i>p</i>
	Male (n=283)	Female (n=140)			
F emotional warmth	50.08 (9.79)	52.13 (9.80)	421	-2.023	.044
F punished severely	19.33 (5.94)	17.97 (5.18)	313	2.416	.016
F over interference	21.13 (4.81)	19.55 (4.39)	421	3.271	.001
F preference for	11.13 (3.36)	11.70 (3.29)	421	-1.648	.100
F refusal and deny	10.83 (3.23)	9.98 (2.67)	327	2.843	.005
F over protection	14.39 (2.87)	13.20 (2.67)	421	4.105	.000
M emotional warmth	51.53 (10.60)	53.82 (10.29)	421	-2.117	.035
M interference protection	35.77 (7.26)	32.67 (6.72)	421	4.229	.000
M refusal and deny	13.58 (4.50)	12.72 (3.81)	421	1.930	.054
M severe punishment	13.75 (4.67)	12.68 (4.00)	318	2.453	.015
M preference for	11.13 (3.36)	11.70 (3.29)	421	-1.648	.100

The statistical results showed: from father, it had a significant difference between males and females in all other parenting styles except for the preference for subjects. Compared with boys, fathers showed more emotional warmth, understanding, and over-protection to girls; from mothers, there were significant differences between boys and girls in emotional warmth and understanding, excessive interference, protection, and severe punishment. Compared with boys, mothers had more emotional warmth and understanding of girls; Compared with girls, mothers tended to over interfere with boys' protection and punishment.

#### 3.1.3.2 Only and non-only child differences in parenting styles

The independent sample *t*-test method was used to identify the differences in parenting style between the only child and the non-only child. The results were shown in Table 4.

Table 4. *t*-test of whether or not the only child is in the parenting style

Parenting style	Mean (standard deviation)		Degrees of freedom	<i>t</i> value	<i>p</i>
	Only child (N=133)	Non-only children(n=290)			
F emotional warmth	52.44 (9.96)	49.99 (9.68)	421	2.39	.017
F punished severely	19.07 (6.53)	18.80 (5.34)	421	0.45	.652
F over interference	21.19 (4.84)	20.34 (4.66)	421	1.71	.087
F preference for	12.93 (3.29)	10.58 (3.11)	421	7.09	.000
F refusal and deny	10.47 (3.24)	10.58 (3.01)	421	-0.34	.728
F over protection	14.06 (2.86)	13.96 (2.86)	421	0.30	.761
M emotional warmth	53.96 (10.69)	51.52 (10.41)	421	2.21	.027
M severe punishment	13.50 (5.08)	13.35 (4.18)	421	.30	.758
M interference protection	35.43 (7.44)	34.42 (7.12)	421	1.33	.183
M preference for	12.93 (3.29)	10.58 (3.11)	421	7.09	.000
M refusal and deny	13.26 (4.52)	13.31 (4.20)	421	-.12	.905

The statistical results showed that there were significant differences between parents in an only child and non-only child in terms of emotional warmth and preference. For example, compared to non-only children, parents showed a higher level of emotional warmth and preference for their children. However, in terms of severe punishment, excessive interference, excessive protection, and refusal, parents did not present significant differences between their only children and non-only children.

3.1.3.3 Urban and rural differences in parenting styles

The independent sample *t*-test method was used to identify the difference in parenting style in a living environment (rural or urban). The results were shown in Table 5.

Table 5. *t*-test on the parenting style of the place of residence

Parenting style	Mean (standard deviation)		Degrees of freedom	<i>t</i> value	<i>p</i>
	Rural (n=242)	Town (n=181)			
F emotional warmth	49.41 (9.86)	52.57 (9.50)	421	-3.31	.001
F punished severely	18.87 (5.57)	18.91 (5.96)	421	-.07	.944
F over interference	20.14 (4.53)	21.24 (4.92)	421	-2.39	.017
F preference for	10.52 (3.13)	12.40 (3.32)	421	-5.94	.000
F refusal and deny	10.59 (3.12)	10.48 (3.04)	421	.372	.710
F over protection	14.06 (2.82)	13.91 (2.91)	421	.534	.595
M emotional warmth	50.82 (10.68)	54.25 (10.06)	421	-3.35	.001
M severe punishment	13.41 (4.38)	13.39 (4.63)	421	.047	.962
M interference protection	34.24 (7.01)	35.40 (7.48)	421	-1.63	.102
M preference for	10.52 (3.13)	12.40 (3.32)	421	-5.94	.000
M refusal and deny	13.35 (4.36)	13.22 (4.21)	421	.30	.761

The statistical results showed that there were significant differences between rural and urban areas in emotional warmth, excessive interference, and preference as father’s aspect; from mother, there were differences between urban and rural areas in emotional warmth and preference; and there was no urban-rural difference in the parents' harsh punishment, excessive protection, and refusal.

### 3.1.3.4 Single-parent and Two-parent differences in parenting styles

The independent sample *t*-test was used to identify differences in parenting styles in single-parent or double-parent families. The results were shown in Table 6.

Table 6. *t*-test of parenting style of single-parent families

Parenting style	Mean (standard deviation)		Degrees of freedom	<i>t</i> value	<i>p</i>
	Single-parent families (n = 26)	Two-parent family (n = 397)			
F emotional warmth	45.84 (9.43)	51.08 (9.78)	421	-2.65	.008
F punished severely	21.96 (7.28)	18.68 (5.57)	26.9	2.24	.033
F over interference	22.11 (6.09)	20.51 (4.62)	26.9	1.31	.200
F preference for	11.00 (4.15)	11.34 (3.29)	421	-.51	.609
F refusal and deny	12.69 (4.78)	10.41 (2.89)	26.2	2.40	.024
F over protection	14.50 (3.06)	13.96 (2.85)	421	.92	.356
M emotional warmth	46.80 (10.83)	52.64 (10.44)	421	-2.75	.006
M severe punishment	15.53 (5.91)	13.26 (4.34)	421	2.52	.012
M interference protection	37.38 (9.74)	34.57 (7.01)	421	1.92	.055
M preference for	11.00 (4.15)	11.34 (3.29)	421	-0.51	.609
M refusal and deny	15.76 (6.06)	13.13 (4.11)	421	3.05	.002

The statistical results showed that there were significant family structure differences between the parents in the three parenting styles of emotional warmth and understanding, punishment and harshness, and rejection and denial. As compared with single-parent families, parents in two-parent families showed more emotional warmth and understanding to their children; As compared with two-parent families, parents in single-parent families had a higher level of punishment and refusal to deny their children. Besides, there were no significant differences between single parents or parents in the three factors of over-interference, over-protection, and preference for subjects.

## 3.2 Research Findings and Discussion

### 3.2.1 Discussion on gender and parenting styles

From gender, there was a significant positive correlation between children's gender and parents' emotional warmth, and a significant negative correlation with father's severe punishment, excessive interference, refusal, overprotection, and a significant negative correlation with mother's severe punishment and preference. Further regression analysis showed that gender had a significant effect on parenting style. To use an independent sample *t*-test, the results showed that there were significant differences in parenting styles between males and females.

The findings of this study indicated the relationship between children's gender and parenting styles, supported the Korean scholar Hyun Sook's (2018) research, which parents tended to have excessive interference and emotional neglect in boys, but it seems warmer to girls. This study concludes that the relationship between girls and their parents is closer. This argument can fully explain what European scholars (Brand, Gerber, Kalak, et al., 2011) proposed, the way adolescents raise their parents will be different due to different genders.

### 3.2.2 Discussion on whether only child and parenting styles

It had a significant positive correlation with the father's emotional warmth, excessive interference, and preference. Identically, it had significantly positively correlated with the mother's emotional warmth and rejection. But it was not significantly positively correlated with other parenting methods of the parents.

An independent sample t-test showed the results: the non-only children feel a lower level of parents' preference for themselves. This finding supported the research conclusion of Chinese scholars (Peng XY, et al., 2016; Zhao J, et al., 2018)<sup>2 6</sup>, that is, the only child scored significantly higher than the non-only children in emotional warmth and preference, indicating that non-only children were more sensitive in above factors. Some literature believes that there are significant differences in parenting styles in different cultural backgrounds (Yang YL, 2013).

### 3.2.3 Discussion on urban-rural residence and parenting styles

Children living in rural or urban areas had a significant negative correlation with their father's emotional warmth and preference and a significant negative correlation with their mother's emotional warmth and refusal. The t-test showed that the father had significant differences between rural and urban areas in the three parenting styles: emotional warmth, excessive interference, and preference. The result was consistent with the conclusions of some researchers (Zhu ZL & Cao TT, 2010; Yang Q, 2018), but slightly different from other researchers' (Hamid, shba; Nawi, ABM, 2013).

To compared with rural children, fathers from urban families tended to show more emotional warmth, understanding, and preference for children, but they had a higher level of excessive interference in their children; Mothers in urban families had more emotional warmth, understanding, and preference for their children. From the perspective of comparison, fathers had significant urban-rural differences in excessive interference, while mothers had no differences between urban and rural areas in terms of excessive interference and protection. Besides, this study also found that there was no difference between urban and rural areas in the way of punishment, excessive protection, refusal, and other upbringings. It supported the conclusion that some research literature on the inter-generational change of Chinese rural parenting style (Rong L,2015;Tian F & Jing YC,2018)<sup>2 7</sup>.

### 3.2.4 Discussion on whether single-parent families and parenting styles

It showed that children in a single parent family were more likely to feel the aggressive attitude of their fathers less likely to undergo the warmth and understanding of their fathers. This study supports similar conclusions of relevant research literature (Li N et al., 2010; Duan LL,2018). For mothers, the results of this study are different, that is, mothers in a single parent family have a greater preference and protection for their children.

Compared with single parent families, parents in two parent families had a more emotional warmth of their children; while compared with two parent families, parents in single parent families had a higher level of punishment and refusal when they treated their children. This study supported the conclusion that the proportion of positive parenting in single parent families was far lower than that in a two parent family in some research literature (Hu WJ, 2006).

## 4. Conclusions and Recommendations

### 4.1 Research conclusions

This study revealed that there was significant differences in parenting styles based on different factors of the original family environment (gender, residence in urban and rural areas, the only child or not, and single parent family or not): Firstly, there was a significant correlation between environmental factors of the original family and parenting styles of Chinese College Students; Secondly, the relationship between family environmental factors and parenting styles was tested by regression analysis. Thirdly, multiple regression showed significant positive predictability, with the determination coefficient  $R^2 = .058$ ,  $f(4418) = 6.4$ ,  $P < 0.001$ ; Thirdly, the distribution of parenting styles in different elements of the original family environment had significant differences.

#### 4.2 Suggestions for Future Research

Given the limitations of the research in this paper, it is suggested that future research needs to be carried out from the following aspects: First, cross-study based on composite samples to explore different gender (male or female), different number of children (only or non only), different living environment (rural or urban), different family structure (single or double parents), should be carried out to explore the interaction and cross-distribution among other factors; The second is to conduct a cross-cultural comparative study based on the differences of national and regional concepts, to explore the potential impact of different cultural backgrounds on parenting styles, to find out their similarities and differences, and to explore their internal influence mechanism on family parenting styles; The third is trying to construct a model of influencing factors of parenting styles with extensive explanatory power and operability, so as to provide support for scientific family education..

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