Parenting Styles as Perceived by Children and their relationship to Indicators of Mental Health among Secondary School Students in the Governorate of Khobar

A Thesis Submitted in Partial Fulfillment of the Requirements for the Master’s Degree in Counseling Psychology

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May / 2013
Abstract

The study aimed to identify the parenting styles as perceived by children, in relation to some indicators of mental health among secondary school students in the Governorate of Khobar.

The sample consisted of 400 students that was randomly selected from the secondary level of public schools in the Governorate of Khobar in the Eastern Province. The researcher employed the descriptive methodology: correlational and differential. To achieve the objectives of the study, the researcher used two scales: Ambo Parenting Styles as Perceived by Children, and Mental Health for Youth by Al Quraiti & Al Shakhs.

The results of the study were as follows:

The most preferred parenting styles of both fathers and mothers were: the Guidance for Better, Permissiveness, and Encouragement styles, respectively. The results also showed that there was a significant inverse correlation between the scores of parents on the Dysfunctional Parenting Styles scale - for both parents together and each separately- and the scores of their children on all the dimensions of the Mental Health for Youth scale, except for the Capability of Social Interaction style.

The results further showed that there was a non-significant correlation between Parenting Styles according to the Educational Level of the father and that of the mother. Besides, it was shown that there was a significant correlation between Parenting Styles according to the Socio-Economic Status of the Family.

In light of the results of the study, the researcher suggested a set of recommendations.