



## Comparison of Resilience in Equilibrium and no Equilibrium Parent- child Relation Patterns

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**Abstract:** Relations between parents and children are one of the most influential factors in life of the person, affecting the development of functions, features, and shaping the harms. The objective of the present article is to compare various effects of different patterns of relations between parents and children on the resilience of children. For this purpose, 120 people aged 20-40 years in Tehran were selected using available sampling method in 2014. Participants in this research responded to 48-item questionnaire of parent –child relation pattern (Bagheri, 2013) and 25-item questionnaire of Connor and Davidson (CD-RISC). The obtained data were analyzed using single-factor variance analysis. The findings showed the mean resilience in none of equilibrium and no-equilibrium parent-child relations perceived by parent was significantly different.

**Keywords:** Parent- child Relation Pattern, Resilience, Equilibrium and no-Equilibrium pattern.

### INTRODUCTION

Inability to control the anger, lack of resilience, interpersonal problems, and emotional instable behaviors are issues that young people are faced with them nowadays. These problems are often the cause of many failures and individual, interpersonal, and family disorders. In contrast, resilience, self-control, and communication skills are some of the cases contributing foster of individual abilities in order to increase happiness, life satisfaction and improve the quality of social and family relationships. In the meantime, parent-children relation pattern is one of the essential components in the growth of children and it is often associated with the most important achievements of children, such as their cognitive and social abilities. In addition, it is base for many aspects of personality, attitudes, feelings, and habits of people. (Desjardins et al., 2008). This paper was an opportunity to investigate the effects of parent-child relation patterns on children's resilience. The family is the first and most important social environment in which the child becomes familiar with the concepts that form the basis of the type of emotional, economic, social relations, and his future personality. For this reason, subject of the relations between parents and children is one of the most important subjects in psychology, reflected in terms such as attachment, bonding, parental styles (Bagheri and Ghaffari, Jafarzadegan, 2013). Parenting styles are a set of non-verbal actions and tendencies determining the nature of the interaction between child and the parents in all different positions and they do not follow particular cultural patterns (Darling and Steinberg, 1993). What is effective by parents in formation of mental functions and personality traits is much wider than the parental behaviors with the aim of merely childcare. Therefore, the phrase of educational pattern or parenting pattern is not precise word that considers only small part in the wide range of relations affecting the children. For the theoretical pattern used in this research, the application of the term conscious "parenting style" has been ignored, since based on research conducted by Bagheri (2012), wide range of different qualities governing in relations between parents and children has always educational impact, but it is not always performed with the aim of education or parenting. In addition, the word relation

in the relationship pattern of “parent-child relation” used in this study is a word that is purely descriptive, and different behaviors, even with the non-educational aim, can be considered under this tile. Second, this word is close to constellation attitude and thus the subject of parenting is placed clearly in the framework of constellation attitude as a successful meta-theory in many of the sciences. One result of this change in view is conversion of the education process from one directed process to a mutual process with mutual effects (Bagheri, 2012). The theoretical pattern of the parent-child relation consists of three main patterns in the governing relations between parents and children.

1. Security-oriented pattern 2. Equilibrium pattern 3. Freedom-oriented pattern (Bagheri, 2012). In this study, security-oriented and freedom-oriented patterns have been considered among the no-equilibrium patterns.

With regard to the problems and the possible damage that human experience them in the process of growth and the transformation, the ability to pass through difficulties and to overcome the adverse conditions while maintaining the psychological balance has much importance. One of the suitable strategies to improve the mental health in people is resilience. Resilience suggests that an individual despite exposure to intense pressures and risk factors can improve his social function and overcome the problems. Although the thought of resilience in the face of horrible conditions has been in legends, myths, and art and literature since previous years, with development of transformational psychology in the late 19th century and early 20th century that, clear tendency in the person's compatibility with the environment created (Masten, 1995). Resilience means the pattern of positive adaptation in adverse difficult context in past and present time (Masten, 2004) and it is a process leading to overcome the adverse conditions (Patterson, 2002). Resilience as psychological feature explains the reason of resistance by some people in the face of harms (Masten, 2004; Patterson, 2002). One of the factors that can play strong supporting role in the face of harms and increase the resilience in adolescents and young people is the family (Goldstein and Brook, 2005; Khosravi et al., 2007). Recent research has evaluated the resilience as a multidimensional structure very important. What is evident is that each of these studies has focused on especial group of factors affecting the resilience. However, one of the most important and influencing factors in this area is secure attachment of child and parent and the care parenting style (Easterbrook Davidson & Chazan, 1991; Egeland & Carlson & Sroufe, 1993; Wyman & Cowen & Work & Parker, 1991, quoted by Werner, 1993). Therefore, in this research we aim to examine the possible effects of parent-child relation patterns on resilience on individuals.

### **Theoretical and operational definitions of research variables:**

#### **Resilience**

The theoretical definition: resilience means the ability to endure and tolerate and compatibility with life crises and overcome them. Resilience is not merely passive resistance against the harms and damages or threatening situations, but the resilient person active and constructive participation of the peripheral environment. It can be said that resilience is the capability of the person in the establishment of bio-psycho-spiritual balance against risky conditions (Connor and Davidson, 2003).

Operational definition: in this study, it is a score obtained by a person in the 25-item resilience questionnaire of Connor and David Sean (CD-RISC) (2003) in 5-point Likert scale.

#### **Parent-child relations patterns**

Theoretical definition: parent-child relation pattern is a theoretical pattern explaining the effect of characteristics governing the relation between the child and parent that affect the targeted activities and orientation of the child. These characteristics have not been necessarily entered consciously and with the educational aim by parent (Bagheri, 2013). Operational definition: in this study, it is a score obtained by a person in the 48-item parent-child relation pattern of Bagheri (2013) in 5-point Likert scale.

#### **Research tool:**

#### **Resilience questionnaire of Connor and Davidson (CD-RISD)**

To assess the resilience, resilience scale of Connor and Davidson (2003) was used. The developers of this scale believe that this questionnaire could distinguish resilient from non-resilient in non-clinical and clinical groups

and it can be used in research and clinical positions. Connor and Davidson questionnaire has 25 items scored between 0 and 4 (quite false to always true) in a five-point Likert scale. In this questionnaire, after specifying the scores in each column and summing up the obtained numbers of each column, the overall resilience score of the individual is obtained that highest score is 100 resilience and the lowest score is zero and the moderate score is 50. As the obtained number is closer to the 100, the person will have higher resilience. This scale was normalized by Mohammadi in 2005. To determine the validity of this scale, the correlation of each item with total score was calculated and then factor analysis method was used (Mohammadi, 2006). The calculation of the correlation of each score with total score between 0 and 64, with the exception of item 3, shows the coefficients of 0.80 and 0.89. Then, the items of scale were analyzed using factor analysis. In this study, using Cronbach's alpha coefficient, reliability of test was obtained 0.91.

**Parent-child relation pattern questionnaire of Bagheri**

This questionnaire has 48 items assessing the governing pattern of relations between parents and children in the three main patterns of security-oriented, equilibrium, and freedom-oriented patterns. The subjects respond separately once for father and once for mother and accordingly the perceived pattern by father and mother are examined separately. Each of the sentences is a statement on the quality of the relationship between child and parent. Responses are at the range of "I am not agree at all" to "completely agree", score from 1 to 5. This test assesses the 8 relations as 8 sub-scales which respectively include: 1) inflexibility, 2) unstable 3) control and limitation 4) pamper 5) formality 6) intertwine 7) conditional importance 8) indifference. Sub-scales 1, 3, 5 and 7 related to security-oriented pattern and subscales 2, 4, 6 y8, related to the freedom-oriented pattern. Each sub-scale has 6 questions, which there are 48 questions in total. Psychometric features of this questionnaire were developed and confirmed by Bagheri (2013). In this study, the validity of the test for the total score as well as separately for each of the sub-scale was obtained by Cronbach's alpha coefficient, reported in the Table below.

**Table 1: Dimensions of parent-child relation and its 8 sub-scales in three main patterns (Bagheri, 2012).**

	<b>Security-oriented pattern</b>	<b>equilibrium pattern</b>	<b>Freedom-oriented pattern</b>
<b>Values and beliefs</b>	Inflexibility	Guidance	Unstable
<b>Support in obtaining the experience</b>	Control and limitation	Support	Pamper
<b>Individuality</b>	Formality	Intimacy	Intertwine
<b>Self-acceptance</b>	Conditional importance	Acceptance	Indifference

**Table 2: Cronbach's alpha, investigating the reliability of components of parent-child relations, the form of father**

Component	flexibility	unstable	Control and limitation	pamper	Formality	Intertwine	Conditional importance	Indifference	Security-oriented pattern	Freedom-oriented pattern
Cronbach's alpha	0.68	0.56	0.78	0.64	0.74	0.82	0.59	0.62	0.86	0.83

**Table 3: Cronbach's alpha, investigating the reliability of components of parent-child relations, the form of mother**

Component	flexibility	unstable	Control and limitation	pamper	Formality	Intertwine	Conditional importance	Indifference	Security-oriented pattern	Freedom-oriented pattern
Cronbach's alpha	0.77	0.59	0.68	0.75	0.78	0.78	0.68	0.61	0.89	0.87

**Population, sample, sampling method, and implementation**

The population of this study was people aged 20-40 in Tehran in 2014. As at least 30 subjects are considered in comparative causal studies (Delavar, 2006), according to the independent variable levels and to increase the external validity of the study, about 40 subjects for each group and a total of 120 people were considered. These 120 people (75 males and 45 females) were selected using available sampling method among undergraduate students of medical engineering in Tehran Medical Azad University. First, the response of participants to the parent-child relationship questionnaire (Bagheri, 2013) was evaluated, subjects were placed in the three groups of balanced, non-balanced, and contradictory and based on the responses, separately in terms of the pattern perceived by father and mother shown in Table 4.

**Table 4: frequency and frequency percentage of parenting styles of subjects separately in terms of gender and generally**

	Group	Male		Females		Total	
		f	Frequency percentage	f	Frequency percentage	f	Frequency percentage
Parent-child style perceived from father	Balanced	6	13.3	17	23.0	23	19.3
	contradictory	17	37.8	31	41.9	48	40.3
	Non-balanced	22	48.9	26	35.1	48	40.3
Parent-child style perceived from mother	Balanced	9	22.0	25	34.7	34	30.1
	contradictory	14	34.1	27	37.5	41	36.3
	Non-balanced	18	43.9	20	27.8	38	33.6

**Findings**

In order to analyze the data and to test the hypotheses, analysis of variance (ANOVA) was used. First, to select the type of test, the features of variables normality were examined. As all data were continuous, the normality of variables was assessed by Lito smear Kolmogorov test, and the null hypothesis of Lito smear Kolmogorov test stating that collected data belong to normal population, was confirmed for majority of data. For this reason, parametric tests were used for the analysis of research data.

Hypothesis 1: the level of resilience in the balanced and non-balanced parent-child relation patterns perceived by the father in the young people aged 20-40 years in Tehran is different. To investigate this hypothesis, we used one-way analysis of variance. This test assumes the homogeneity of variances assessed by the Levene test. Table 5 shows the results of this test. As can be seen, to compare the resilience in parent-child styles perceived by father, there is homogeneity of variances. Therefore, to test this hypothesis, Welch or Brown Forsythe should be used in order to investigate the difference of means.

**Table 5: Levene test for homogeneity of variances with the independent variable of parent-child style perceived by father and the dependent variable of resilience**

	Levene Statistic	df1	df2	p
Resilience	4.520	2	116	.013

Table 6 shows the results of testing Welch and Brown Forsythe. As can be seen, according to these two tests, the mean of resilience has no difference in any of the parent-child styles perceived by the father.

**Table 6: Welch and Brown Forsythe test to compare means with independent variable of parenting style perceived by father and dependent variable of resilience**

		Asymptotically F	df1	df2	p
		distributed.			
Resilience	Welch	.082	2	67.323	.921
	Brown-Forsythe	.061	2	109.351	.941

Hypothesis 2: The resilience level in balanced and non-balanced relation patterns perceived by the mother in the young people aged 40-20 years in Tehran is different.

To investigate this hypothesis, we used one-way analysis of variance. Table 7 shows the results of the Levene test. As can be seen, variances are not homogeneous. Therefore, Welch or Brown Forsythe test is used in order to investigate the difference of means.

**Table 7: Levene test for homogeneity of variances with the independent variable of parent-child style perceived by mother and the dependent variable of resilience**

	Levene Statistic	df1	df2	p
Resilience	6.739	2	110	.002

Table 8 shows the results of Welch and Brown Forsythe test. As can be seen, according to these two tests, the mean resilience has no difference in any of the parent-child styles perceived by mother.

**Table 8: Welch and Brown Forsythe test to compare the means with independent variable of parent-child style perceived by mother and dependent variable of resilience**

		Asymptotically F	df1	df2	p
		distributed.			
Resilience	Welch	1.255	2	71.378	.291
	Brown-Forsythe	1.683	2	92.243	.191

### Discussion and conclusion

Family as developmental environment for children plays significant role in healthy growth adaptations and being immune from behavioral and social harms (Goldstein and Brooks, 2005; Khosravi et al., 2007). The family environment forms social-emotional space and involves the communicative dimensions and personal growth (Moos and Moos, 1994), in which children grow up and learn the practices of coping with problems and ability of social problem-solving (Farrokhzad, 2009). The ability to solve the problem and cope with problems that is positive adaptability or the concept of resilience, and different definitions in the field of resilience reflect the diversity of behaviors suggesting resilience in various situations and times. Definitions related to resilience represent potential ability of this behavior for change and flexibility at problem time. These behaviors are mostly manifested based on the influences of the time and place. Research related to resiliency emphasizes on the innate ability to grow in human as an organism, and can be naturally converted from potentiality to actuality. Resilience studies show that nature has provided forceful protective mechanisms for growth of humans. The mechanisms seemingly act beyond historical, geographical, and racial borders meaning that growth and improvement of resilience is nothing but the growth of human health. It is a dynamic process in which personality and environmental effects affect each other in mutual interaction (Kordmirza, 2013). To discuss on results of the research in the area of resilience, we refer to four patterns of resilience of Shew (2010) narrated from other researchers (Van Breda, 2001; Connor, 2006).

**Dispositional pattern:** This pattern is related to ego-related psychological features that increase the resilience. These features include the aspects of the person increasing resilient disposition against life stressors and they

include a sense of autonomy or self-resilient, a sense of basic self-worth, good physical health, and good physical appearance. In this pattern, the role of health care providers is emphasized. Caregivers who provide professional helps to people under stress are in priority. If health care employee or employee displays powerful self-worth or good physical and mental health for these people, the people under stress are not easily sacrificed by secondary potential impacts of secondary damage (Polk, 1997; quoted by Shew, 2010).

**Communicative pattern:** This pattern relates the individual role in society to relations between the people and others. These roles and relationships can include a range of close and intimate relationships to wider social systems. This pattern relates to the role of the person and the relationship between him and support system consists of family members and coworkers. In this pattern, individual need that the person should talk with somebody on his fears and concerns is emphasized. If these fears and concerns are not stated immediately, it may lead to more complexity. Resilience grows with permanent indication with other people and gaining energy from each other during the life problems (Polk, 1997, quoted by Shew, 2010).

**Situational pattern:** this pattern contains aspects create link between the person and the stressful situations. In this pattern, the skill of problem solving, the ability to assess situations and responses, and the ability to form a response to the specific position are stressed. Resilience expands essentially in order to form strategies to face with big challenges when problems arise. In such circumstances, learning is derived from the process that might create insight for future experiences and gives the person the probability of solving the problems that are similar to previous experiences (Connor, 2006; quoted by Shew, 2010).

**Philosophical pattern:** The pattern refers to a person's worldview or paradigm. This can include various beliefs that increase resiliency, including the belief that positive meaning can be found in all experiences and the belief to self-growth importance and belief to purposeful life. According to this pattern, resilience has a strong association with religious or spiritual nature that could lead to promotion of the inner force and make him ready to cope with life problems. In addition, finding meaning in one's life helps cope with stress (Frankel, 1984; quoted by Shew, 2010).

Due to the lack of significant differences between the mean of resilience between balanced and non-balanced parent-child relations in this study, and taking into account the multiple patterns of resilience in individuals, it seems that this component, beyond one's communicative patterns, is affected by wider areas. For example, the amount of one's confronting with traumatic and difficult conditions, which each of them can convert inherent and potential capacity of one's resilience to actual, or beliefs that enable the person to find a meaning in each problem, which all of these cases can be changed, grown, trained, and increased over time.

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