Group Project

Study Plans Presentation

(most research has looked at academic achievement (not academic stress)

- **Topic + Past research (Vanesa)**
    - We are interested in examining how students that are learning at home due to COVID are affected by parenting styles. Specifically, we would like to know how different parenting styles affect a child's risk of experiencing academic stress and/or anxiety. We will be focusing on adolescents from ages (10-15) and young adults from ages (18-23). The parenting styles that we will be analyzing are authoritarian, authoritative, permissive, and uninvolved.
    - The past literature indicates that individuals experiencing a parenting style with high control are more vulnerable to experiencing academic stress and anxiety.
- **Hypothesis + How it benefits science (Pauline)**
    - Children with parenting providing greater warmth are less likely to experience academic stress and anxiety, however children with parenting providing high control experience the greatest academic stress and anxiety.
    - However the combination of high warmth and control would result in the best outcome.
    - Adolescents (10-15) are more likely to experience academic stress and anxiety than young adults (18-23).
    - create intervention programs and provide assistance to those families.
- **Design (survey + op. defs.) (Abraham)**
    - The operational variables we defined are the four main parenting styles, which are Authoritarian, Authoritative, Permissive, and Uninvolved. We defined these variables based on their level of warmth and control. For example, Authoritarian parenting involves high control and low warmth. Whereas Authoritative parenting involves high control and high warmth. We also defined Anxiety and Academic stress, which we will be measuring based on scores from a survey. The survey will be administered through google forms and contain questions about parenting style, academic performance, anxiety, and filler questions. After collecting the survey results, we are going to create two bar graphs and analyze the data using excel.

- **Procedure (how we plan on sending survey out) (Sara)**
  - Own social media platforms (facebook, instagram, twitter, reddit)
  - YouTube comment section,
  - Class GroupMe.
  - Issue: getting younger individuals in the (10-15 age group) to take the survey
    - Asking class groupme to send it to others (especially younger individuals)
    - recommendations?

1. **What is your group's research question?**
   a. During COVID, because children are attending school at home, parenting styles may be more salient. How would one's parenting style affect a child's risk of academic stress and anxiety in adolescence (10-15), in comparison to young adults (18-23)?
      i. Are effects greater at older age compared to younger people.

2. **What will your research add to the field?**
   a. By knowing if a certain parenting style puts their child at risk for academic stress and anxiety, we can create intervention programs and provide assistance to those families. Our findings could also be used as a guide to help parents determine which parenting styles are the most beneficial for their children's mental health.

3. **What is your hypothesis (or hypotheses)?**
   a. Children with parenting providing greater warmth are less likely to experience academic stress and anxiety, however children with parenting providing high control experience the greatest academic stress and anxiety.
   b. Adolescents (10-15) are more likely to experience academic stress and anxiety than young adults (18-23).

4. **Why did you hypothesize what you did (use existing literature to support your ideas)?**
   a. As we assessed multiple existing literature, a common theme found in the results section was how households with caring and tending parents have children with lower levels of anxiety and academic stress. Below we have linked the literature reviews:
      i. https://pubmed.ncbi.nlm.nih.gov/29110024/

1. "Perceived parental care and control were associated with adolescent mental disorders after controlling for multiple potential confounders" (Eun et al., 2017).

ii. **Parenting style and adolescent depressive symptoms, smoking, and academic achievement: Ethnic, gender, and SES differences**

1. "Adolescents with authoritative parents had the best outcomes and those with unengaged parents were the least well adjusted, while the permissive and the autocratic styles produced intermediate results" (Radziszewska et al., 1996).

iii. https://files.eric.ed.gov/fulltext/EJ978432.pdf

1. "authoritative parenting styles were found to be significantly correlated to anxiety sensitivity and… [are] important predictors of anxiety sensitivity" (Erozkan, 2012).

5. https://www.sciencedirect.com/science/article/pii/S0191886902000922
6. Anxiety in high school students
7. Control predicted feelings of anxiety
8. Warmth predicted reduced feelings of anxiety
a. Not authoritative, but permissive showed this
b. Authoritative only showed better coping skills

Provide a general description of the method that you plan to use.
a. The study will utilize standardized questionnaires (self-report) questionnaires to analyze the necessary variables.

i. We will use a standardized questionnaire to determine the parenting style.

1. https://www.tandfonline.com/doi/abs/10.1207/s15327752jpa5701_13

a. Parental Authority Questionnaire (PAQ) - 30 questions that determine authoritative, authoritarian, and permissive parenting styles
b. Can be answered by the child of the parent.

2. https://www.researchgate.net/publication/332543580_ROLE_OF_PARENTING_STYLES_IN_ACADEMIC_PERFORMANCE_OF_COLLEGE_STUDENTS

a. Uses the PAQ but with a likert scale from 1-5.
b. Can be answered by the child of the parent.

ii. Then we will use standardized questionnaires for depression and anxiety

1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6936972/pdf/gpsych-2019-100144.pdf

a. Recent questionnaire created for anxiety. Works better than previous questionnaires.

b. Issue: I don't know how to access the questions they used.
2. https://www.pearsonassessments.com/store/usassessments/en/Store/Professional-Assessments/Personality-%26-Biopsychosocial/Beck-Depression-Inventory-II/p/100000159.html
   a. https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/beck-depression
   b. 13-item questionnaire with a high consistency in detecting depression
   c. Costs money.
   d. Is there a different way to access this?
3. Questions will be randomized in a google form to control for order effects.

https://screening.mhanational.org/screening-tools/depression/?ref (depression test)

https://screening.mhanational.org/screening-tools/anxiety/?ref (anxiety test)

Depression and anxiety tests are from this website https://screening.mhanational.org
- How do we know how to score this?
- Is there a high accuracy rate?

We can consider using these questionnaires or certain questions from them to construct our survey.

6. **How will you operationally define your variables? Be as specific as possible.**
   a. Parenting styles (scale of high/low control and warmth determining 4 parenting styles)
      i. **Authoritarian:** Parenting involving high control and demand from their child and provide little warmth and affection
         1. High control and demand involves strict, set in stone rules with no compromise and having high expectations
         2. Little warmth and affection involves being unresponsive to their child's personal and emotional needs
      ii. **Authoritative:** Parenting involving high control and demand from their child yet provide high warmth and affection
         1. High control and demand involves having clear rules and parents being open to compromise and having high expectations
         2. High warmth and affection being supportive towards child's independence and needs

   iii. **Permissive:** Parenting involving little control and demand from their child and provide high warmth and affection
     1. Low control and demand involves great freedom with limited rules and leniency, and having no curfew
     2. High warmth and affection involve being responsive and having a more friendly relationship with child over clear parent-child roles
   iv. **Uninvolved:** Parenting involving low control and demand from their child and provide little warmth and affection
     1. Low control and demand involves no rules or involvement in what their child does or participates in, no curfew
     2. Little warmth and affection involves a relationship showing no personal interest or involvement and zero comfort
   v. Individual ratings on the PAQ will determine parental style

 b. **Anxiety:** People's score on anxiety survey
   i. Individual rating high on experiencing states of worry, feeling uneasy, overthinking, nervous, and difficulty concentrating
 c. **Academic stress:** People's accumulative score on questions relating to academic stress
   i. Individual rating high on experiencing worry about academic performance

7. **Describe the coding scheme you would use, or how you will collect quantifiable data.**
 a. Which behavior will be observed?
 b. How will we quantify behavior?
 c. How will we categorize behavior?
 d. How will we make sense of the real-life messiness we observe?
 e. Likert scale (1-5)
 f. Questions will be categorized based off of the original questionnaire it was a part of (BDI-II, ASQ, or PAQ). Once the questions have been categorized, individual scores will be calculated for all three tests. Scores on these tests will determine parenting styles, and if an individual qualifies as having symptoms of depression and anxiety.

8. **How do you plan to analyze your data after you collect it?**
 a. Collect survey results and create a bar graphs (two in total)
   i. Parenting styles will be on the x-axis in both graphs
   ii. One graph will have level of anxiety symptoms on the y-axis
   iii. The other graph will have levels of academic stress on the y-axis
 b. After entering the data, through the power of excel, we will analyze the data to look for any significance between variables.

ii.   [PDF] jamanetwork.com

1. Notes that "half of all lifetime cases start by age 14 years"
2. Found that the average age of onset for anxiety is 11 years old

Parenting styles and mental health

https://pubmed.ncbi.nlm.nih.gov/29110024/ ("Perceived parental care and control were associated with adolescent mental disorders after controlling for multiple potential confounders")

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Anxiety Example Questions

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7505693/ :

"Did your overall stress increase/decrease or remain the same during the ongoing pandemic? (response: increase/decrease/remain the same)

● If the participant chose increase/decrease, a follow-up open-answer question was asked: Can you describe the main reason for such increase/decrease of stress and anxiety?

Do you think other students are experiencing stress/anxiety because of the pandemic? (response: yes/no)
In the past month, what level of fear, worry, and/or changes have you experienced related to any of the following academic/health/lifestyle-related concerns? (response: none/mild/moderate/severe)
Did you have any other academic/health/lifestyle-related concerns? (response: yes/no)

● If participant chose "yes," a follow-up open-answer question was asked: Please specify any other academic-related concerns you have."

[Parenting style and adolescent depressive symptoms, smoking, and academic achievement: Ethnic, gender, and SES differences](#)

Interesting notes:

- SES determined by median income (1986) based on zip code area
- Data collected from a study in 1988

Limitations of the above study:

- Cross-sectional data
- Self-report (except for income levels)
- Sample sizes in some ethnicity/gender/income cells were small
- Examining parenting style was based off of **one** question in the survey
  - Similar to other studies

Prof. Notes

- Shoot for 16 people min in each group
- **https://uclalibrary.github.io/research-tips/workshops/finding-sources-with-ucla-library/**

Other Notes:

- Adol: (10-19; 12-19)
  - Different age ranges found that describe this group

Discussion: coming up with questions that are easy and clear for a younger audience to read

Strength-based parenting and academic stress:

https://search.proquest.com/psycinfo/docview/2313754669/4D7A94FFCA754AEEPQ/1?accountid=14512

https://www.surveymonkey.com/r/2X5MR8P (academic stress/performance)

Survey Questions

Introduction questions

1. Gender
   a. Male
   b. Female
   c. Other

2. Age (e.g. 11)
   a. Fill-in

3. Race/Ethnicity (select all that apply):
   a. White/ Caucasian
   a. American Indian or Alaska Native
   b. Asian
   c. Black of African American
   d. Hispanic or Latino
   e. Native Hawaiian or Other Pacific Islander
   f. Other

Parenting Style: Likert scale 1 (strongly disagree) - 5 (strongly agree)

1. I can go to my parent(s) for comfort when I am feeling upset (Authoritative) (+Warmth?)
2. When my parent(s) set a rule, they explain the reasoning behind it (Authoritative) (+Warmth)
3. My parent(s) use threats or criticism when trying to improve my behavior (Authoritarian) (Control + (-) Warmth)
4. My parent(s) always remind me everything they do/have done for me (Authoritarian) (Control + (-) Warmth)
5. I have a curfew (Permissive) (Control)
6. My parent(s) rarely ever discipline me. I usually am able to do whatever I want (Permissive) (- Control)
7. My parent(s) don't acknowledge when I come home (Uninvolved) (- Warmth)
8. When I am upset/happy/sad/excited, I cannot rely on my parents to be there for me (Uninvolved) (- Warmth)

Academic Stress/Performance : Likert Scale 1(Strongly Disagree) - 5 (Strongly Agree):

1. I feel stressed about my academic performance.
2. I feel pressured by my parents to do well in school.
3. My schoolwork is very important to me.
4. If I don't do well in school, my parents will be disappointed in me.
5. I put my schoolwork before everything else, including my mental health.
6. I am satisfied with my current academic performance.

Anxiety : Likert scale from 1(Strongly Disagree)-5(Strongly Agree):

1. I often feel relaxed.
2. I find that I cannot sit still.
3. I do not easily get mad or irritated.
4. I tend to worry about different things.
5. I often feel nervous and nauseous.
6. I feel afraid that something bad is going to happen.

Filler Questions : Likert scale from 1(Strongly Disagree)-5(Strongly Agree):

1. I participate in extracurricular activities
2. I enjoy going to school.
3. I feel supported by my classmates and/or teachers.
4. I often receive awards at school.
5. Going to school events is more interesting to me than attending class.
6. My parent(s) attend my school events.