

Investigating the Impact of Parenting Styles on Perfectionistic Attitudes

Summary:

This undergraduate senior study investigates how different parenting styles affect the development of maladaptive and adaptive perfectionism in children using a quantitative research design. Results indicate that authoritarian and permissive parenting styles are correlated with maladaptive perfectionism, with variations between genders. This study contributes to the growing body of knowledge on the relationship between parenting styles and perfectionistic attitudes and provides implications for designing effective interventions and support systems. Recommendations for future research include conducting longitudinal studies, using mixed-methods, controlling for confounding variables, expanding the study to other cultural contexts, and reporting effect sizes.

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Introduction

In this research study, we aimed to understand how different parenting styles, as theorized by Baumrind, influence the development of maladaptive and adaptive perfectionistic attitudes in children. We employed a quantitative research design using questionnaires to gather data from 468 Lebanese participants aged between 18 and 30.

Objective

The objective of this research study is to understand how different parenting styles influence the development of maladaptive and adaptive perfectionistic attitudes in children. The study aims to inform the design of more effective interventions, support systems, or digital tools for individuals who struggle with perfectionism.

Methodology

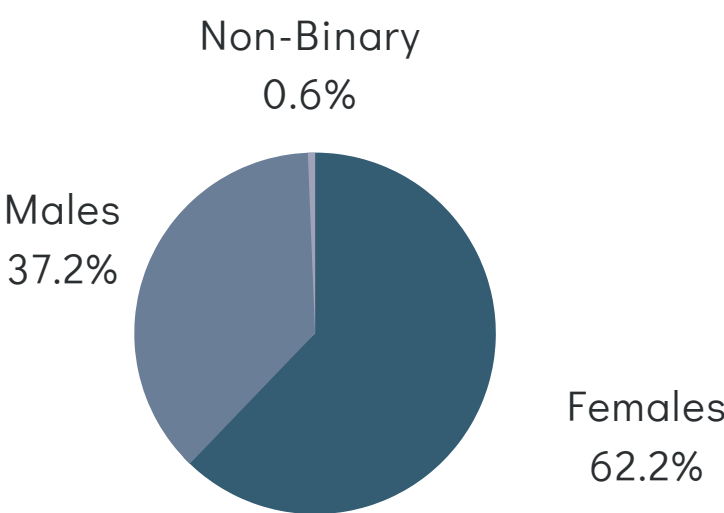
- User Surveys: We administered two questionnaires, "The Almost Perfect-Revised Perfectionism Scale" and the "Parenting Style Four Factor Questionnaire," to measure the constructs.
- Convenience Sampling: Participants were selected using convenience sampling to form a diverse sample.

Results

Findings: Through our data-driven approach, we found the following correlations:

- Authoritarian and permissive parenting styles were correlated with maladaptive perfectionism, with variations between males and females.
- Uninvolved and authoritative parenting styles did not predict any relations with maladaptive perfectionism.
- No parenting style correlated with adaptive perfectionistic traits.

Participants' distribution based on sex displayed in a pie chart



Analysis

Data Analysis: We utilized chi-square analysis to examine the relationships between parenting styles and perfectionistic attitudes, accounting for gender differences.

Conclusion

By investigating the impact of parenting styles on the development of perfectionistic attitudes, our UX research study contributes to the growing body of knowledge in this area and provides insights for designing more effective interventions, tools, and support systems for those affected by perfectionism.

After taking graduate courses in advanced statistics, I added this section which includes my recommendations.

Recommendations

- Conduct longitudinal studies to track the development of perfectionistic attitudes over time.
- Employ mixed-methods research to incorporate qualitative insights into the role of parenting styles in the development of perfectionism.
- Control for potential confounding variables, such as socio-economic status and cultural factors.
- Expand the study to other demographic and cultural contexts for increased generalizability.
- Report effect sizes for better understanding of the practical significance of the findings.