



Parenting Styles and Its Impact on Alcoholism and Psychological Distress among College Students

Anchal Arya

Post graduate in Clinical Psychology, Amity University Gurgaon, Haryana, India
Aryaanchal47@gmail.com

ABSTRACT

A parenting style is a psychological construct representing standard strategies the parents use in their child rearing. Children go through different stages in life; therefore parents create their own parenting styles from a combination of factors that evolve over time as children begin to develop their own personalities. Parenting styles has been identified as one of the most important risk and protective factors for substance use in college students. The present study examines the relationship of parenting style in alcoholism and psychological distress in college students. The study was conducted on 60 college aging from 18-25. Standardized scales were used to measure the parenting style, alcoholism and psychological distress University students are consistently reported to have higher levels of mental distress as compared to the general population. Psychological Distress found to be positively correlated with over controlled mother behaviour, over controlled father behaviour, abusive father behaviour and indifference father behaviour. Further Psychological Distress was also positively correlated with Alcoholism. Most adults will become parents at some point in their lives. And while most of us strive to be great parents, we may also find ourselves confused and frustrated by the seemingly endless challenges of parenthood. In a nutshell, positive parents support a child's healthy growth and inner spirit by being loving, supporting, firm, consistent and involved. Such parents go beyond communicating their expectations, but practice what they preach by being positive role models for their children to emulate. Parents should talk early and often with their children, about their concerns and regarding alcohol. Adolescents who know their parents' opinion about youth drinking are more likely to fall in line with their expectations. Establish policies early and be consistent about setting expectations and enforcing rules. Adolescents do feel that parents should have a say in decisions about drinking, and they maintain their deference to parental authority as long as they perceive the message to be legitimate. Consistency is central to legitimacy.

Keywords: Parenting Style, Alcoholism, Psychological Distress, College Students

Introduction

"Parenting is the biggest sacrifice one can make. It's putting your life on hold to fulfil the promise of your children's tomorrow". - Thakur K. Nilamm

Alcohol usage before college has been proven to be influenced by parental style. In Western countries, the association between parenting style and alcohol intake has gotten a lot of attention over the years, but it hasn't always been consistent (Miovsky, 2013). There are numerous compelling reasons to investigate the link between parenting style and kid alcohol consumption (Dickinson & Jackson, 1999) Many studies have found a strong link between parental quality and teenagers' development of relatively high levels of self-esteem, behavioural control, and peer pressure resistance.

Alcoholism is the most serious form of alcohol abuse, characterised by an inability to control one's drinking habits. It's also known as alcoholism or alcohol use disorder. Excessive alcohol use can harm all organs, but the brain, immune system, liver, and pancreas are most vulnerable. Alcoholism can lead to mental disorders, irregular heartbeats, a weakened immune system, and an increased risk of cancer. One of the most frequent mental health issues in the society is psychological discomfort. It is a state of mental anguish. Furthermore, trauma is frequent, with a number ranging from 52 percent to 85 percent of pupils experiencing it, with 9 percent to 59 percent of those at risk of developing post-traumatic stress disorder (Durkin, 2005). Several factors have been linked to mental distress among university students, including sex (female students reporting higher levels than males), lack of interest in the field of study, lack of close friends, never attending religious programmes, conflict with friends, financial problems, family history of mental illness, and use of drugs such as cocaine, MDMA, and others.

When you are overwhelmed, psychological distress explains the unpleasant feelings or emotions you may experience. These emotions and feelings might get in the way of your day-to-day activities and influence how you interact with others. When you're faced with stresses you can't handle, you'll experience psychological distress. Many studies have found that university students suffer from significant levels of psychological discomfort, including despair, anxiety, and the risk of suicide.

Parenting Style

Parents' major responsibility is to guide, instruct, and govern their children. This control is based on two parenting characteristics: responsiveness and demandingness. A parenting style is a collection of a parent's attitudes and behaviours toward their children, in which the parent's behaviour is reflected (Darling and Steinberg, 1993). Based on responsiveness and demandingness, parenting styles have been divided into four categories. Authoritative parents provide not only love and support, but also clear rules and persistent discipline. To acquire conformity, parents of this kind frequently utilise hostile control or arbitrarily harsh punishment, but they rarely provide explanations or enable verbal give and take. Indulgent parenting is characterised by a low level of demand but a high level of responsiveness. These parents are attentive to their children and meet their needs, but they do not establish suitable disciplinary procedures, demonstrate behaviour control, or make demands for adult behaviour. Finally, a neglectful parenting style is defined by its lack of demand and attentiveness. Neglectful parents are mostly concerned with themselves, and they are rarely involved in child rearing activities. They don't provide comfort or establish guidelines for their children. Parenting is thought to be a method of preparing your child for independence. Consistency and routine are important aspects of good parenting, as they provide children a sense of control.

.Parenting style shown by a child's mother and father has been found to influence whether he or she will use alcohol. Children whose parents who do not set clear rules against or do not monitor alcohol use by children could be at greater use for alcohol use (Mohler Kuo, 2015). Students with strong emotional ties to family members are less likely to engage in deviant behaviour (Baumrind, 1971).

A systematic review of longitudinal studies by (Ryan, 2010) found that several aspects of parental behaviour were linked with age of initiation of alcohol use and later drinking levels. The review by (Miovsky, 2013) focused on the use of alcohol by adolescents and found evidence of a connection between various parenting styles and alcohol use but these connections carried with the age of the child, with gender and with cultural values.

Alcoholism

Environment and genetics are two responsive factors that develop alcoholism in an individual. Alcoholism is more common in males and young adults. Psychiatric disorder is common in people with alcohol use disorders. Alcohol is most available, widely consumed and widely misused recreational drug. Beer alone is most widely consumed alcoholic beverages worldwide. It is the third most popular drink after water and tea. Even the young adults find this interesting and cool to have alcohol just to be that elite member in their group or the society, but the after effects of alcohol are too dangerous. Evidence has been found to suggest that initiation of alcohol use during childhood greatly increases the risk of use and abuse during adolescents and throughout life (Mohler-kuo, 2015). Cohen, Richardson & LaBree (1994) concluded that parenting behaviour are significant precursors to disruptive behaviour, vulnerability and succumbing to peer pressure and substance use by adolescents. According to the (NID, 1986) awareness among researchers and college administrators of the severity of collegiate drinking has increased over the past decade. . According to studies, almost two out of every five college students participate in heavy episodic drinking (five or more drinks on a single occasion for men and four or more drinks for women) Approximately 25% consume alcohol on ten or more occasions each month, and nearly a third report becoming inebriated three or more times per month (Nelson, 2008).

Psychological Distress

Psychological distress is typically characterised as the result of an individual's perception that a stressor is greater than their ability to cope with it (Cohen & Rice, 1997). Higher degrees of depression, anxiety, stress, burnout, and hopelessness have been linked to increased and problematic use of substances like alcohol, as well as an increased risk of suicide and interpersonal disputes, as well as poor academic performance and health. It's a collection of uncomfortable mental and physical symptoms that most people associate with typical mood swings. Psychological discomfort, on the other hand, can signal the onset of major depressive disorder, anxiety disorder, schizophrenia, or a range of other clinical illnesses.

Homesickness, cultural shock, working while studying, and different relationship issues may cause discomfort among young adults attending postsecondary institutions (Dyrbye, 2005). Parental attachment dimensions have also been found to be variably associated with young adult alcohol use (Kassel & Roberts, 2007), with an anxious adult attachment style significantly predicting alcohol use due to stress or unpleasant affect.

Purpose

The aim is to study the parenting styles and its impact on alcoholism and psychological distress among college students.

Hypothesis

1. Psychological Distress will be positively correlated with Alcoholism.
2. Psychological Distress will be positively correlated with all types of Mother.
3. Psychological Distress will be positively correlated with all types of Father.

Method

Sample

The sample consists of 60 college students from Delhi and Haryana, aging from 18-25 years.

Measures

The following standardized tests were used:

- 1. Measure of parental styles (MOPS)** MOPS is a 10 item self-assessment tool used to measure perceived parenting style across the following three measures: Indifference, abuse and over control. The measure of parental style (MOPS) was developed to overcome some shortcomings in the Parental bond instrument as developed by (Parker, 1997) Respondents were asked to rate each item on a 4 point scale ranging from 0 (not true at all) to 3 (extremely true).
- 2. The Alcohol Use Disorder Identification test (AUDIT)** Audit is a 10 item screening tool developed by World health Organisation (WHO) in 1982 to assess alcohol consumption, drinking behaviours and alcohol related problems.
- 3. Kessler Psychological Distress Scale (K10)** k10 is a scale of non-specific psychological distress. It was developed by Kessler & Mroczek (2003). It is a 10 item questionnaire intended to yield a global measure of distress based on questions about anxiety and depressive symptoms that a person has experienced in the most recent 4 week period. Respondents were asked to rate each item on a 5 point scale ranging from 1 (none of the time) to 5 (all of the time).

Procedure

The participants were informed about the purpose of the research and the questionnaires were filled through Google forms. The participants were assured of the confidentiality of the information to elicit their honest responses without any fear of inhibitions. Standardized psychological tests were administered to participants.

Analysis of Data

Results

TABLE 1: Shows N, Mean and Standard Deviation

	GENDER	OVERCONTROL MOTHER BEHAVIOUR	ABUSE OTHER BEHAVI OUR	INDIFFERENCE OTHER BEHAVIOUR	OVERCONTROL FATHER BEHAVIOUR	ABUSE FATHER BEHAVI OUR	INDIFFERENCE FATHER BEHAVIOUR	Alcoholis m	Psyc holog ical distr ess
N	F	34	34	34	34	34	34	34	34
	M	26	26	26	26	26	26	26	26
Mean	F	2.68	0.647	0.265	2.56	0.794	0.676	2.62	23.4
	M	2.85	0.808	0.462	2.85	0.846	0.154	4.19	18.2
Standard deviation	F	1.87	1.25	0.618	1.74	1.15	2.20	5.61	10.3
	M	2.38	1.27	1.27	2.75	1.59	0.784	6.15	8.15

Table 2: shows correlation of all variables

	OVERCONTROL MOTHER BEHAVIOUR	ABUSE MOTHER BEHAVIOUR	INDIFFERENCE MOTHER BEHAVIOUR	OVERCONTROL FATHER BEHAVIOUR	ABUSE FATHER BEHAVIOUR	INDIFFERENCE FATHER BEHAVIOUR	ALCOHOLISM	PSYCHOLOGICAL DISTRESS
OVERCONTROL MOTHER	—							
ABUSE MOTHER	0.667 ***	—						
INDIFFERENCE MOTHER	0.343 **	0.483 ***	—					
OVERCONTROL FATHER	0.589 ***	0.395 **	-0.003	—				
ABUSE FATHER	0.393 **	0.653 ***	0.222	0.592 ***	—			
INDIFFERENCE FATHER	0.111	0.215	0.189	0.191	0.513 ***	—		
ALCOHOLISM	0.098	0.093	-0.053	0.169	0.216	-0.048	—	
PSYCHOLOGICAL DISTRESS	0.298 *	0.214	-0.057	0.359 **	0.440 ***	0.267 *	0.345 **	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Discussion of results

The result found out that there is a positive significant correlation between over control mother behaviour and abusive mother behaviour ($r=0.667$, $p<.001$). Positive significant correlation between over control mother behaviour and indifference mother behaviour ($r=0.343$, $p<.01$). Positive significant correlation between abusive mother behaviour and Indifference mother behaviour ($r=0.483$, $p<.001$). There is a positive significant correlation between Over control father behaviour and over control mother behaviour ($r=0.589$, $p<.001$). Positive significant correlation between abusive measure and over control father behaviour ($r=0.395$, $p<.001$). Positive significant correlation between over control mother and abusive father behaviour ($r=0.393$, $p<.001$). Positive significant correlation between abusive mother behaviour and abusive father behaviour ($r=0.653$, $p<.001$). Positive significant correlation between over control father behaviour and abusive father behaviour ($r=0.592$, $p<.001$). Positive significant correlation between abusive father behaviour and indifference father behaviour ($r=0.513$, $p<.001$). Positive significant correlation between over control mother behaviour and psychological distress ($r=0.298$, $p<.05$). Positive significant correlation between over control father behaviour and psychological distress ($r=0.359$, $p<.01$). Positive significant correlation between abusive father behaviour and psychological distress ($r=0.440$, $p<.001$). Positive significant correlation between indifference father behaviour and psychological distress ($r=0.267$, $p<.05$). Positive significant correlation between alcoholism and psychological distress ($r=0.345$, $p<.001$). Therefore there is no correlation between over control father behaviour, over control mother behaviour and alcoholism.

Globally the inception of Tabaco, alcohol, marijuana or heroin or other drug use initiates during early age and rapidly from early to late adolescents (Cox, 2018). It is claimed by (McLaughlin, Campbell, & McColgan, 2016) substance abuse causes critical impacts on the cardiovascular system: increases the blood pressure, maximizes the shortness of breath: causes haemorrhagic stroke and risk of arrhythmias, other kinds of failure in cardiac and other circulatory issues, and increased risk of cancer. Further, it is also claimed that a lower consumption of drugs may increase high density lipoprotein cholesterol: minimise arteries' plaque accumulations and also have effect of mild anti-coagulating (Minaie, 2015). Thus in order to make people overcome their addiction a number of self-management programs have been introduced by both governmental and non-government organisations. Among the risk factors for alcohol use in adolescents, parental behaviours have been reported as a major factor of influence (Calafat, Garcia, & Fernandez, 2014). Further longitudinal studies should start evaluating adolescents at the early age in order to take into account the most precocious use of drugs, using additional measure of parenting style as reported by parents. People with a tendency toward problematic alcohol use may exhibit general anxiety issues which influence their recall of parenting style. (Wisdom, Raphael, & DuMont, 2004) Sensitivity to parental behaviour, rumination, worry and internalisation may be the central factors that influence recall of parental behaviours and contributing to the strong reinforcing effects brought about by the relaxing effects of alcohol. In addition, there may be other variables not included in the present study which may be relevant to the development.

Conclusion

The research study comprehends the Parenting styles and its impact on alcoholism and psychological distress among college students. However research shows that there is positive significant correlation among the parenting styles such as abusive measure, indifference behaviour and over control behaviour of father and mother. However, there is no correlation between over control father behaviour, over control mother behaviour and alcoholism. Over controlling of parents is a total common among college students which has effects on their well-being.

References

- Baumrind, D. (1971). Current patterns of parental authority. *Developmental Psychology*, 4(1, Pt.2), 1–103. <https://doi.org/10.1037/h0030372>
- ČAblová, L., Pazdzerková, K., & Miovský, M. (2013). Parenting styles and alcohol use among children and adolescents: A systematic review. *Drugs: Education, Prevention and Policy*, 21(1), 1–13. <https://doi.org/10.3109/09687637.2013.817536>
- Cox, M. J., Ennett, S. T., Foshee, V., Hussong, A., Lippold, M., & McNaughton-Reyes, H. L. (2018). Bidirectional Relationships between Alcohol-Specific Parental Socialization Behaviors and Adolescent Alcohol Misuse. *Substance Use & Misuse*, 53(10), 1645–1656. <https://doi.org/10.1080/10826084.2017.1421663>
- Calafat, A., García, F., Juan, M., Becoña, E., & Fernández-Hermida, J. R. (2014). Which parenting style is more protective against adolescent substance use? Evidence within the European context. *Drug and Alcohol Dependence*, 138, 185–192. <https://doi.org/10.1016/j.drugalcdep.2014.02.705>
- Cohen, D. A., & Rice, J. (1997). Parenting Styles, Adolescent Substance Use, and Academic Achievement. *Journal of Drug Education*, 27(2), 199–211. <https://doi.org/10.2190/qqq-6q1g-uf7d-5utj>
- Durkin, K. F., Wolfe, T. W., & Clark, G. A. (2005). COLLEGE STUDENTS AND BINGE DRINKING: AN EVALUATION OF SOCIAL LEARNING THEORY. *Sociological Spectrum*, 25(3), 255–272. <https://doi.org/10.1080/027321790518681>
- Dyrbye, L. N., Thomas, M. R., & Shanafelt, T. D. (2005). Medical Student Distress: Causes, Consequences, and Proposed Solutions. *Mayo Clinic Proceedings*, 80(12), 1613–1622. <https://doi.org/10.4065/80.12.1613>
- Jackson, C., Henriksen, L., & Dickinson, D. (1999). Alcohol-specific socialization, parenting behaviors and alcohol use by children. *Journal of Studies on Alcohol*, 60(3), 362–367. <https://doi.org/10.15288/jsa.1999.60.362>
- Kassel, J. D., Wardle, M., & Roberts, J. E. (2007). Adult attachment security and college student substance use. *Addictive Behaviors*, 32(6), 1164–1176. <https://doi.org/10.1016/j.addbeh.2006.08.005>
- McLaughlin, A., Campbell, A., & McColgan, M. (2016). Adolescent Substance Use in the Context of the Family: A Qualitative Study of Young People's Views on Parent-Child Attachments, Parenting Style and Parental Substance Use. *Substance Use & Misuse*, 51(14), 1846–1855. <https://doi.org/10.1080/10826084.2016.1197941>
- Mohler-Kuo, M., Foster, S., Gmel, G., Dey, M., & Dermota, P. (2015). DSM-IV and DSM-5 alcohol use disorder among young Swiss men. *Addiction*, 110(3), 429–440. <https://doi.org/10.1111/add.12800>
- Minaie, M. G., Hui, K. K., Leung, R. K., Toumbourou, J. W., & King, R. M. (2015). Parenting Style and Behavior as Longitudinal Predictors of Adolescent Alcohol Use. *Journal of Studies on Alcohol and Drugs*, 76(5), 671–679. <https://doi.org/10.15288/jsad.2015.76.671>
- National Institute on Alcohol Abuse and Alcoholism and National Institute on Drug Abuse present First National Conference on Alcohol and Drug Abuse Prevention: “Sharing Knowledge for Action.” (1986). *Journal of Studies on Alcohol*, 47(2), 175. <https://doi.org/10.15288/jsa.1986.47.175>
- PARKER, G., ROUSSOS, J., HADZI-PAVLOVIC, D., MITCHELL, P., & WILHELM, K. (1997). The development of a refined measure of dysfunctional parenting and assessment of its relevance in patients with affective disorders. *Psychological Medicine*, 27(5), 1193–1203. <https://doi.org/10.1017/s003329179700545x>
- PARKER, G., ROUSSOS, J., HADZI-PAVLOVIC, D., MITCHELL, P., WILHELM, K., & AUSTIN, M. P. (1997). The development of a refined measure of dysfunctional parenting and assessment of its relevance in patients with affective disorders. *Psychological Medicine*, 27(5), 1193–1203. <https://doi.org/10.1017/s003329179700545x>
- Ryan, S. M., Jorm, A. F., & Lubman, D. I. (2010). Parenting Factors Associated with Reduced Adolescent Alcohol Use: A Systematic Review of Longitudinal Studies. *Australian & New Zealand Journal of Psychiatry*, 44(9), 774–783. <https://doi.org/10.1080/00048674.2010.501759>
- Wechsler, H., & Nelson, T. F. (2008). What We Have Learned From the Harvard School of Public Health College Alcohol Study: Focusing Attention on College Student Alcohol Consumption and the Environmental Conditions That Promote It. *Journal of Studies on Alcohol and Drugs*, 69(4), 481–490. <https://doi.org/10.15288/jsad.2008.69.481>
- Widom, C. S., Raphael, K. G., & DuMont, K. A. (2004). The case for prospective longitudinal studies in child maltreatment research: commentary on Dube, Williamson, Thompson, Felitti, and Anda (2004). *Child Abuse & Neglect*, 28(7), 715–722. <https://doi.org/10.1016/j.chiabu.2004.03.009>