

# The Relationship between Parenting Styles and Mental Health of College Students: the Mediating Role of Resilience

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**ABSTRACT:** *The Outlook on Life and Values of College Students Have Not Been Completely Established, Their Minds Are Not Yet Mature, and the Rapid Changes in Economy, Culture and Ideas Have a Great Impact on the Mental Health of College Students, and Various Psychological Problems Are on the Rise Year by Year. the Mental Health Status of College Students is Concerned by All Circles of Society. This Series of Events Reflects the Low Level of Mental Health and Mental Resilience of College Students, and the Family Behind the Events, Especially the Parenting Styles Effect on College Students is No Doubt Deep-Rooted and Lingering. on the Basis of the Research Results At Home and Abroad, This Paper Aims to Investigate the Characteristics of Parenting Styles, Mental Resilience and Mental Health of College Students through Empirical Research, and Further Explore the Relationship among Them, Then Find the Measures to Improve the Parenting Styles, Give Full Play to the Role of Mental Resilience of College Students, to Improve the Mental Health Level of College Students.*

**KEYWORDS:** *College Students, Parenting Styles, Mental Resilience, Mental Health*

## 1. Introduction

Good Parenting Styles Can Have a Positive Effect on Mental Health. Hamon Etc. Believe That Good Parenting Includes Democracy, Openness, Acceptance and Warmth [1] . Mothers' Tolerance and Parents' Democracy and Open-Mindedness Can Reduce the Incidence of Adult Depression; Parents' Acceptance and Warmth Can Effectively Reduce Children's Depression and Drug Abuse. Poor Parenting Styles Including Anger, Punishment, Lack of Warmth and Authoritarianism, is a Risk Factor for a Variety of Psychological, Behavioral, Personality and Even Mental Disorders[2]. Domestic Research Has Also Shown That Parenting Styles is Closely Related to Psychological Disorders in Children and Adolescents, and That Parenting Dimensions Have Different Effects on Different Psychological Symptoms. Previous Studies Have Shown That the Effects of Parenting Styles on Individual Behavior Are Mediated by Self Efficacy, Gratitude, and So on. Therefore, This Study

Assumes That Mental Resilience Plays an Intermediary Role between Parenting Styles and Mental Health, So as to Further Understand the Influence Process of Parenting Styles on Mental Health, and Provide Certain Theoretical Basis for Improving College students' Mental Health.

### ***1.1 Concept Definition***

Parenting styles :Lin Lei proposed that parenting styles refers to the behavioral tendency of parents in the course of raising and educating their children, which is a general characteristic of parental rearing behavior Is a relatively stable behavior [3] . Wang Xing and Wang Hui proposed that parenting styles refers to a principle followed in the upbringing and development of children [4] . Different scholars have different definitions of parenting styles, but it can be seen that parenting styles is a combination of cognition and behavior. Therefore, this study defines: parenting styles as the integrated features of language, emotion, behavior and attitude, which are stable across contexts and reflect the nature of parent-child interaction.

Mental resilience is also called mental toughness, resiliency, resilience, and so on. It is a good adaptation for individuals in the face of tragedy, trauma, life adversity, threats, or other major pressures in life .Mental resilience means resilience in the face of life's stresses and setbacks.

Mental Health: According to the World Health Organization of the United Nations, mental health refers not only to the absence of mental illness or abnormality, but also to the social adaptation of individuals, as well as the perfection of personality and the full development of their mental potential. Also, under certain objective condition will individual mood display the best condition [5] .

### ***1.2 Research Assumptions***

- (1) Parental rearing pattern can significantly predict the level of mental health.
- (2) Maternal rearing pattern can significantly predict the level of mental health.
- (3) Resilience mediates the relationship between parental rearing pattern and mental health.
- (4) Resilience mediates the relationship between maternal parenting style and mental health.

## **2. Methodology**

### ***2.1 Study Participants***

By using the method of random stratified sampling, the students of grade 1-4 in a university in Nanchong were randomly selected as subjects. A total of 930 copies

were distributed and 912 copies were withdrawn, with 437 boys and 475 girls.

## 2.2 Research Tools

(1) Parenting styles scale. There were 66 items and 11 factors, among which the type of father's rearing style included 6 factors and 58 items, and the type of mother's rearing style included 5 factors and 57 items. The questionnaire was graded on a scale of 4 from 1 (never) to 4 (always). The overall internal consistency coefficient of the scale was 0.92 [6].

(2) Mental resilience scale. The internal consistency coefficient of the scale was 0.91, and the correlation between each item and the total scale ranged from 0.45 to 0.84, with good reliability and validity [8].

(3) Symptom checklist 90 (SCL-90). General mental health scale, the less score, the better mental health level. The scale contains 90 items and 10 factors [7].

## 2.3 Test Procedure

In the group test, after the leader was read out on the spot, the questionnaires were given and collected for 20 minutes. All the questionnaires were analyzed by SPSS23.0, M-Plus.

## 3. Results and Discussion

### 3.1 The Relationship between Father's Rearing Style, Mental Toughness and Mental Health

Table 1 Correlation Among Parenting Style, Resilience and Mental Health of Fathers

	F1	F2	F3	F4	F5	F6	Mental toughness and mental health level
F1	--						
F2	-0.222*	--					
F3	0.092	0.478**	--				
F4	0.230**	0.051	0.177**	--			
F5	-0.165*	0.707**	0.462**	0.020	--		
F6	0.110*	0.252**	0.303**	0.124*	0.239**	--	

Mental toughness	0.171**	-0.209*	-0.014	0.042	-0.234*	-0.065	--
Mental health level	0.145**	-0.303*	-0.205*	0.010	-0.354*	-0.048	0.422**

Note: \* represents p<0. 05, \*\* represents p<0. 01, \*\*\*represents p<0. 001

As the table shows: Father's warmth and understanding factor is positively correlated with mental health level, while father's severe punishment, excessive interference and denial are negatively correlated with mental health level.

### 3.2 The Relationship among Maternal Rearing Pattern, Mental Toughness and Their Mental Health

Table 2 Correlation Analysis of Maternal Rearing Pattern, Mental Toughness and Mental Health

	M1	M2	M3	M4	M5	Mental toughness	Mental health level
M1	--						
M2	-0.362*	--					
M3	-0.075	0.228**	--				
M4	0.294**	0.069	0.080	--			
M5	-0.196*	0.343**	0.179**	0.040	--		
Mental toughness	0.211**	-0.166*	-0.115*	0.001	-0.213*	--	
Mental health level	0.164**	-0.287*	-0.194*	0.009	-0.209*	0.422**	--

Note: \* represents p<0. 05, \*\* represents p<0. 01, \*\*\*represents p<0. 001

As shown in the graph: there was a significant positive correlation between maternal emotional understanding and mental health, while there was a significant negative correlation between severe punishment, excessive interference and denial.

### 3.3 The Influence of Paternal Rearing Patterns on Mental Health: the Mediating Role of Resilience

The correlation analysis showed that there was a significant correlation between parenting styles, resilience and mental health. The father rearing style was used as

the predictive variable, the mental health level as the dependent variable and the mental toughness as the intermediate variable. Wen zhonglin's sequential test was used for stepwise regression analysis.

*Table 3 Regression of Mental Health with Parental Rearing Patterns as Predictive Variables*

	B	Beta	R2	F	t	sig.
F1	0.156	0.141	0.150	12.036***	2.807	0.005
F2	-0.090	-0.061			-0.867	0.387
F3	-0.144	-0.058			-1.007	0.315
F4	0.011	0.003			0.072	0.943
F5	-0.606	-0.230			-3.385	0.001
F6	-0.199	-0.053			-0.991	0.322

Note: \* represents  $p < 0.05$ , \*\* represents  $p < 0.01$ , \*\*\* represents  $p < 0.001$

The results showed that the regression coefficients of the two factors were significant, but the other four factors were not significant. F1 is warm, understanding, F2 is punitive, harsh, F3 is overly intrusive, F4 is biased, F5 is negative, F6 is overprotective.

*Table 4 Regression of Parental Rearing Patterns on Resilience*

	B	Beta	R2	F	t	sig.
F1	0.239	0.193	0.097	21.904***	4.022	0.000
F5	-0.608	-0.207			-4.311	0.000

Note: \* represents  $p < 0.05$ , \*\* represents  $p < 0.01$ , \*\*\* represents  $p < 0.001$

The results were as follows: The regression coefficients of father's warmth and understanding factor and father's refusal and denial factor were significant.

*Table 5 Regression of Parental Rearing Patterns and Resilience to Mental Health*

	B	Beta	R2	F	t	sig.
F1	0.070	0.063	0.260	47.845***	1.420	0.156
F5	-0.650	-0.216			-5.528	0.000
Mental toughness	0.328	0.365			8.152	0.000

Note: \* represents  $p < 0.05$ , \*\* represents  $p < 0.01$ , \*\*\* represents  $p < 0.001$

According to the mediation test of Wen Zhonglin, it can be concluded that mental toughness is the complete mediator between father's emotional warmth and understanding and mental health, and it plays a part of mediating role between father's refusal-denial factor and mental health. Father's emotional warmth and understanding only affect the level of mental health through mental toughness, while father's refusal-denial factor can directly affect the level of mental health and mental health through mental toughness.

### 3.4 The Influence of Maternal Rearing Patterns on Mental Health: the Mediating Effect of Resilience

Table 6 Regression of Maternal Rearing Patterns on Mental Health

	B	Beta	R2	F	t	sig.
M1	0.060	0.054	0.113	10.456***	1.005	0.315
M2	-0.344	-0.205			-3.809	0.000
M3	0.189	-0.127			-2.634	0.009
M4	0.068	0.022			0.442	0.659
M5	-0.226	-0.143			-2.033	0.043

The results showed that the regression coefficients of the three factors were significant, and those of the other two factors were not significant. M1 -- maternal warmth and understanding; M2 -- punishment and severity of the mother; M3 -- mother's excessive interference; M4 -- maternal preference; M5 -- mother rejects and denies; (same below).

Table 7 Regression of Maternal Rearing Patterns on Mental Health

	B	Beta	R2	F	t	sig.
M2	-0.166	-0.093			-1.799	0.073
M3	-0.100	-0.063	0.059	8.610***	-1.276	0.203
M5	-0.403	-0.170			-3.327	0.001

Note: \* represents  $p < 0.05$ , \*\* represents  $p < 0.01$ , \*\*\* represents  $p < 0.001$

The results showed that the regression coefficient of the mother's refusal-denial factor was significant, but the regression coefficient of the mother's severe punishment and the excessive interference factor was not significant.

Table 8 Regression of Maternal Parenting Style and Resilience to Mental Health

	B	Beta	R2	F	t	sig.
M5	-0.206	-0.102	0.254	29.579***	-2.260	0.024
Mental toughness	0.355	0.396			9.087	0.000

Note: \* represents  $p < 0.05$ , \*\* represents  $p < 0.01$ , \*\*\* represents  $p < 0.001$

According to Wen Zhonglin's mediating effect test, we can know that mental toughness plays a mediating role between the mother's refusal to deny her upbringing and the individual's mental health. The mother's denial factor can directly influence the level of mental health, it can also affect one's mental health by influencing one's mental toughness. It shows that refusal to deny the important influence of parenting style on children's mental state.

#### 4. Conclusion

The emotional warmth, understanding and denial factors in the factors of father's parenting style can significantly predict the level of mental health. Hypothesis 1 was validated. The factors of severe punishment, excessive interference and denial can negatively predict the level of mental health. Hypothesis 2 was validated.

In the development of children, parents influence their children's behavior, emotion, personality and cognitive development through active or passive, reactive or non-reactive parenting [9]. The understanding and care of parents have a positive effect on their children's mental health, while the negative effects are caused by negative parenting styles such as rejection, laissez-faire and severe punishment[10].

Mental toughness plays a completely mediating role between father's emotional warmth and understanding factor and mental health level, and a part mediating role between father's and mother's refusal and denial factor and mental health level. This conclusion not only confirms the research hypothesis, but also expands the existing research findings. When college students experience more love and less control from their parents, they will develop higher levels of mental toughness, higher ability to resist frustration and self-repair, and then have higher levels of mental health.

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