

## Original Research Article

# Impact of perceived parenting style on emotional intelligence of nursing students

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## ABSTRACT

**Background:** Emotional intelligence (EI) is multidimensional and includes components as perception of emotion, managing own emotions, managing others' emotions and utilization of emotions. Perceived parenting style is how adolescents perceive their parent's parenting styles as authoritative, authoritarian and permissive. There is paucity of data on impact of perceived parenting style on emotional intelligence of student nurses.

**Methods:** This descriptive cross-sectional study included 178 nursing students. Ethical approval and informed written consent was obtained. They were assessed with the sociodemographic data sheet, a questionnaire-based perceived parenting style and the self-report EI scale. Analysis was done by descriptive analysis, ANOVA, Pearson correlation coefficient and p value  $\leq 0.05$  was taken as significant.

**Results:** Majority of the participants were females. The mean age was  $20.24 \pm 1.71$  years. 61.2% were BSc students and 38.8% GNM. Majority were from rural background; 92.1% mothers were house wives and 77% of fathers were farmers. Education of mother had a significant impact on EI ( $p=0.052$ ), managing own emotions ( $p=0.02$ ) and managing others' emotions ( $p=0.005$ ). The perceived parenting styles by them was authoritative (87.1%), authoritarian (7.3%) and permissive (5.6%). Overall mean EI score was  $122.53 \pm 10.65$ . Mean EI scores in authoritative, authoritarian and permissive parenting style of mothers were  $123.05 \pm 10.44$ ,  $118.00 \pm 14.05$  and  $120.40 \pm 7.79$ , respectively as compared to  $122.96 \pm 10.64$ ,  $119.38 \pm 11.54$  and  $120.79 \pm 9.95$  in fathers. The effect of authoritative parenting style of mother was significantly high in managing others' emotions ( $p=0.002$ ) and utilization of emotions ( $p=0.002$ ). Permissive parenting of mothers was negatively correlated with all components of EI except perception. Authoritative style of father had a significant effect on managing others' emotions ( $p=0.012$ ) and utilization of emotions ( $p=0.004$ ).

**Conclusions:** The impact of authoritative parenting style was significantly high in managing others' emotions and utilization of emotions. Authoritarian style of father and permissive parenting of both the parents was negatively correlated with almost all components of EI except perception.

**Keywords:** Emotional Intelligence, Nursing students, Perception, Managing emotions, Utilization of emotions

## INTRODUCTION

The term "emotional intelligence (EI)" was coined by Peter Salovey from University of Yale and John Mayer from University of New Hampshire in 1990. Emotional intelligence (EI) is multidimensional and includes components as ability of perception of emotion, managing own emotions, managing others' emotions and utilisation

of emotions.<sup>1</sup> EI has been studied in other disciplines. It is also a known fact that emotional intelligence can be developed or improved.

With the introduction of the concept of EI and its theoretical development, interest has focused on the relationship between EI and various aspects of psychic life and its implications. In the speciality literature there are

numerous researches aiming at the relationship between EI and various aspects of mental life, such as academic performance, deviant, abusive and self-destructive behaviour, life space, life satisfaction, the quality of interpersonal relationships, teaching and professional career, leadership.

Nurses should possess the skills of critical thinking and emotional intelligence in order to be able to make accurate decisions about how to deliver high quality patient care, while also considering the thoughts and feelings of patients and their families.<sup>2,3</sup>

Perceived parenting styles are defined as an opinion of adolescents or children about styles of parental behaviours during their childhood. Perceived parenting style is how adolescents perceive their parent's parenting styles as authoritative, authoritarian and permissive.<sup>4</sup>

#### ***Authoritative style***

Parents have good communication with child and unconditional love and nurturing. They also spend time with children, encourage them, give clear instructions and involve them in decision making.

#### ***Authoritarian style***

There are tough discipline and punishment, criticism, comparison with others. They provide little affection and no solutions for problems.

#### ***Permissive style***

Few limits imposed, little or no expectation for their children, view children as friends, spend less time with children, no rule or guideline for children.

Clearly, the research on parenting and EI is still very limited.<sup>5</sup> There is paucity of data on the impact of perceived parenting style on emotional intelligence of student nurses. There is an urgent need for addressing the relation between parenting styles and EI. Hence this study was planned to assess the impact of perceived parenting styles by the nursing students on their EI.

## **METHODS**

#### ***Inclusion criteria***

All nursing students attending pediatric posting who gave informed written consent were included.

#### ***Exclusion criteria***

Nursing students not willing to participate in the study were excluded.

This descriptive and cross-sectional study was approved by the institutional ethics committee of Punjab Institute of

Medical Sciences (registration number ECR/1413/Inst./PB/2020 approval number PIMS/IEC/25/16). Nursing students were included in the study after explaining the nature and purpose of the study and an informed written consent was taken from all of them. The cross-sectional study was conducted in 01 July 2025 to 30 September 2025 at the Punjab Institute of Medical Sciences after institutional ethics committee approval. One hundred seventy-eight nursing students attending pediatric posting were included by purposive sampling method. A proforma with information about sociodemographic profile including age, sex, religion, type of course, education and occupation of parents and place of residence was used.

A perceived parenting style test consisting of 30 statements was administered. The items of the scale were to be rated on a 5-point Likert rating ranging from 1 (strongly disagree) to 5 (strongly agree). Internal consistencies for permissive, authoritarian and authoritative scales are 0.75, 0.85, and 0.82, respectively, and test-retest reliability for the scales are 0.81, 0.86, and 0.78, respectively.<sup>6</sup>

The second part consisted of administration of 33-item questionnaire of EI scale.<sup>7</sup> Clear instructions in simple language were given to mark their responses for each item putting a tick mark (X) in the corresponding space of each item. Responses on the items were elicited in terms of 5-point Likert scale such as strongly agree (5), agree (4), neutral (3), disagree (2) and strongly disagree (1). This test has already been standardised and has a test retest and split-half reliability of 0.94 and 0.89, respectively and validity of 0.89.

#### ***Statistical analysis***

All the 178 participants included in the study completed the questionnaire. The EI and its three dimensions were compared between male and female participants and also between age groups. Both descriptive and inferential statistics were used for data analysis in this study. For descriptive statistics this study employed frequency, percent, mean and standard deviation. Analysis of variance (ANOVA) technique was applied to compare means between the groups. Pearson correlation coefficient was calculated and a p value less than 0.05 was taken as significant. The analysis was carried out using statistical package for the social sciences (SPSS) 20.0. A  $p \leq 0.05$  was considered as significant.

## **RESULTS**

Majority (93.8%) of the participants were females. The mean age of participants was  $20.24 \pm 1.71$  years. 61.2% were BSc nursing students and 38.8% GNM. The perception of emotions was marginally better in BSc group ( $p=0.064$ ). Majority (84.8%) were from rural background; 92.1% mothers were house wives; 77% of fathers were farmers (Table 1). Education of mother had a significant impact on EI ( $p=0.052$ ), managing own emotions

( $p=0.002$ ) and managing others' emotions ( $p=0.005$ ). The perceived parenting styles by them was authoritative in 87.1%, authoritarian in 7.3% and permissive in 5.6%. The mean overall total EI score in the participants was  $122.53\pm 10.65$ . The mean EI scores in perceived parenting style by the participants was  $123.05\pm 10.44$  in authoritative;  $118.00\pm 14.05$  in authoritarian and  $120.40\pm 7.79$  in permissive.

Table 2 shows perceived parenting style of mother and EI of participants. The cut off for low EI in this test was a score of less than 111. It is evident from the table that 88.4% of participants had normal EI in the authoritative mothers as compared to 76.9% in authoritarian group. The number of participants with below normal EI was high (23.1%) in the authoritarian group than the authoritative one (11.6%).

Table 3 shows perceived parenting style of father and EI of participants. 88.1% of participants had normal EI in the authoritative fathers as compared to 76.9% in authoritarian group. The number of participants with below normal EI was high (23.1%) in the authoritarian group than the authoritative one (11.9%).

The effect of authoritative parenting style of mother was significantly high in managing others' emotions ( $p=0.002$ ) and utilization of emotions ( $p=0.002$ ). Permissive parenting style of mothers was negatively correlated with all components of EI except perception (Table 4).

Authoritative style of father had a significant effect on managing others' emotions ( $p=0.012$ ) and utilization of emotions ( $p=0.004$ ). Authoritarian and permissive parenting styles of father were negatively associated with all the components of EI (Table 5).

**Table 1: Sociodemographic variables and emotional intelligence.**

Variables	Emotional intelligence (mean±SD)	Perception of emotions (mean±SD)	Managing own emotions (mean±SD)	Managing others' emotions (mean±SD)	Utilization of emotions (mean±SD)
<b>Age (years)</b>					
<20	122.53±10.523	35.46±4.258	34.03±4.193	29.45±3.134	23.60±2.767
≥20	122.53±10.95	34.98±4.862	34.03±4.000	29.44±3.796	24.08±2.651
<b>Sex</b>					
F	127.91±12.243	35.16±4.383	33.93±4.102	29.34±3.300	23.73±2.688
M	122.15±10.508	34.18±5.776	35.42±4.215	31.00±4.382	23.91±3.270
<b>Course</b>					
BSc	122.82±9.712	35.78±4.295	33.95±3.876	29.31±3.291	23.77±2.581
GNM	122.07±12.043	34.51±4.674	34.14±4.489	29.65±3.522	23.77±2.966
<b>Residency</b>					
Rural	122.82±11.187	35.33±4.484	33.97±4.190	29.55±3.487	23.82±2.774
Urban	121.70±10.639	35.04±4.511	34.33±3.711	28.85±2.656	23.77±2.726
<b>Edu. M</b>					
≤Grad	123.25±10.264	35.31±4.295	34.36±4.099	29.77±3.212	23.81±2.717
≥Grad	119.22±11.872	35.19±5.300	32.50±3.885	27.94±3.741	23.59±2.815
<b>Edu. F</b>					
≤Grad	122.55±11.257	35.02±4.515	34.26±4.163	29.58±3.462	23.59±2.846
≥Grad	122.45±8.150	36.26±4.247	33.16±3.852	28.95±3.031	24.08±2.247
<b>Occ. mother</b>					
H. W	122.79±10.441	35.39±4.377	34.08±4.202	29.55±3.331	23.83±2.681
Working	119.43±12.876	34.71±5.676	33.43±2.928	28.21±3.786	23.07±3.269
<b>Occupation of father</b>					
Business	124.00±10.553	36.00±4.805	34.52±4.561	29.61±3.577	23.87±2.581
Farmer	121.92±11.396	34.07±4.542	4.01±4.253	29.32±3.470	23.61±2.749
Labour	122.28±11.788	34.07±4.488	34.08±4.563	29.75±3.255	23.47±3.194
Service	123.05±10.649	35.74±4.231	33.74±3.216	29.31±3.294	24.26±2.338

**Table 2: Perceived parenting styles of mother and emotional intelligence of participants.**

Parenting style	Low emotional intelligence (<111)	Normal emotional intelligence (≥111)	Total
<b>Authoritative</b>	18 (11.6%)	137 (88.4%)	155
<b>Authoritarian</b>	3 (23.1%)	10 (76.9%)	13
<b>Permissive</b>	1 (10%)	9 (90%)	10

**Table 3: Perceived parenting styles of father and emotional intelligence of participants.**

Parenting style	Low emotional intelligence (<111)	Normal emotional intelligence (≥111)	Total
<b>Authoritative</b>	18 (11.9%)	133 (88.1%)	151
<b>Authoritarian</b>	3 (23.1%)	10 (76.9%)	13
<b>Permissive</b>	1 (7.1%)	13 (92.9%)	14

**Table 4: Pearson correlation between parenting styles of mother and dimensions of emotional intelligence in participants.**

Parenting style	Perception of emotions, r (p value)	Managing own emotions, r (p value)	Managing others emotion, r (p value)	Utilization of emotions, r (p value)
<b>Authoritative</b>	-0.109 (0.148)	0.009 (0.903)	0.234 (0.002)**	0.305 (0.001)**
<b>Authoritarian</b>	-0.093 (0.216)	-0.107 (0.156)	0.041 (0.585)	0.070 (0.354)
<b>Permissive</b>	0.005 (0.950)	-0.206 (0.006)**	-0.06 (0.364)	-0.069 (0.360)

\*\*Highly significant

**Table 5: Pearson correlation between parenting styles of father and dimensions of emotional intelligence.**

Parenting style	Perception of emotions, r (p value)	Managing own emotions, r (p value)	Managing others emotion, r (p value)	Utilization of emotions, r (p value)
<b>Authoritative</b>	0.012 (0.877)	0.058 (0.439)	0.189 (0.012)**	0.214 (0.004)**
<b>Authoritarian</b>	-0.093 (0.216)	-0.142 (0.049)*	-0.050 (0.507)	-0.059 (0.437)
<b>Permissive</b>	0.054 (0.476)	-0.134 (0.073)	-0.083 (0.270)	-0.050 (0.506)

\*Significant, \*\*highly significant

## DISCUSSION

The purpose of this study was to assess the relationship between perceived parenting style and EI among nursing students. Our study showed that there is no gender difference in EI which is consistent with observations of other studies.<sup>8-9</sup> However, many studies found a significant difference between genders in case of EI.<sup>10-13</sup> In the present study we did not find any difference in the EI in relation to age, place of residence, education of father and occupation of parents. Singla also did not find any difference in the EI in relation to these variables.<sup>3</sup> This aspect is not very well searched by other studies.

In our study, most of the fathers and mothers were having authoritative parenting style which is different from a study done in Philippines where fathers showed affectionless control and mothers showed neglectful parenting.<sup>14</sup>

Yadav et al in their correlational study between perceived parenting style, psychological well-being, and emotional intelligence among adolescents found that authoritarian parenting style was highly correlated with EI in comparison to authoritative and permissive parenting styles which goes well with results of our study.<sup>15</sup> There was no difference in the EI of male and female participants in the present study which is consistent with the study done by Hyde.<sup>16</sup> According to him man and woman are more alike than being psychologically different. However, some studies have found a significant difference between genders in the case of EI.<sup>17</sup>

This study also showed a positive correlation between emotional intelligence and parenting style. It depicts the positive association of EI with authoritative style as compared to authoritarian and permissive parenting styles. These findings are consistent with the findings of Liao et al who also found a positive correlation between parental monitoring and EI.<sup>18</sup>

This research finding is also in agreement with most previous studies which found authoritative parenting as being associated with positive behavioral outcomes such as increased competence, autonomy, and self-esteem.<sup>19,20</sup> Some previous studies also reported a strong relationship between parenting style and adolescents' behavior.<sup>21,22</sup> Wang and Sheikh-Khalil found better emotional functioning as a result of parental involvement.<sup>23</sup> Stack et al in a longitudinal study concluded that parenting style significantly influence development of competent emotional functioning.<sup>24</sup> Our research finding revealed that permissive parenting style has a weak correlation with EI which is consistent with previous studies.<sup>22</sup> Another study reported a significant negative correlation of permissive and authoritarian parenting style with communication competence and all dimensions of EI but a positive correlation in case of authoritative parenting style.<sup>25</sup> Laura and Kincso in their study, adolescents and their parents revealed that the manner in which parents rapport to their adolescents affects the development of EI.<sup>25</sup>

## CONCLUSION

This study provides insight into perceived parenting styles and its impact on EI and its components among nursing students. The effect of authoritative parenting style of mother as well as father was significantly high in managing others' emotions and utilization of emotions. Authoritarian style of father and Permissive parenting of both the parents was negatively correlated with all components of EI except perception. It indicates the need of efforts to improve affected components during the course.

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