

The Effect of Maternal Parenting Styles on Altruistic Personality

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Keywords

Altruism, altruistic personality, maternal parenting, parenting styles, and personality.

Abstract

Parenting styles are the way a parent chooses to discipline or care for their child. Parenting styles are defined on the basis of two aspects of behaviour: demandingness and responsiveness. Demandingness refers to parents control on behaviour of their child. Responsiveness refers to the degree of acceptance and sensitivity of parents towards their child's developmental and emotional needs. Altruism is simply doing things or acts for others out of desire for helping and not because they have a selfish motive. The aim of this study is to understand the effect of maternal parenting styles on the altruistic behaviour of young adults. The objectives of this study are: To study the effect of maternal parenting style on altruistic behaviour among young adults and to study the gender differences among young adults in regards to their altruistic behaviour. The sample taken was N= 100 (50 males and 50 females). Two scales were used for data collection: Parental Authority Questionnaire and Self Report Altruism Scale. The results were that there is a significant effect of maternal parenting style on the altruistic behaviour of individuals. It was also proved that there is a significant difference between both male and female in regards to altruism. Women were found to be more altruistic as compared to men.

Introduction

Parenting Styles

Millions of researches have revealed that genetics and environment have an equal influence on human traits. Parenting styles largely determines the kind of environment the child was raised in.

Diana Baumrind (1960), a developmental psychologist from the University of California, Berkley was the one who introduced the different styles of parenting. Her theory was that a close relationship exists between parenting styles and of children's behaviour. Different parenting styles can lead to different kind of development and behaviour outcomes. Based on thorough investigation using interviews, observation and analyses, Diana Baumrind made distinctions between four kinds of parenting styles: authoritative, authoritarian (disciplinarian), permissive (indulgent), and uninvolved (neglectful). These parenting styles are defined on the basis of two aspects of behaviour: demandingness and responsiveness. Demandingness refers to parents control on behaviour of their child. Responsiveness refers to the degree of acceptance and sensitivity of parents towards their child's developmental and emotional needs.

Authoritative

This type of parenting style is also called as democratic style of parenting. The characteristics of authoritative parents are warm but are also firm in nature. They develop a close and nurturing kind of relationship. They encourage their children to be independent and free but doing so by keeping limits or control over their actions. These parents have high expectations for achievement, but are also highly responsive. The individuals are cherished. Authoritative parents tend to not invoke the "because I said so rule" on their children unlike the authoritarian parents. These kinds of parents are supportive. Authoritative parents listen and take their children's point of view into account. These parents are assertive but not intrusive or restrictive. Their ways of discipline are not punitive. Methods of discipline are used as a support and not punishment. They impart clear standards of conduct to their children. They want their children to become assertive, cooperative and responsible beings. Authoritative parents are viewed as fair, reasonable and just. The children are more likely to internalize teachings by parents as they are provided with honest and reasonable explanations. Children of these parents are able to see why the rules exist and strive to follow them. Baumrind D. (1966) studied the effects of the three models of parenting styles: - authoritative, permissive and authoritarian on child behaviour. Authoritative control was found to generate wilful and independent behaviour.

The associated behavioural outcome we observe in their children could be high academic performance, high self-esteem, appropriate social skills, better mental health, low or no existing delinquency. These children appear to be content, independent, active, happy and securely attached. This style of parenting requires a huge amount of patience and efforts from both the parents and children. This style of parenting leads to the healthiest outcomes of

behaviour in children. Idrees, M.U., Zahra, S.M and Naeem, F. (2021) study revealed that authoritative parenting style had positive relationship with trust.

Authoritarian

These parents are also known as disciplinarians. This parenting style displays very little warmth. They are highly controlling. They use a restrictive and punitive style. They want their children to follow their every command. They establish strict rules and expect them to be followed religiously. They expect blind obedience. Since they are always under strict rules and punishments, the child may rebel as they grow up. Their way is more dictatorial than democratic. They use statements such as “because I said so” or “because I am your parent”. The communication between them is only one way. Any efforts of reasoning made by children are viewed as backtalk. Their methods of discipline are arbitrary, coercive, domineering and are concerned with marking status or showing “who is boss”. These parents are unresponsive and are not the nurturing kind.

The associated outcome of this parenting style are low academic performance, low self-esteem, poor social skills, low mental health, delinquency and alcohol or drug abuse. These children appear to be unhappy, less independent and insecure. They exhibit more behavioural problems and have the worst coping skills. Children of these parents can be high on aggression but on the other hand could be shy, socially inept and have the inability to make their own decisions. Sahithya, B.R., Manohari, S.M. and Vijaya R. (2019) through their investigation they found that authoritative parenting was associated with better outcomes than those compared to authoritarian and permissive parenting styles in both western countries and in India.

Permissive

This type of parenting is known as indulgent parenting. These parents are somewhat warm but are not at all demanding. According to Baumrind, they are more responsive than they are demanding. They are very passive in their parenting and are lenient as well. They set no rules or very limited ones. Limited rules can lead to unhealthy eating habits, unhealthy sleeping habits or unhealthy screen time. Freedom of this level can lead to a negative habit formation. They believe that giving in to their child’s wishes is their way of showing love. Permissive parents hardly or almost never say no. These parents do not see themselves as a dominant or active influence in shaping their child’s actions, instead view themselves as a resource. They avoid confrontation of any form with their children. They allow considerable self-regulation. They take on the status of being their friend rather than their parent.

The associated outcomes of this parenting style are impulsivity, no or bad self-control, cannot follow rules, possess egocentric tendencies and also face more problems in relationship and social interactions. Leeman, F.R., Patock- Peckham, A.J., Hoff A.R., Krishnan- Sarin, S., Steinberg, A.M., Rugle, J.I. and Potenza, N.M. (2014) examined how parental permissiveness may relate to an adolescent’s engagement in risky behaviours. It was found that perceived parental permissiveness was related to gambling, substance abuse, drug problems and other risky behaviours.

Uninvolved

This type of parenting style is also called neglectful parenting style. They are not warm but are cold and unresponsive. They are uninvolved and use phrases such as “I do not care” or “do what you want”. They are indifferent to their child’s needs, experiences and whereabouts. These parents rarely take in to account the input of their children in any decision. They do not want to be bothered or disturbed by their children. They are mostly considered to be overwhelmed by their circumstances or are simply called self centred. These parents may also have come to adopt this style of parenting because they are tired, frustrated or have given up in maintaining parental authority. The amount of freedom is almost unlimited, as the parents stay out of the way completely. They provide for the child’s basic needs while remaining detached from their life.

The associated outcome of this type of parenting could be impulsive behaviour, high rates of delinquency, high suicide risk and drug or alcohol abuse. These children cannot self regulate emotion and have more mental health issues.

Impact of Parenting Styles

It has been observed and taken into consideration that parenting style does have a huge impact on an individual’s development. Different researchers have conducted a various number of studies on the impact of parenting styles.

Authoritarian parenting style results in obedience and proficiency but the children rank decrease in happiness, competence and self-esteem.

Authoritative parenting styles results in children being happy, capable and successful.

Permissive parenting styles results in low happiness and low self-regulation. These children experience problems with authority figures.

Uninvolved parenting styles result in children having low competency and low self-esteem.

Altruism

Around the globe, people utilize a large amount of their time, money and energy to help other people around them or simply just improve their lives. Altruism is defined as an unselfish concern for other individuals. Altruism is simply doing things or acts for others out of desire for helping and not because they have a selfish motive. Mathew K.J., Deepa P.S., Karthick S. and Sakshi R. (2016) considered altruism as a selfless behaviour with the concern of others well-being. They considered it an essential behaviour with regard to existence of various species in the world. The maintenance of life and social control depends highly on altruism of the members in various levels.

Altruism is said to be a voluntary behaviour by the performer which increases other people’s welfare as their ultimate goal. They are not being forced by someone on the outside or whom they perform the altruistic act; they do it of their own will. It can also be defined as

providing assistance to others without being bound to duty, loyalty or religious reasoning. It involves acting out of concern of the well-being of others around them. In some cases, the act of helping others, may lead to jeopardizing themselves. Such kinds of behaviours are performed without an expectation of any kind of reward or appreciation.

In the context of the nature of altruism, Fehr E. and Fischbacher U. (2003) say that some of the basic questions that concern our evolutionary origins, social relations and organization of society are centred on altruism and selfishness. Several experiments provide evidence which state that altruism is a powerful force and is unique. But there is heterogeneity and interaction between altruists and selfish ones are vital to human cooperation. Depending on the existing environment, a few altruists can force or make a majority of egoists to cooperate or conversely a few egoists could make a majority of altruists to defect.

The life of an average individual is filled with a number of acts of altruism, from holding the door, to rescuing a stranger from danger. Some of the most common examples of altruism are helping another person without expectation of any reward or appreciation, helping another person despite the costs and risks to own self, sharing resources with others or showing concern for another person's well-being. Altruism is part or an aspect of prosocial behaviour. Prosocial behaviour basically means any action that benefits others, no matter what motive, desire or benefit of the giver. Wong, T.K.Y, Konishi, C. and Kong, X. (2020) found through their analysis that authoritative parenting was positively associated with prosocial behaviours whereas authoritarian parenting was negatively associated with prosocial behaviours. Altruism is considered to be the highest level of prosocial behaviour. Carlo, G., McGinley, M., Hayes, R., Batenhorst C. and Wilkinson, J. (2007) examined the relations between parenting styles, parental practices, sympathy and prosocial behaviours. They found evidence that parenting practices were associated with prosocial behaviours. The relations between parenting practices, sympathy and prosocial behaviour varied according to the specific parental practice or prosocial behaviour. It can be said that all altruistic behaviours are prosocial but not all behaviours are altruistic.

Why Altruism Exists?

After many researches and experiments, psychologists have come up with a few different explanations.

Evolution

Out of many of the explanations, the oldest and longest debate is whether certain people are born with a natural tendency towards altruistic behaviour. This theory suggests that altruistic behaviour could be influenced by genetics. Kin selection, an evolutionary theory had proposed that people are more likely to provide with help to those who are their blood relatives. Behaviours such as empathy, altruism or cooperation may have a genetic basis.

Brain Based Rewards

Altruistic acts activate certain reward centers in the brain. Neurobiologists have found through years of research and experimentation that the pleasure centers of the brain become

highly active when the individual performs an altruistic act. The positive feelings that the compassionate actions create further reinforce altruistic behaviour. Schwartz C., Meisenhelder J., Ma Y. And Reed G. (2003) investigated whether altruistic social interest behaviour could be associated with better physical and mental health. The findings revealed that helping others and receiving help were significant predictors of mental health.

Environment

Interactions, relationships and socialization with other individuals have a significant effect on people. Modelling is one of the best methods for fostering prosocial or any positive behaviour among individuals. Observing altruistic behaviours is one of the greatest motivators for adults, but it may also depend on other factors such as gender, culture, race and individual context. It is not necessary to only be genetically influenced, the individual can also foster altruism by practicing empathy, observing others and finding inspiration and setting goals. Madsen .A.E., Tunney .J.R., Feildman G., Plotkin .C.H., Dunbar I.R., Richardson .J.M. and McFarland D. (2010) their investigation found evidence that kinship plays a vital role in moderating altruism among humans.

Social Norms

An individual's altruistic behaviour may also be influenced by the society's rules, norms and expectations. The norm of reciprocity is an example of a social expectation in which we feel pressured to help others as they have helped us previously. For example, a friend loaned you some money a few months back, now you feel pressured to return the favour as they have assisted you before.

Incentives

Although the definition of altruism to give help without expecting anything in return, we still receive cognitive incentives. These could be relief from distress, empathy or relief from negative feelings.

Altruism is a powerful and a positive force that can benefit not only others but to the performer as well. Altruistic behaviour can improve physical well-being of a person. Wang Y., Ge J., Zhang H. and Xie X. (2019) studied how altruistic acts contribute to health and well-being of the performer. Through series of experiments they were able to show the pain relieving effects of altruism. Altruism acts not only acute physical pain but chronic pain was also reduced. The findings of this study suggest that by incurring personal costs and risks, performers were able to reduce unpleasant conditions. It helps lower risks of cardiovascular diseases and keeps blood pressure low. It is also linked to lower mortality. Performing altruistic acts can also help with better psychological well-being. It can decrease negative feelings, increase happiness, relieve distress and help you feel better about your own self. Altruism also helps with better romantic relationships. It helps you develop traits like kindness and compassion which are essential in a relationship.

Along with benefits, altruistic behaviour can also have some drawbacks or pitfalls. It can place the individual in danger or at risk. It may sometimes lead individuals to neglect or

ignore their own health, social and monetary needs in order to help others. It may also lead individuals to focus on a certain cause and neglect the others. Sometimes an act of altruism is done by the individual with positive intentions but may not have a positive outcome.

How Parenting Styles and Altruism Affect Each Other?

The parenting styles adopted by the parents have a significant impact on the altruistic behaviour of an individual. This is because a human's first ever communication is with their own family before they are influenced by the environment, peers or next of kin. Chowdhury S. and Mitra M. (2015) led a study to ensure that altruism was rightfully channelled through an appropriate kind of parenting, so that children can grow into better citizens. This study talked about how only formal education cannot contribute to an adolescent's development but how the parents adopt a style of parenting also affects their growth. It sheds a light on how a healthy home environment can be a strong source of support for the development of adolescents. Hoffman M.L. (1975) hypothesized that altruism relates positively to having parents who are altruistic, frequently using victim centred discipline techniques, and those who frequently express affection. The results revealed that altruistic behaviour in boys was significantly related to altruistic values of fathers, affection and victim centred discipline by mothers. The results suggested that altruistic behaviour in children have at least one of both parents who have altruistic values. Affection is seen to be only influential in case of mother-son relationship. Newman J., Gozu H., Guan S., Lee E.J, Lia X. and Sasaki Y. (2014) found differences in the prevalence of the 3 maternal parenting styles, and some differences in the way each parenting style was related to altruistic outcomes.

Literature review

Feng L., Zhang L. And Zhong H. (2021) their studies revealed that perceived parenting styles were significantly correlated perfectionism and altruism. Perfectionism and altruism seemed to be significantly correlated to mental health. Negative perfectionism was not correlated to altruism.

Idrees, M.U., Zahra, S.M and Naeem, F. (2021) investigated the relationship between perceived primary parenting style and attachment styles among single parent and children with both parents. The findings revealed that authoritative parenting style had positive relationship with trust. Single parent child perceived their parent as authoritarian whereas children with both parents perceived their parent as authoritative.

Kang J. and Guo H. (2021) investigated how authoritative parenting style influenced young adult's prosocial behaviour through self-regulation (cognitive reappraisal and expressive suppression). The findings were that authoritative parenting style was related with prosocial behaviour. It was also related to cognitive reappraisal and not expressive suppression.

Wong, T.K.Y., Konishi, C. And Zhang, M.Y.Q. (2021) examined adolescent's perceived maternal and paternal parenting in relation to prosocial behaviour. Paternal control was associated with emotional prosocial behaviour. Maternal control was associated with direct prosocial behaviour. These findings suggest that paternal and maternal parenting are related or associated with prosocial behaviours depending on the gender of the person.

Batool, S.S and Lewis, A.C. (2020) aimed to assess the impact of positive parenting on emotional intelligence, prosocial behaviour, and friendship quality. The findings revealed that positive parenting had an impact on prosocial behaviour. Gender was found to be a significant covariate between prosocial behaviour and friendship quality.

Haslam, D., Poniman, C., Sumargi, A. and Boediman, L. (2020) examined whether parents cultural values moderates relation between parental styles and child outcomes. They found that authoritative parenting was related with higher child emotion regulation and low behavioural problems, authoritarian parenting was associated with high levels of behavioural problems. Cultural values did not seem to moderate the relation between authoritarian parenting and child adjustment.

Fatima, S., Dawood, S. and Munir, M. (2020) explored parenting styles, moral identity as well as prosocial behaviours. The findings suggest that permissive parenting was negatively related to moral identity and prosocial behaviour. Authoritative parenting was positively related to moral identity and prosocial behaviour. But in the case of authoritarian parenting, only maternal authoritarian style was positively negatively related to prosocial behaviour and paternal parenting has positive relation to moral identity.

Ma'rof A.A. and Hamsan H.H. (2020) examined the role of prosocial value on the relationship between attachments and altruism. The findings of this study were that the kindness value mediates the relationship between parental attachments and altruism. These findings indicate that kindness is an important value that leads to development of altruistic behaviour.

Parwez S., Raheem S. and Hussain A. (2020) investigated the gender differences in prosocial behaviour but focused mainly on relationship between helping behaviour and life satisfaction. They also investigated parenting styles and their effect on helping behaviour of children. The sample consisted of 100 students from different universities. The results showed that female students scored lower in helping attitude in comparison to male students. There was also a significant relationship between parenting style and prosocial behaviour.

Wong, T.K.Y, Konishi, C. and Kong, X. (2020) found through their analysis that authoritative parenting was positively associated with prosocial behaviours whereas authoritarian parenting was negatively associated with prosocial behaviours.

Sahithya, B.R., Manohari, S.M. and Vijaya R. (2019) through their investigation they found that authoritative parenting was associated with better outcomes than those compared to authoritarian and permissive parenting styles in both western countries and in India.

Wang Y., Ge J., Zhang H. and Xie X. (2019) studied how altruistic acts contribute to health and well-being of the performer. Through series of experiments they were able to show the pain relieving effects of altruism. Altruism acts not only acute physical pain but chronic pain was also reduced. The findings of this study suggest that by incurring personal costs and risks, performers were able to reduce unpleasant conditions.

Carrera, S.J., Brown, P., Brody, G.J. and Morello-Frosch, R. (2018) conducted interviews on eight community centered research studies. The finding of their analysis was that altruistic motivations were commonly held. They found that a sense of connection to society is what ties them to these sentiments.

Emagnaw B.A and Hong J. (2018) examined styles of parenting, prosocial behaviour and school performance. Different questionnaires were used for collection of data. Results show that parenting styles do have some form of involvement in school performance. Prosocial behaviour also has an important contribution to school performance. Prosocial behaviour also has a mediating effect between parenting styles and school performance.

Guo Q. And Feng L. (2017) investigated the relationship between perceived parenting styles and altruism in children, along with the intervening role of empathy of children and moderating role of in group and out group conditions. The findings of their study indicated that enhancing parental emotional warmth and reducing parental rejection fosters empathy in children which further promotes altruism.

Kang T. and Jaswal S. (2017) led an investigation to find gender biases in parenting patterns used by Punjabi parents. The mothers were found to be loving, encouraging and accepting towards their sons in a larger rate in comparison to daughters. They were more authoritarian towards their daughters. Fathers were seen to be more conservative in nature towards their daughters in comparison to boys.

Mathew K.J., Deepa P.S., Karthick S. and Sakshi R. (2016) considered altruism as a selfless behaviour with the concern of others well-being. They considered it an essential behaviour with regard to existence of various species in the world. The maintenance of life and social control depends highly on altruism of the members in various levels.

Rajhans, P., Altwater- Mackensen, N., Vaish, A. and Grossmann, T. (2016) examined the relationship between emotional responsiveness and altruism. The findings showed that altruism was associated with a greater responsiveness to fear faces than happy faces.

Sarwar S. (2016) findings revealed that authoritarian parent's children were rebellious and adopted problematic behaviour, whereas authoritative parenting was proved to be more effective for the children.

Whillans A.V., Dunn E.W., Sandstrom G.M., Sally S. and Madden K.M. (2016) investigated whether prosocial spending improved cardiovascular health of community dwelling older adults. The findings indicated that people who spent on others had lower blood pressure after two years. Participants who had spent on others exhibited lower systolic and diastolic blood pressure compared to those who spent on themselves.

Punjvani B.M. (2015) study focuses on the role of parenting styles along with the influence of family income on altruism of adolescents in India. She took 60 participants of age group 13-19 years old. They were divided into two groups based on family income. The questionnaires used were Parental Authority Questionnaire (PAQ) and The Altruism Scale (ALTS). Results showed that individuals with high authoritative parenting had higher levels of altruism in comparison to permissive and authoritarian styles of parenting. The study also suggested that family income has a very low effect on altruism and that parenting styles play a very important role in moral development.

Chowdhury S. and Mitra M. (2015) the main aim of their study was to ensure that altruism was rightfully channelled through an appropriate kind of parenting, so that children can grow into better citizens. This study talked about how only formal education cannot contribute to an adolescent's development but how the parents adopt a style of parenting also affects their growth. It sheds a light on how a healthy home environment can be a strong source of support for the development of adolescents.

Chowdhury S. and Ghosh A. (2015) aimed to find out the relationship between different patterns of parenting and aggression, altruism and study habits of adolescents. The findings revealed that altruism is affected by parenting. It is also particularly in the case of maternal parenting. Aggression and study habits are affected by parenting styles. Lastly they concluded that girls are more influenced by parenting patterns in comparison to boys.

Inagaki T.K. and Eisenberger I.N. (2015) say that it has been deemed possible that giving to others can help reduce stressor evoked sympathetic nervous system responding, which has significance for health outcomes. Support giving does reduce symptoms given by a stressor. These findings add to health benefits and highlight contribution of giving others in the broader social support health link.

Leeman, F.R., Patock- Peckham, A.J., Hoff A.R., Krishnan- Sarin, S., Steinberg, A.M., Rugle, J.I. and Potenza, N.M. (2014) examined how parental permissiveness may relate to an adolescent's engagement in risky behaviours. It was found that perceived parental permissiveness was related to gambling, substance abuse, drug problems and other risky behaviours.

Newman J., Gozu H., guan S., Lee E.J, Lia X. and Sasaki Y. (2014) the results of their study showed differences in the prevalence of the 3 maternal parenting styles, and some differences in the way each parenting style was related to student outcomes.

Lizio S. and Lemere L. (2013) their study examined the parenting styles perceived by adult children and how they affect levels of self-concept, self-esteem and altruism. The study comprised of 104 college students. Results showed that participant's traits did not differ by parenting styles. But those from authoritative homes were perceived as more altruistic than those from authoritarian homes.

Mensah, M. and Kuranchie, A. (2013) aimed to study the influence of parenting styles on the social development in children. The findings were that majority of parents adopted

authoritative parenting styles for the upbringing of their children. It was also seen that parenting styles does have an influence on the child's social development. It was found that authoritative parenting led to prosocial behaviour in children and authoritarian parenting led to antisocial behaviour.

Niaraki, F.R. and Rahimi, H. (2013) compared the effect of different parenting styles on self-concept, life quality and psychological health. the findings showed that there was an impact of parenting style on psychological health. children raised by authoritative parents had better mental health in comparison to permissive and authoritarian. Children raised by authoritative parents had better self-concept than those of other parenting styles. Parenting style also had a significant effect on life quality. The children raised by authoritative parents had better quality of life in comparison to those of permissive and authoritarian parenting.

Karmakar R. and Ghosh A. (2012) aimed at finding out the effect of some demographic variables) age, gender, education background of parents) and of socio cultural variables (parenting styles) on altruistic behaviour of Indian adolescents of three different regions. 220 participants gave their consent to participate. Two questionnaires were used: The Self Report Altruism Scale and Parental Authority Questionnaire. Results of study showed that authoritarian, authoritative parenting style as well as parents educational backgrounds are important factors to an adolescent's altruistic behaviour.

Alizadeh .S., Talib .A.M., Abdullah R. and Mansor M. (2011) investigated the relationship between parenting styles and behaviour problems in children. Their study found and concluded that authoritative parenting, which are with high demandingness and responsiveness in behaviour have been seen to be directly related to less internalizing and externalizing symptoms in children.

Visser, .S.M. and Roelofs, .R.M. (2011) found that the effect of gender on giving is more subtle than they had previously understood. They also found that women are less sensitive to the price of giving.

Madsen .A.E., Tunney .J.R., Feildman G., Plotkin .C.H., Dunbar I.R., Richardson .J.M. and McFarland D. (2010) their investigation found evidence that kinship plays a vital role in moderating altruism among humans.

Sanadhya, R., Sharma, .D.K. and Sushil .C.S. (2010) aimed to study altruism in children among joint and nuclear families. They found that children from nuclear families were significantly more altruistic than those from joint families. They also found that girls are more altruistic in comparison to boys.

Dunn W.E., Aknin B.L. and Norton I.M. (2008) hypothesized that spending money on other people may have a more positive impact in comparison to spending on oneself on happiness. The results were that the ones who were spending money on other people experienced greater levels of happiness in comparison to those who spend money on their own selves.

Carlo, G., McGinley, M., Hayes, R., Batenhorst C. and Wilkinson, J. (2007) examined the relations between parenting styles, parental practices, sympathy and prosocial behaviours. They found evidence that parenting practices were associated with prosocial behaviours. The relations between parenting practices, sympathy and prosocial behaviour varied according to the specific parental practice or prosocial behaviour.

Post G.S. (2005) concluded from existing research data and assessment that there is a strong correlation between well-being, health and longevity, as long as they are not overwhelmed by the helping tasks or altruistic acts.

Eswaran .M. and Kotwal A. (2004) offered a theory on the differences in parental altruism. The findings showed that altruism is greater in females than that in males.

Dulin P.L. and Hill R.D. (2003) their findings showed that altruism was a predictive of positive and not negative affect after controlling certain variables such as demographic, income and social support.

Fehr E. and Fischbacher U. (2003) say that some of the basic questions that concern our evolutionary origins, social relations and organization of society are centred on altruism and selfishness. Several experiments provide evidence which state that altruism is a powerful force and is unique. But there is heterogeneity and interaction between altruists and selfish ones are vital to human cooperation. Depending on the existing environment, a few altruists can force or make a majority of egoists to cooperate or conversely a few egoists could make a majority of altruists to defect.

Schwartz C., Meisenhelder J., Ma Y. And Reed G. (2003) investigated whether altruistic social interest behaviour could be associated with better physical and mental health. The findings revealed that helping others and receiving help were significant predictors of mental health. They did not seem to be associated much with physical health, in comparison to mental health.

Ma H.K. and Leung M.C (1992) in this study the participants were each given 30 candies, which they were to share with the most and least liked classmate, friend, sibling or an unknown child. The results were that students were more altruistic towards those that they liked than those they disliked. They were more altruistic towards those who were academically superior to those whose academic performance was poor. They were also more altruistic towards those that were their siblings rather than an unknown child.

Gentile M., Naughton, A.M. and Kayson, W.A. (1986) investigated the effect of sex, urgency and time of day on altruism. They found that women and people who had no money were helped the most quickly.

Hoffman M.L. (1975) hypothesized that altruism relates positively to having parents who 1) are altruistic 2) frequently using victim centred discipline techniques and 3) those who frequently express affection. The results revealed that altruistic behaviour in boys was significantly related to altruistic values of fathers, affection and victim centred discipline by mothers. The results suggested that altruistic behaviour in children have at least one of both

parents who have altruistic values. Affection is seen to be only influential in case of mother-son relationship.

Baumrind D. (1966) studied the effects of the three models of parenting styles: authoritative, permissive and authoritarian on child behaviour. Authoritative control was found to generate wilful and independent behaviour.

Methodology

Aim

The aim of this study is to understand the effect of maternal parenting styles on the altruistic behaviour of young adults.

Rationale

The main focus of this study was to understand the effect of maternal parenting style on the altruism. The rationale of this investigation was to study more on the effect of the parenting style variable on the altruism variable in the Indian context. After an in depth review of previous literature it has been seen that not many studies have been done on the effect of parenting style on altruism in India.

Objectives

The objectives of this study are as follows:

To study the effect of maternal parenting style on altruistic behaviour among young adults.

To study the gender differences among young adults in regards to their altruistic behaviour.

Hypothesis

H1

There will be a significant effect of maternal parenting style on the altruistic behaviour among the respondents.

H2

There will be a significant difference in regards to altruistic behaviour in between both genders.

Sample Description

The sample of this study consisted of respondents from the age group of 18- 25 years old. They were all college going students from both graduation and post-graduation. Responses were taken from both male and female equally. The method used for collecting the sample

was Random Sampling. A sample size of N= 100 (50- male and 50 female) was taken. Basic demographic details were taken from the respondents such as their name, age, gender and email address.

Research Variables

Dependent Variable

Altruism

Independent Variable

Maternal parenting style

Measures

For this study, two questionnaires were used to collect information regarding the parenting style and altruism level from the respondents.

Parental Authority Questionnaire. The Parental Authority Questionnaire was designed by John R. Buri (1991). This questionnaire attempts to measure the parenting style or the disciplinary practice that the parent adopts from the point of view of the person. There are 2 kinds of forms: mother and father, but for this investigation we will only require the mother form. The reliability of this questionnaire is 0.80. This questionnaire consists of 30 items. It consists of 3 subscales which measures three different styles of parenting: - permissive (P) - (items- 1, 6, 10, 13, 14, 17, 19, 21, 24, and 28), authoritarian (A)- (items- 2,3,7,9,12,16,18,25,26 and 29) and authoritative/ flexible(F)- (items- 4,5,8,11,15,20,22,23,27 and 30). Each statement has 5 choices (strongly disagree, disagree, neither, agree and strongly agree) and for each choice there are different scores given (1, 2, 3, 4 and 5 respectively). The task of the subject was to choose any of the choices which fit best for them and there are no right or wrong answers. The scoring of this questionnaire is as follows:

- 1- Strongly disagree
- 2- Disagree
- 3- Neither
- 4- Agree
- 5- Strongly agree

The scores on each subscale may range from 10- 50 according to the choices of the respondent. The subscale with higher score is the perceived parenting style of the mother of the respondent.

The Self Report Altruism Scale. The Self Report Altruism Scale was given by Phillippe J. Rushton in 1981. This scale attempts to measure the level of altruism among individuals. This scale is administered as a self-report measure. It assesses altruistic behaviour through self

report by the subject. It consists of 20 items. There are no separate forms for male or female, there is only one form. Each statement consists of five choices which are: Never, Once, More than once, Often and Very often. The scoring is as follows:

- 0- Never
- 1- Once
- 2- More than once
- 3- Often
- 4- Very often

The scores of an individual may range from 0-80. If the individual score more than 40 then the individual has high altruism, if it is below 40 then individual has low altruism.

Procedure

To investigate the effect of maternal parenting style on the altruistic behaviour, literature reviews were collected and various researches were studied thoroughly. The tools for the data collection of both the variables were taken. The objectives and hypothesis were formulated and expected outcomes were identified. Important information regarding the study was explained in brief to the participants. All doubts were cleared in regards to the questionnaires. Consent was also taken from the participants before they started the form. Basic demographic information like name, age etc, were also taken from the respondents. The participants were both male and female, which were taken in equal proportions.

After the data collection was done, all the respondents were thanked for giving their valuable time to this study. The raw scores were compiled in excel sheets. For analysis of the data, correlation was used. After the analysis and interpretation of the data received, the limitations, implications and future recommendations of this research were also written.

Statistical Analysis

Descriptive Statistics

To investigate the relationship between maternal parenting styles and altruism, correlation was used. All were correlated separately to find out the significance among the two. Correlation, a statistical technique is used to measure and describe the strength as well as the direction of the relationship between two variables.

Result

Table 1

Pearson's Correlation between the effects of maternal parenting style on altruistic behaviour among young adults

Pearson Correlation		The Self Report Altruism Scale	Parental Authority Questionnaire
		1	.393**
The Self Report Altruism Scale	Sig. (2-tailed)		.000
	N	100	100
	Pearson Correlation	.393**	1
Parental Authority Questionnaire	Sig. (2-tailed)	.000	
	N	100	100

The first objective of this investigation was to study the effect of maternal parenting style on altruistic behaviour among young adults. It was hypothesized that there would be significant effect of maternal parenting style on the altruistic behaviour of individuals. The result of the above stated hypothesis is shown in table 1.

Table 2

Gender Differences amongst the respondents in regards to their altruistic behaviour

Gender			The Self Report Altruism Scale	Parental Authority Questionnaire
Females	The Self Report Altruism Scale	Pearson Correlation	1	.481**
		Sig. (2-tailed)		.000
		N	50	50
	Parental Authority Questionnaire	Pearson Correlation	.481**	1
		Sig. (2-tailed)	.000	
		N	50	50
Males	The Self Report Altruism Scale	Pearson Correlation	1	.350*
		Sig. (2-tailed)		.013
		N	50	50
	Parental Authority	Pearson Correlation	.350*	1

	Questionnaire	Sig. (2-tailed)	.013	50
		N	50	50

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

The second objective of this investigation was to study the gender differences among the respondents in regards to their altruistic behaviour. It was hypothesized that there would be a significant difference among both the genders in regards to altruism. The result of the above stated hypothesis is given in table 2.

Discussion

The aim of this study was to understand the effect of maternal parenting styles on the altruistic behaviour. The objectives of this study were to study the effect of maternal parenting style on altruistic behaviour among young adults and to study the gender differences among young adults in regards to their altruistic behaviour. The sample of this study consisted of respondents from the age group of 18-25 years old. They were all college going students from both graduation and post-graduation. Responses were taken from both male and female. A sample size of N= 100 (50 male and 50 female) was taken. This test consists of two variables: parenting styles and altruism. Parenting styles are the way a parent chooses to discipline or care for their child. Parenting styles are defined on the basis of two aspects of behaviour: demandingness and responsiveness. Demandingness refers to parents control on behaviour of their child. Responsiveness refers to the degree of acceptance and sensitivity of parents towards their child's developmental and emotional needs. Altruism is simply doing things or acts for others out of desire for helping and not because they have a selfish motive. Mathew K.J., Deepa P.S., Karthick S. and Sakshi R. (2016) considered altruism as a selfless behaviour with the concern of others well-being. Two scales were used to gather data from the respondents, these were: Parental Authority Questionnaire and Self Report Altruism Scale.

To investigate the effect of maternal parenting style on the altruistic behaviour, literature reviews were collected and various researches were studied thoroughly. The tools for the data collection of both the variables were taken through google forms. The objectives and hypothesis were formulated and expected outcomes were identified. Important information regarding the study was explained in brief to the participants. All doubts were cleared in regards to the questionnaires. Consent was also taken from the participants before they started the form. Basic demographic information like name, age etc, were also taken from the respondents. The participants were both male and female, which were taken in equal proportions. After the data collection was done, all the respondents were thanked for giving their valuable time to this study. The raw scores were compiled in excel sheets. For analysis

of the data, correlation was used. After the analysis and interpretation of the data received, the limitations, implications and future recommendations of this research were also written.

According to the first objective which was to study the effect of maternal parenting style on altruistic behaviour, it was hypothesized that there will be a significant effect of maternal parenting style on the altruistic behaviour of individuals. In accordance to the analysis of data the hypothesis was hence proved. The correlation was .393. It hence proves that there is a significant effect of maternal parenting style on the altruistic respondents of individuals. This outcome proves that further studies should be done on how to make parenting style of mothers more effective in the right way for individuals to come out to be better social beings in the future.

According to the second objective which was to study the gender differences among the respondents in regards to altruistic behaviour, it was hypothesized that there will a significant difference between both male and females in regards to their altruistic behaviour. In accordance to the analysis of data the hypothesis was proved right. It was hence proved that there is a significant difference between males and females in regards to their altruistic behaviour. The results for both male and female were .350 and .481 respectively. This proves that females are more altruistic in comparison to male. Eswaran .M. and Kotwal A. (2004) studied altruism in individuals. Their research investigation proved that women were more altruistic than those of men, which proves our hypothesis and research findings as well.

Conclusion

In conclusion to the investigation on the effect of maternal parenting styles on altruistic behaviour, it can be positively concluded as both the hypothesis has been proved. The results indicate that there is a significant effect of maternal parenting styles on the altruistic behaviour of individuals. The results also showed that there is a significant difference between both genders in regards to their altruistic behaviour. The results showed that women were more altruistic in comparison to men.

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