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Shahin Lotfi, Yahya Yarahmadi

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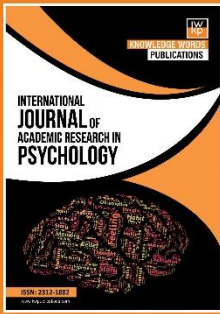
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Study the Relationship between Early Maladaptive Schemas and Parenting Styles

Shahin Lotfi, Dr. Yahya Yarahmadi

Graduate of Psychology, Sanandaj Branch, Islamic Azad University, Sanandaj, Iran, Department of Psychology, Sanandaj Branch, Islamic Azad University, Sanandaj, Iran

Abstract

Every person may have had painful experiences in his or her past, for example failures which had in his or her life. These experiences form person Maladaptive Schemas. We wanted to know these Schemas, which some of parents had in their life whether can have effect in styles that they apply in upbringing their children. So the main objective of this research is to investigate the relationship between Early Maladaptive Schemas and Parenting Styles between married men and women in Sanandaj city at the years 2012 to 2013. This study sought to examine the relationship between Early Maladaptive Schemas (Abandonment, Uncompromising standards, obedience, punishment, and negativism) with Parenting Styles (Permissiveness, Authoritative and Authoritarian style). The research's population of this study includes married men and women headed households in the Sanandaj city during the years 2012-2013. According to statistical data, 65 person of married men and women in the city of Sanandaj were selected based on accessible sampling. For data collection we used standards questionnaire of Baumrind Parenting Styles and questionnaire of Young's Early Maladaptive Schemas; and its reliability and validity have been calculated. For data analysis, Pearson correlation coefficient were used. Findings indicate that there is significant relationship between Early Maladaptive Schemas with Authoritarian style and also Authoritative style among married men and women, but there is no significant relationship between Early Maladaptive Schemas and permissive style, among married men and women.

Keywords: Early Maladaptive Schemas, Authoritative Style, Authoritarian Style, Permissiveness Style.

Introduction

Psychologists during a long time have suggested that the operation of the parents has a significant effect on formation of thoughts, emotions and behavior of children. Many researches based on Diathesis – stress model in psychopathology, have study the role of factors related to the family as a predisposing factor in the vulnerability of individuals. From the beginning of the birth of psychology as a new field, in theoretical and empirical form emphasis on importance of family role, especially on corresponding relationship between parents and children and most psychologists dispense of their theory which believe it, presenting mutual action between parents and their children as a base for

emotional and cognitive growth (Bowlby, 1969; Freud, 1964; Watson, 1928). Recent researches, has been paid increasing attention to communication patterns between family members. The findings indicate that when the correlations and family relationships have been disruptive, family is exposed to fragility and disintegration and threatens serious danger, its members. Among the different factors in family no factors gauge unhealthy and disturbed relationships between its members have not devastating consequences. On this kind of relationship there is no love and no amour and this atmosphere is conducive to the growth of antisocial behavior and delinquency (Navabinezhad, 1997).

Educative methods of parents involved all mental aspects of child and it leaves lasting and deep effects on various conspectuses including behavioral, emotional and cognitive. Many of the failures, emotional and educational failures of child and adolescent is related to improper Educative methods of parents and lack of desirable relationship with their child (Biabangard, 2006). Baumrind (1991) has been assigned Parenting Styles into three categories: "Authoritative Style", "Authoritarian Style" and "Permissiveness Style".

Authoritative style is used mostly by Democratic parents. They emphasize on free will and discipline. They emphasize free will and discipline, encourage verbal relation and exchanges and when they use their authority as parents and are inhibit children from anything and expect them to alleging (Mussen, 1963).

In the Authoritarian style, parents do not see the need give the reason to their regulations, and they think their unquestionable obedience is a virtue (Elder, 1980).

Parents, who use permissiveness style, impose very few restrictions for the behavior of their children. In emphasis on rules and standards of behavior are weak, rarely expect their children to participate in everyday household tasks and seldom guiding their behavior (Bernt, 1997). Such parents have abandoned their children, without dictate them an adult role model. In addition, however, that children and adolescents have protested against their parents; really have no desire to deal with them (Mussen, 1963).

Also Young (1999) argues that human behavior stems from Early Maladaptive Schemas. These schemas are the same patterns of emotional and cognitive schemas self-damage that formed in the beginning of evolution and growth on the mind and are repeated during the life cycle. May in the mind of a person, without experience of childhood pathogens events come affiliation schema. Because childhood has been totally supported and dominated; however, although not all schema-root transformation of traumatic events, but they all of them are detrimental for healthy life (Mussen, 1963).

With regard to social norms twenty-first century, Parenting Style is considered very important. According to the available evidence, this study is based on the relationship between Parenting Styles and Early Maladaptive Schemas among the married men and women.

Problem Statement

Piazhe and Bowlby, argue that parental functioning is causing and expansion development the models within the cognitive organization of person schema. These schemas in person's life act as lenses which formation interpretation, selection and evaluation of his experiences.

Subsequent to cognitive psychological theories of mental vulnerability and borrowing from Piazhé's view, Jeffrey Young had developed his theory in conjunction with Early Maladaptive Schemas. He believes that this schema he described them as "a structure or frame of reference" (Young, 1994) are stable and perdurable structures that are as the lenses which effect person perception of the world of self and others. These schemas are formed during childhood experiences (which often in children's lives have had an internal injury role), and are control person's response to environmental events (Young, 1999). He said, although factors related to community, school and peers are influential in shaping this schema, but their effects have not the ambit and stability of the family inputs.

Young (1999) believes that some schema especially those that they formed mainly as a result of various experiences of childhood, they may be at the main core of personality disorders, cognition character problems, and many chronic disorders. Young to examine this idea more closely had identified a set of schemas which says that Early Maladaptive Schemas. Early Maladaptive Schemas, such as loss, failure and lack of interest; these schemas are engender in the early years of childhood. Schemas in early childhood or adolescence are created accurate representations of environments. Our experience has shown that those schemas somewhat are accurate reflection of their initial living environment. For example, if a patient tells us when he was a kids, his family behave cold and soulless with him, usually his words is true. His documents for his parent's behavior may be wrong, but his basic feeling for emotional atmosphere and manner of his parents' behavior with him almost always is true (Young, 1999).

Today, researchers believe that the behavioral and educative of patterns emanate from personality characteristics and their philosophy about how children should be bringing up. This model consists of parents thinking tenet about discipline, communication structures and their expectations.

Parenting Styles "are combinations of parenting behaviors that occur in a wide variety of settings and make a lasting atmosphere of parenting style." (Berk, 2000). Baumrind (1991), in his study found that each of the three Parenting Styles (Permissiveness, Authoritative and Authoritarian) leads to the formation of different characteristics. For example, children's of authoritative families are resolute, self-reliant and willing to progress, have a good spirit of cooperation and are socially responsible.

Children of Authoritarian parents are often in conflict and have mood swings. These children often are causeless and in their social relations are not so desirable. Eventually, children of permissiveness' Parents, especially boys, are aggressive, causeless, impulsive, rebellious and self-centered and have less self-control and independence. Baumrind noticed that these traits continue for years and sometimes remained stable until adolescence (Ahadi and Jamhery, 1999).

According to the evidence, the main problem of this research, as mentioned at the beginning of this discussion is investigating whether the styles that parents are applied to educate their children are related with their Early Maladaptive Schemas? This study seeks to achieve this subject.

The Importance and Necessity of Research

There is no doubt about the importance and role of the entity of family as a first social status and most important factor in determining behavior of children. So it is necessary for parents to inform of child rearing methods, because parents are the most important members of the entity and always are contact with child and adolescent and make their world (Sharafi, 1994).

One of the major problems that commonly parents are faced with is insufficient awareness of how to apply the appropriate educational methods in the case of their children. Parents usually do not

receiving feedback from the result of their interactions with children. Parents do not know what expect should have from their children of any age. Usually parents use of inherited procedures from their ancestors for training children and think less about reform those methods and utilization more effective educational methods most effective and new. So, if parents know the ways which they use for their children what effects can have on them, they will be more careful about using those methods. (Professors of Family Education Master Plan, 2006)

The fundamental importance of this research can be identified and recommendations regarding appropriate educational models to parents for children, because rearing practices can be varied and prolonged effects in the areas of cognitive, emotional and educational patterns can have social adjustment of the of the relationship between educational patterns and Early Maladaptive Schemas is a most important issue which should be examined. Also in this study Parenting is not just facts but requires planning and learning through practice.

History and Literature

Baumrind (1991) has been assigned Parenting Styles into three categories: "Authoritative, Authoritarian, and Permissiveness Style.". Authoritative style is used mostly by Democratic parents. They emphasize free will and discipline, encourage verbal relation and exchanges and when they use their authority as parents and are inhibit children from anything and expect them to alleging (Mussen, 1963). In the Authoritarian style, parents do not see the need give the reason to their regulations, and they think their unquestionable obedience is a virtue (Elder, 1980). Parents who use Permissiveness are imposed very few restrictions for the behavior of their children. Rarely expect their children to participate in everyday household tasks and occasionally guiding their behavior (Bernt, 1997). Such parents have abandoned their children, without dictate them to an adult role model. In addition, however, that children and adolescents have protested against the parents really they have no desire to deal with them (Mussen, 1963).

Manoochehri (2008) found that there is a relationship between parenting styles and styles of coping with stress and Authoritative Parenting Style with problem-oriented coping style and Authoritarian Parenting Style with emotion-focused coping style has a direct relationship. Also he found that there is a negative correlation between Permissiveness parenting style and problem-oriented coping style.

Variables

A - Theoretical Definition of Variables

- Parenting Styles: are the set of behaviors, attitudes and speech of parents who apply them towards their children (Javanbakht, 2005) that in this study Authoritative, Authoritarian and permissive styles are considered.

- Authoritative Parenting Styles: authoritative Parenting Style is most wise and most humanity way and sometimes instead of authoritative, balanced words are used. Balancing family is a family that formed on basis of rational criteria. Wise and humane method is used in the management of this family (Yadi, 2002).

- Authoritarian Parenting style: In this method, a person is dictates and interdicts all members of the family, and intervenes in all works and all things are accomplished only by her or him will and desire. He or she should be aware of all the work and Commonplace partial and total (Shariatmadari, 1999).

- Permissive Parenting Style: these families allowed many authority and freedom for children and in these families prevails absolute freedom, freedom means everyone, whatever wants to do, and no one He has no right to intervene or protest (Shariatmadari, 1999).
- Early Maladaptive Schemas: many people because of relationship problems are after therapy, also in many known psychiatric disorders, interpersonal problems are seen. Most of interpersonal problems that people experience are influenced by their imagination style about themselves and others. This imagination method is called schema (Beck, 1967).

B - Operational Definition of Variables

- Parenting Styles: It is the score which the respondents are obtained from the questionnaire of Baumrind Parenting Styles (1991), which contains 30 multiple choice questions, in 3 styles (Authoritative, Authoritarian, Permissive style).
- Early Maladaptive Schemas: The score which the respondents are obtained from the questionnaire of maladaptive schemas Young (1994). This questionnaire has 90 questions based on a Likert scale.

Research Hypotheses

Parenting Style includes four styles: Authoritative, Authoritarian, Permissiveness and Reckless style. In this study, we survey the correlation between three styles (Authoritative, Authoritarian and Permissiveness) with Early Maladaptive Schemas; so our hypotheses are as follow:

1. It seems that there is a significant relationship between the Early Maladaptive Schemas style and Permissiveness styles of married men and women.
2. It seems that there is a significant relationship between the Early Maladaptive Schemas style and Authoritative style of married men and women.
3. It seems that there is a significant relationship between the Early Maladaptive Schemas style and Authoritarian style of married men and women.

The Research Methodology

The method used in this study is descriptive – correlational method. For collecting our data, we used of two questionnaire. Also for data analysis the software SPSS16 was used.

The Research Population, Sample size and Sampling

The research population of this study includes married men and women headed households in the Sanandaj city during the years 2012 to 2013. Samples investigated were selected randomly from the research community. According to statistical data, 65 person of married men and women in the city of Sanandaj were selected based on accessible sampling.

Methodology and Tools of Data Analysis

In this study for collecting data we used questionnaire method by 2 questionnaires:

- 1) Baumrind parenting Questionnaire: Data were collected using standard Baumrind Parenting Styles questionnaire (1991), which contains 30 items in three styles (styles: Authoritative, Authoritarian, Permissiveness), Respectively, the items of the questionnaire is: strongly agree

(5), Agree (4), approximately disagree (3) Disagree (2) and completely disagree (1) to be scored.

- 2) Early maladaptive Young Schema Questionnaire: The early maladaptive schema questionnaire Young (1994), which contains 90 items and is based on a 6-point Likert scale of (1 - completely false in my case, 2 - roughly about me is false, 3 - more about me just to be wrong, 4 - a little bit about me is true, 5 - roughly about me is true, and 6 - totally true in my case) is scoring, has been used.

In this study, the significance level of 0/05 and SPSS16 software was used. The following statistical methods were used:

- 1) A preliminary analysis of the data consisted of descriptive statistics, frequency and cumulative frequency.
- 2) Cronbach's alpha to determine the reliability of the scale
- 3) Pearson correlation

Results

First hypothesis: It seems that there is a significant relationship between the Early Maladaptive Schemas style and Permissiveness styles of married men and women.

Table 1 - Correlation test related to the relationship between Early Maladaptive Schemas Permissiveness styles

The independent variable	Dependent variable	
Early Maladaptive Schemas	Permissiveness style of Preventive	
	Intensity	0/153
	Significant	0/075*
	Number	65

*The significant level of this research is 0/05.

These findings show that there is no relationship between Early Maladaptive Schemas and Permissiveness style, as we observe the significant level equal to the (0/075), therefore at the significant level of 0/05, assuming H_1 is rejected, so the above hypothesis is rejected.

Second hypothesis: It seems that there is a significant relationship between the Early Maladaptive Schemas style and Authoritative style of married men and women.

Table 2 - Correlation test related to the relationship between Early Maladaptive Schemas with Authoritative style.

The independent variable	Dependent variable	
Early Maladaptive Schemas	Authoritative Parenting Style	
	Intensity	0/536
	Significant	0/004*
	Number	65

***The significant level of this research is 0/05.**

To examine the relationship between Early Maladaptive Schemas authoritative Parenting Style, the Pearson correlation coefficient (Pearson's correlation coefficient R) is used. According to the results, it can be seen that there is direct positive correlation between the Authoritarian style and Early Maladaptive Schemas. In table 2, as we see the significant level equal to (0/004), which is less than 0/05, so the second hypothesis is confirmed.

Third hypothesis: It seems that there is a significant relationship between the Early Maladaptive Schemas style and Authoritarian style of married men and women.

Table 3 - Correlation test the relationship between Early Maladaptive Schemas with Authoritarian style

The independent variable	Dependent variable	
Early Maladaptive Schemas	Authoritarian Parenting Style	
	Intensity	0/798
	Significant	0/001*
	Number	65

***The significant level of this research is 0/05.**

The results indicate that the relationship between Early Maladaptive Schemas and Authoritarian Parenting Style is statistically significant regarding the sig=0/001, which is less than 0/05. Therefore the null hypothesis is rejected, and the third hypothesis is confirmed.

Conclusions

The main objective of this study was to examine the relationship between Early Maladaptive Schemas and Parenting Styles among married men and women.

Families in various ways, play their fundamental role in the preparing facilities transition from dependent childhood to independent adulthood and development of self-responsibility, self-esteem, and coping and adaptation child. It is obvious that image of any adaptation, sense of responsibility and confidence of parents is reflected in children and are used in society with the composition of the work experience and the formation of new expectations. The way of put on parenting educative

methods and deep and stable influences of these methods on the character and spirit of children can be considered as an important problem. Parenting educative methods Encompasses all aspects of parenting practices and child's psychosocial and leaves on child's operation in several areas of behavioral, emotional, cognitive and a lasting impression and depth (Biabangard, 2006).

One of the issues that were surveyed in this study, was Early Maladaptive Schemas, which Young et al(2003) have argued that these concepts are self-plucky of emotional and cognitive patterns which are beginning during the growth and repeat throughout the life (Yoosefi, 2010).

According to the findings, hypothesis of relationship between the Early Maladaptive Schemas and Permissiveness style was not confirmed. These results contrast with the findings of (Shahamat et al., 2008). But according to other research hypothesis, research hypotheses II and III of this study, i.e. the difference between Authoritarian And authoritative style with the style of Early Maladaptive Schemas were confirmed.

Based on the obtained results Parenting Styles have a significant relationship with emotional problems of girls, but this significant relationship for boys was not found. The overall prevalence of emotional problems - behavioral styles of adolescents is in families with more Permissiveness and Authoritarian style and families with an Authoritative Parenting style. According to these research's findings, rational and efficient model of authoritative parenting in foster positive behavior and creating the desired characteristics and traits is important. But the Authoritarian Parenting Style, not having enough children to feel secure and confident problem-focused coping style that is less than desirable and useful way of coping, use.

Research-based Recommendations

It seems that the results related to specific styles and Schemas involved in psychological disorders can help to prevent therapy session's disorders related to decisions on parental behavior training. Parents are recommended to choose a Parenting Style that is warm and welcoming, yet they are stable and serious; and they try to raise the level of knowledge and skills in the proper attitude and behavior with children in the proper role of parents.

Corresponding Author

Shahin Lotfi, Graduate Student of Psychology, Sanandaj Branch , Islamic Azad University, Sanandaj, Iran, (Email: shahin_lotfi2000@yahoo.com).

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