

## The relationship of perceived parenting lifestyle procedures in adolescents with fear of negative evaluation

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**Abstract:** The aim of this study is to determine the relationship between lifestyle and perceived parenting styles with fear of negative evaluation in adolescents. For this purpose, according to a research survey, a sample of 200 high school students (108 females and 87 males) by lifestyle questionnaire and perception questionnaire of parenting styles (Shefer, 1965: PSQ) and short version of the fear scale of negative evaluation (Iiri, 1983) were studied. Data was analyzed by correlation and ANOVA and stepwise regression. The results showed that: (1) the significant difference between the parenting styles in terms of fear of negative evaluation does not exist, (2) there was no significant correlation between the fear of negative evaluation and perceived parenting styles (dimension of affection and control), (3) in main lifestyle subscales, responsibility and the need to acknowledge and, from supportive subscales, the scale of rigor and effort for perfection, has direct and significant relationship with fear of negative evaluation, (4) in order to achieve the predictive equation for fear of negative evaluation of the subscales of life style and determine the contribution of each subscale in predicting, we used stepwise regression analysis, that according to these results, among the all main and supportive lifestyle subscales, accountability and rigor subscales were meaningful forecasts of fear of negative evaluation.

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**Key words:** Lifestyle, Parenting Styles, Fear of Negative Evaluation, Adolescents.

### Introduction

Adolescence represents a period of profound change that separates children from adults and the most important phenomenon of youth is the evolution and change of personality. Adolescence is accompanied by big mental and physical changes (Romeo, 2013; Cadel, 2013). Peterson (1988) considers the adolescence as a stage of life that started with biological changes and complete with social changes. Adolescence is a part of life that many changes in the biological, cognitive, psychological and social processes occur and, the willingness to make intimate relationship and self-disclosure increases. An important task at this stage of teenage life is the search for self-identity (Marsia, 1979-1980). Ericsson was the first person that recognized identity recognition as a major achievement in adolescence and an important step towards becoming a productive and pleasing person. According to Ericsson, if the teenager fails to achieve an independent identity, he cannot have an accurate assessment of his abilities. There are a lot of meanings for identity, but in general we can know the identity as a feature or quality that leads to distinguishing and identifying individual, race, or societies from each other. Concept of identity that Ericson introduced has two faces: on the one hand the feelings that a person has from himself (self-comparison) and on the other hand descriptions that others (valuable people to him) have of him (Mansoor, Dadsetaan, 1391). According to Plgryna,

Garcia and Casanova (2003), fervor and love of parents is a resource that helps children in search of their identity and through this means, achieve feeling of safeness, confident and positive vision to others. Parent's admission is the necessary condition to create a specific behavior, such as self-esteem and high confidence that these items, are necessary to achieve an independent identity. Studies shows that any negative assessment of the ability of children, causes inefficiencies in their life's responsibility that is mentioned in the form of "identity crisis". Without any doubt, the most important today world social damage is the identity-crisis that its symptoms can be found in all social, cultural, economic, political that are clearly visible at international level. Identity crisis has several indicators that include: (1) Lack of mental balance (2) Feeling of emptiness, (3) Separation of the self.

The greatest changes in attitudes occur in adolescence (Mansour, 1391). Studies show that changing teenage attitude is under influence of factors such as family, peers, and social environments (Internet and cyberspace). The internet is the greatest revolution of our time that leads to the incredible spread of human virtual communication, which has brought significant thinking and synergies. Excessive interest in this technology, will damage morale and even lead to addiction. Kaplan concluded that loneliness, shyness, social withdrawal, and depression are such features of addicts to the Internet and they are at a lower level of social reaction. Idery findings

reveal the eminent contribution peers in creating this change, therefore adolescent fear of the judgment of others can busy teenage mind in the classroom because he's afraid of teacher or classmates negatively assesses. Thus school environment is an effective factor in problems such as adolescents anxious. Although teens affected by peers, and his relationship with peers is very affective on his growth, but the role of parents in their children's mental development is outstanding. One of the effects that parental behavior may have on children is instilling negative perceptions of their abilities and skills. Fear of negative evaluation is a psychological fear caused by the imbalance between the environment demands as one of the common features of anxious and social phobia, because the people who has social anxious, regularly and repeatedly focus on the evidence of their failure and are afraid of not seems desirable in others minds. So as perfectionist people, they consider high standards for themselves and they want to reach these standards. Harter believes that teenager vision of the perception of others assessments about himself, comes primarily from social acceptance. Family is the most important social institution in terms of personality genesis, nurturing of children, society compatibility and identity achievement. Most psychologists consider interactions between parents and children as the basis of emotional upheaval so that most of studies in domain of parenting behaviors are based on importance of parent-child relationship and effect of parenting methods on creation of relationship between child and others in adulthood.

The relationship between children and parents and other family members can be considered as a system or network that is always in the interactions with each other. People always try to create a balance between their behavior and attitudes. This system directly or indirectly, affects children through different styles and methods of parenting. Parenting styles have been defined as: "a set of behaviors that determines the interaction of parent - child in different situations". Lack of acceptance by parents can have an impact on reducing self-esteem and thereby increase in depression. Parent-child interaction problems may also lead to maladaptive responses. According to Scheffer, parenting practices based on interaction between aspects of their behavior are variable. The first criterion is to examine the relationship parent - child (affection or rejection), second criterion has discussed ways to harness the child's behavior (control or release). In general, the combination of these two criteria, which are formed four distinct parenting practices include: authoritative, careless, autocratic and permissive. Studies in Iran have shown that the relationship between parenting styles and academic achievement of students who have mothers with

autocratic style, has been negative and the relationship of mothers with an authoritative style has been positive. In recent years, psychologists have emphasized on issues related to self-concept that forms the basis of the adolescent evaluation and people how are responsible for child rearing self-concept in early of the life. Among these, social experience has particular importance. The base of adolescent self-concept is teen's family, the adolescent's most important people. Self-concept is the overall organization of self-perception that is multi-faceted, hierarchical and relatively constant. Parents who are loving and positive evaluator of their children and provide good emotional support for their children, their children sense self-worth, and it feeds them. The results show that adolescents that bred in authoritarian families with high containment, they do not ensure their ability because they always are encountered with the parent's instructions and criticisms. The uncertainty of ability makes the person be disturbed by others negative assesses and judges. Diana Baumrind has studied on two parent - child interaction factors "receptivity" and "expect". The expectation is that the expected degree from the child's parents to supervise children's activities (control or release) and receptivity factor indicates the level of parental warmth and support of the child (affection or rejection). Parental attitudes and behaviors may cause that adolescent don't have perceptions of the realistic abilities, so that adolescent's understand from the lifestyle has an important impact on their assessment of ability. From the perspective of cognitive-behavioral, fear of negative evaluation is the social anxiety core. Poor parental care, makes weak the parent-child bond, while strong interest increases self-worthiness in adulthood. Recent studies show that many teenagers suffer from emotional and psychological problems. Worry leads to adverse effects on an individual's behavior and cause mental and physical problems. Some of these problems include sleep disorders, intolerance of ambiguity, poor problem solving, back pain, breathing problems. On the other hand, parenting style affects the lifestyle of families. Lifestyle is a broad and multidimensional concept. Giddens believes humans as a factor have an effect in the formation of identity and human under pressure of the social structure mimics life more. According to Adler, lifestyle as a cognitive map, drives people to achieve their goals in life. Lifestyle can be defined in the form of a set of attitudes, values, behavior practices, mood and chosen preferences by the humans for's life. Lifestyle during his transformation takes effect from a combination of factors such as family environment and the social context. Lifestyle is almost a constant pattern of thought, feeling and action that its foundation form in

the family and take effects of variables such as parental attitudes, appearance, social status of the family, the social life of the family (number of children, birth order and one child) and gender role. Lifestyle differences between groups actually are the preliminary form of structural social grouping. Bourdieu knows that lifestyle is the visible result of habits. One of the origins of social problems and fear of negative evaluation is inferiority complex, which it is the consequences of an unhealthy lifestyle and unbalanced parenting style. From a psychological standpoint, an inferiority complex is a personality issue comes from youth, unhealthy lifestyle and unbalanced parenting style have negative effects on adolescents' ability to evaluate their abilities. Due to the importance of the relationship between parents and children, the main question in this study we sought to answer is: is the perception of children of lifestyle and the type of parent's parenting related to teenager's negative assessment of himself?

#### Method

This study is a correlation. The statistical population included all male and female high school students studying in Tehran on 92-93 school year that 240 people were selected. Using cluster-random sampling, from the 22 districts of Tehran were randomly selected 8 regions (2, 4, 9 and 14). Then, a list of all high schools in these areas was prepared and from each Region 2 High Schools (one for boys and one for girls) was selected randomly. In the next step, from every high school and from third base and pre-university a class was chosen randomly and questionnaires were distributed among them.

#### Research tools

In this study, the following scale was used to collect data:

**A) perception from parenting style scale questionnaire (PSQ):** this questionnaire by Naghashiyani, 1358, based on the work of Schaefer is provided. This questionnaire has 77 questions and measures two criteria of containment and loving in the parent-child relationships. In the study of Sadeghi, Heidari, Mazaheri (1386) reliability of the whole questionnaire was calculated 0.88, containment criteria 0.78 and affection 0.94. In Ahmadi, Pakdaman and Heydari research (1390), the validity of the questionnaire through Cronbach's alpha were measured containment criteria of 0.74 and affection 0.95. Questions 1 to 42 is related to containment that question 14 directly (always = 1, almost always = 2, sometimes = 3, almost=4, never = 5) and 15 to 42 in reverse will be graded. The maximum score is 210 for containment dimension. Questions 43 to 77 are related to affection that questions 43 to 60 directly and 61 to 77 inversely will be graded. The maximum score for this criterion is 175. Question of this questionnaire measure criteria

of control- freedom and affection-rejection. The combination of these dimensions, emerge 4 types of parenting practices below:

1. Authoritative parenting style: high control and high affection
2. Permissive parenting style: low control - high affection
3. Authoritarian parenting style: high control - low affection
4. Careless parenting style: low control - low affection

The constructor report reliability of the scale is 0.87.

#### **B) Lifestyle Questionnaire (Basis-A):**

Kern and his colleagues have developed Adler basic scales for the success of Interpersonal (adult version). This scale is a questionnaire can be used as a tool to research and clinical or education. This is a self-assessment questionnaire with 62 words, 5 options. Options are included "strongly agree", "agree", "indifferent", "disagree" and "strongly disagree". Scoring the options varies between 1 up to 5, based on the selection order. 15 questions will be scored reversely as follows: 4, 12, 26, 30, 35, 40, 42, 44, 45, 49, 52, 54, 55, 59, 60. All 62 questions start with the phrase "When I was young" and want the person recalled memories of his childhood and assess with the above options. The questionnaire has 5 original scales and 5 minor scales. Five main scales evaluate five lifestyle issues which include social belonging, reconciliation, and responsibility, need to be confirmed and caution. Minor scales are included: strictness, eligibility, loved by all, strives for perfection, calmness. The constructors have reported that the internal consistency of the five main factors with alpha coefficients is ranged between the 0.82 and 0.87. Also, its open test coefficient has been between 0.81 and 0.90.

#### **C) Fear of Negative Evaluation Scale questionnaire (BFNE):**

This scale is made by Leary in 1983 to measure the stress of social assessment based on fear of negative evaluation. This scale, which contains 12 questions, is used to measure fear of negative evaluation as a criterion for the diagnosis of social phobia and other disorders. This scale has 5 kinds answers (never true =1 to almost always true = 5). Higher scores represent a higher level of fear and anxiety they experienced. Eight questions on this scale have declared positive and negative for the other eight questions that the scoring must be represented reversely. Shekari and others (1387) to examine the psychometric properties of BFNE executed this scale for 325 high school students. Cronbach's alpha coefficient of internal consistency was 0.87. Correlation of questions and the entire questionnaire

was among the 0.50 to 0.66 and remove any of the questions will not take credit for. The Cronbach's alpha coefficient was 0.47 for internal consistency of questions that are reversely scored. The entire questionnaire correlations obtained between 0.24 to 0.29 and remove any of the questions did not help to increase credibility.

#### Findings:

After collecting questionnaire and removing bug cases, 195 data of the 240 samples were analyzed. Then the people's parenting styles were divided into 4 types and scores of minor scales of lifestyles were also calculated. First, through devious ANOVA, the difference between perceived parenting styles were compared in fear of negative evaluation, which descriptive values with its results presented in Table 1.

Table 1-The average and standard deviaton fear of negative evaluation in terms of parenting style and the results of ANOVA

Descriptive Values				Devious ANOVA					
Style	Quantity	Average	Standard Deviation	Source	Total Squares	df	Total Squares	F	Sig.
Dominant	48	38.77	7.3	Parenting Styles	67.93	3	22.64	0.37	0.77
Easy going	53	38.15	7.9						
Opinionated	47	37.25	7.6	Error	11539	191	60.41		
Nonchalant	47	37.46	8.2						
Total	195	37.92	7.7	Total	292049	195			

According to ANOVA test results indicated that there are no significant differences between the parenting styles in terms of fear of negative evaluation. However, in order to more accurate evaluate the relationship between parenting styles and fear of negative evaluation, Pearson correlation coefficient between the scores of affection and control of parenting style also with the fear of negative evaluation was calculated that determined

the fear of negative evaluation in terms of affection has the correlation coefficient of 0.01 and in terms of the control the amount of 0.03, which both have no a meaningful relationship with a total of 195 people. Therefore, to predict the fear of negative evaluation, only minor scale of lifestyle will be considered. The correlation of this variable with the minor scale of lifestyle is presented in Table 2.

Table 2-Correlation coefficients of the original subscale and supportive lifestyle and fear of negative evaluation

Life style	Main subscales					Shelter subscales				
	Dependency	Dealing	responsibility	Need to Approve	Be Cautious	crackdown	Eligibility	Being Interested	Striving for perfection	Mildness
<b>Fear of Negative Evaluation</b>	<b>-0.06</b>	<b>-0.01</b>	<b>0.23**</b>	<b>0.16*</b>	<b>-0.09</b>	<b>0.21**</b>	<b>0.08</b>	<b>-0.04</b>	<b>0.16</b>	<b>0.05</b>

According to the results in Table 2 it is clear that among the main subscales of the lifestyle, responsibility and need to be confirmed is a significant correlation with the fear of negative evaluation, and crackdown and effort subscales for perfection of the subscale of support have the same

relationship with fear of negative evaluation. To achieve the prediction equation of fear of negative evaluation from lifestyle subscale and determining the share of each subscales in its prediction, stepwise regression analysis was used which the results shown in Table 3.

Table 3- Stepwise regression analysis of fear of negative evaluation on lifestyles

Model	R	R square	F	Sig.	B	Std. Error	Beta	t	Sig.
<b>Responsibility</b>	<b>0.23</b>	<b>0.053</b>	<b>10.74</b>	<b>0.001</b>	<b>0.31</b>	<b>0.09</b>	<b>0.23</b>	<b>3.27</b>	<b>0.001</b>
<b>Responsibility and crackdown</b>	<b>0.27</b>	<b>0.073</b>	<b>7.56</b>	<b>0.001</b>	<b>0.24</b>	<b>0.1</b>	<b>0.17</b>	<b>2.37</b>	<b>0.05</b>
					<b>0.27</b>	<b>0.13</b>	<b>0.15</b>	<b>2.05</b>	<b>0.05</b>

According to the results of stepwise regression analysis indicated that among all the main and supportive subscales of lifestyle, responsibility and crackdown, are significant predictors of fear of negative evaluation. Thus, the two models of fear of negative evaluation prediction of the lifestyle are significant. In the first model, responsibility has entered in the equation that has explained more than five percent of the variance in fear of negative evaluation. Its regression coefficient is 0.23, which suggests a direct relationship with the dependent variable. In the second model, the crackdown is significant in prediction and in this model more than seven percent of the variance in the dependent variable is explained. In this model, responsibility coefficient is 0.17 and crackdown coefficient is 0.15 which suggests that both are directly related to the fear of negative evaluation.

### Discussion and conclusion

The results showed that there is no meaningful relationship between the dimensions of parenting style and fear of negative evaluation. While the results of many previous studies showed a significant positive correlation between parenting styles variables such as the fear of negative evaluation, loneliness, self-esteem, identity styles, attachment styles and psychological and cultural pluralism. For example: (Sideridis and Kafetsios, 2008; Hudson Virpy, 2001; Bukles and Berchman Tousint, 2006; Wood et al., 2003). Therefore the findings of the present study are in contrast with previous studies can be controversial and many questions for future research in this area have been raised. For example, what intermediate variable in the relationship between these two variables can be introduced? Or what is moderating role of cultural - social factors aspects of parenting practices and their negative assessment of young people? We can propose the probability impact of cultural - social factors and other psychological factors as moderator interfering, which confirm or deny it is subject to future studies. Whatever parents emphasize the approval of children and his responsibility, they will be more worry about others negative judgment. And also whatever parents be more strict about their children and they emphasis on achieving perfection, children will be more concerned about his ability. In study results, the other roles such as social environment that impact on the lifestyle of the family is also visible. The media's role is more significant than the direct effects of the parents parenting. Psychological scientists have concluded that the prevalence of psychological disorders among Internet users has caused great changes in mood, vision, perfection, thinking ability, activity level and physical processes such as sleep, appetite and energy.

Study of Vahdani examines the relationship between Internet addiction and social adjustment of students, based on this, between the components of social adjustment, including social skills, empathy, self-awareness, self-control and Internet addiction there is a significant relationship. Therefore exclusive emphasis on parenting style as the past decades, does not meet the needs of today's teenagers. Generally, from the results can be argued that the adolescents before they influenced parenting practices, they assess their life by pattern of parents lifestyle. Like any other research, this study also had limitations. To fine-tune the relationship between variables, caution is required in applying the results of this study in future researches. One of these limits is sampling from Tehran, which may be due to differences in lifestyles that can affect the results. Therefore it is recommended that this research be done in other cities. Other restrictions were lack of control over some family variables of participants, including quantity and quality of their relationships, possible problems and so on. Therefore it is recommended that in the future researches the role of these variables will be consider. In terms of practical, this research can raise awareness for psychologists and consultation (the most effective lifestyle variables for adolescents negative assessment, responsibility, need to confirm, rigor and striving for perfection) in the preparation of training packages and the use of the effect of these factors in psychological counseling adolescents and their parents to help them provide even greater mental health.

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