



## Research Article

# An examination of theses on parenting styles in psychology in Turkiye

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### Abstract

The COVID-19 pandemic, while deeply affecting social structures worldwide, has also led to fundamental changes in family dynamics. This process has reshaped parenting approaches and practices, forcing parents to develop new strategies to protect their children's psychological and physical health. This study aims to lay the groundwork for discussions in both the academic literature and practical applications by offering a more comprehensive perspective on the evolution of parenting dynamics in the post-pandemic period. In this study, a descriptive analysis of theses written on parenting styles was conducted using document analysis, one of the qualitative research methods. Within the scope of the research, theses written in the post-pandemic period, which appeared in keyword searches and were conducted in the departments of psychology and clinical psychology, were examined. A total of 24 theses that met these criteria were identified. These theses were analyzed using content analysis; elements such as the method, sample, and data collection tools of the theses were evaluated in detail. The findings provide an in-depth analysis of current research on parenting styles in the post-pandemic period. These new parenting paradigms have the potential to significantly impact the developmental processes of not only parents but also future generations.

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## Introduction

The COVID-19 pandemic has also had a significant impact on parenting practices and family dynamics. Children's mental development has been directly affected by additional obstacles brought about by the uncertainty of the pandemic, school closures, social isolation, and increased family stress (Prime et al., 2020). In this context, the extent to which children adapted during and after this crisis has been influenced by the attitudes and methods used by their parents. According to research, children raised by authoritarian and neglectful parents are more likely to experience psychological issues such as anxiety, depression, and behavioral problems (Cluver et al., 2020). On the other hand, it has been shown that authoritative and supportive parenting methods enhance children's capacity to cope with stress and increase their emotional resilience (Spinelli et al., 2020).

The authoritarian parenting style is characterized by strict regulations and a high degree of discipline. Authoritarian parents impose rigid rules on their children and expect them to comply. Punishment is frequently used, and many parents fail to recognize their children's emotional needs. Baumrind (1967) describes authoritarian parents as individuals who establish minimal emotional bonds with their children and prioritize their own desires. When children grow up under this parenting style, they may feel oppressed and develop low self-esteem. Due to their inability to express their opinions openly, they may lag in creativity and self-confidence (Baumrind, 1991). Additionally, children raised with this

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style may exhibit either rebellious or excessively obedient behaviors towards authoritarian adults. During the pandemic, many families were forced to live in social isolation. In this process, it has been observed that authoritarian parents tightened their own rules and sought to exert control over their children. Studies indicate that children with authoritarian parents experienced greater stress and a decline in psychological well-being during the pandemic (Spinelli et al., 2020).

Democratic parents provide both control and emotional support in a balanced way. While setting rules, they explain the reasons behind them and appreciate their children's perspectives. This parenting approach encourages children's independence while also offering advice and support. Children raised by democratic parents typically have high self-esteem, confidence, and social skills. They have developed problem-solving skills and high academic performance (Baumrind, 1971). This style enhances children's emotional and social development. Democratic parents embraced the pandemic as an opportunity to strengthen their emotional relationship with their children. The need for children to receive support in their home education process and their separation from their social environment allowed democratic parents to provide more emotional support to their children. This parenting approach helped young people cope with the stress of the pandemic (Cluver et al., 2020).

The permissive parenting style stands out by imposing minimal restrictions and granting significant autonomy to children. Permissive parents often yield to their children's desires and rarely scold them. In this model, children may have more autonomy in decision-making but are generally deprived of guidance. Children raised by permissive parents may struggle to set boundaries and develop self-discipline. Children with too much freedom and too few regulations may have difficulty adhering to social norms and assuming responsibility (Maccoby & Martin, 1983). Permissive parents had less control over their children's screen time and recreational activities during the pandemic. This situation led some young people to have unlimited access to the internet and technology, while others lacked a sense of responsibility (Zhang et al., 2021).

The neglectful parenting style is characterized by a lack of attention to children's emotional and physical needs. Neglectful parents have minimal involvement in their children's lives and fail to meet their developmental needs appropriately. Children raised by uninvolved parents often have low self-esteem, poor social skills, and academic failure. These young people may also experience a lack of self-confidence and struggle with independent living in adulthood (Baumrind, 1991). The increased economic and psychological stress of the pandemic forced some parents to spend even less time with their children. It has been observed that neglectful parents led to greater social isolation by neglecting their children's emotional needs, which, in turn, led to mental health issues and academic failures among children (Liu et al., 2020).

### **Aim of Study**

The pandemic has had a profound impact on parenting styles, resulting in serious consequences for children's development and mental health. While authoritarian parenting increased children's stress levels during the pandemic, democratic parenting improved children's psychological adjustment. On the other hand, permissive and neglectful parenting methods negatively affected the development of children's responsibility and self-discipline during the pandemic. This process concluded that parents need to better understand their children's needs and prioritize emotional support

This study aims to examine the theses conducted in psychology in Turkey on family styles in the post-pandemic period.

## **Method**

### **Research Model**

In this study, the document analysis method, one of the qualitative research methods, was used. Within the scope of the study's aim, a descriptive analysis was conducted on theses concerning family authority style or parenting style.

## Documents

The theses published in the national thesis database (Web1) in Turkey were examined in the study. The criteria for selecting theses for the study were as follows: conducted in the post-pandemic period, included in keyword searches, and carried out in the departments of psychology and clinical psychology. A total of 24 theses meeting these criteria were identified.

## Data Analysis

The theses selected based on the criteria were subjected to content analysis. These included aspects such as the thesis's method, sample, and data collection tools.

## Results

### Type of Research

All thesis studies on family authority style or parenting style utilized quantitative research methods.

**Table 1.** Types of analysis used in theses

Data Analysis	f
ANOVA	21
Correlation Analysis	21
Regression Analysis	14
T-Test	17
Mediator Variable Analysis	1
Total	74

Table 1 shows the frequency of statistical analysis types used in the theses examined. The most frequently used analysis types are ANOVA and Correlation Analysis, each applied 21 times. These are followed by the T-Test, applied 17 times, and Regression Analysis, used 14 times. Mediator Variable Analysis, on the other hand, was the least preferred analysis type, being used in only one study. This distribution indicates that statistical methods focusing on comparison and relational analyses are predominantly preferred in the theses.

### Type of Scale

All thesis studies on family authority style or parenting style have used quantitative research methods.

**Table 2.** Types of scales used in theses

Types of scales	f
Parental Attitude Scale	23
Difficulties in Emotional Regulation Scale	4
Childhood Trauma Scale	3
Liebowitz Social Anxiety Scale (LSAS)	2
Narcissistic Personality Inventory (NPI)	2
Self-Compassion Scale (SCS)	2
Separation Anxiety in Young Adults	2
Psychological Resilience Scale	2
Social Anxiety Scale	2
Experiences in Close Relationships Inventory" (ECR)	2
Separation-Individuation Scale	1
Strengths and Difficulties Questionnaire	1
Rejection Sensitivity Questionnaire	1
Self-Compassion Scale - SCS	1
Beck Anxiety Scale	1
Emotional Eating Scale - EES	1
Ego Functions Scale	1

Conflict Resolution Behaviours Determination Scale	1
Aggression Orientation Scale	1
Marital Conflict Perception Scale	1
Sexual Myths Evaluation Form	1
Orthorexia Nervosa Scale	1
Emotional Coping Scale	1
Satisfaction with Life Scale (SWLS)	1
Marital Adjustment Scale	1
Self-Disgust Scale	1
Cognitive Distortions in Relationships Scale	1
Self-Critical Rumination Scale	1
Symptom Checklist-90-Revised (SCL-90-R)	1
Somatization Subscale	1
Personality Inventory	1
Sibling Relationship Scale	1
Young's Internet Addiction Scale	1
Self-Criticism Scale	1
Five-Factor Narcissism Inventory	1
Dutch Eating Behavior Questionnaire	1
Total	70

Table 2 shows the frequencies of various psychometric scales used in the theses examined. among the types of scales, the most commonly used was the parental attitude scale, which was preferred 23 times. this is followed by the difficulties in emotional regulation scale, used 4 times, and the childhood trauma scale, used 3 times. some scales, such as the liebowitz social anxiety scale (LSAS), narcissistic personality inventory (NPI), and self-compassion scale (SCS), were used twice, while most scales were preferred in only one thesis.

### Sample size and type

the sample size and type of thesis studies on family authority style or parenting style are shown in table 3.

**Table 3.** Sample sizes used in theses

Sample Size	f
More than 400	8
201-300	5
301-400	9
100-200	2
Total	

Table 3 shows the distribution of sample sizes used in the theses examined. it is observed that a large portion of the theses preferred a participant count between 301-400 (9 theses), followed by studies conducted with more than 400 participants (8 theses). medium-sized samples, in the range of 201-300, were preferred in 5 theses. the least preferred group was samples with 100-200 participants, used in only 2 theses.

**Table 4.** Types of samples used in theses

Type of Sample	f
Adult individuals	10
University students	5
Families	3
High school students	1
Individuals from Generation X and Y	1
Housewives	1
Adults with one sibling	1

Total	22
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Table 4 shows the diversity and frequency of sample types used in the theses examined. the most frequently used sample type in the studies was adult individuals, used in 10 studies. this group is followed by university students, included in 5 studies. less frequently used sample types include families (3 theses), high school students, individuals from generation X and Y, housewives, and adults with one sibling (each used in 1 thesis).

### Keywords in theses

the number and types of keywords in thesis studies on family authority style or parenting style are shown in table 5.

**Table 5.** Number of keywords used in theses

Keywords	f
Parental Attitudes	24
Emotional Regulation	7
Trauma	5
Personality	4
Anxiety	4
Ego	3
Narcissism	3
Emotional Eating	2
Parental Conflict	2
Conflict Resolution	2
Sexuality	2
Sibling Jealousy	2
Sensitivity to Rejection	1
False self	1
Orthorexia Nervosa	1
Life Satisfaction	1
Somatization	1
Self-Critical Rumination	1
Cognitive Distortions	1
Psychological Resilience	1
Internet Addiction	1
Total	

Note: Keywords with similar meanings were grouped under the same category

Table 5 shows the most frequently used keywords in the theses examined. the most commonly used keyword was parental attitudes (24 theses), followed by emotional regulation (7 theses) and trauma (5 theses). this distribution reveals a strong interest in topics such as parental attitudes and emotional regulation in the research.

### Analysis of Thesis Results

Orak (2023) examined the predictive effect of perceived maternal attitudes and the parenting attitudes displayed by mothers of preschool children on the emotional and behavioral problems experienced by their children. Karaman (2024) analyzed the relationship between adults' separation-individuation attitudes and the opposite-gender parent attitude within the framework of drive theory. Demir (2023) investigated the mediating role of rejection sensitivity and self-compassion in the relationship between perceived parental attitudes (emotional warmth, rejecting attitude, overprotective attitude) and difficulties in emotion regulation in adults. Çelik (2022) studied the effect of perceived parental attitudes and anxiety levels on emotional eating behavior in individuals aged 20-40. Şahin (2021) researched the relationship between perceived parenting attitudes and ego strength development in individuals. Kılıç (2024) examined the relationship between false self-development, perceived parental attitudes, and separation anxiety in young adults.

Öğretir (2023) evaluated the predictiveness of perceived parental attitudes and emotion regulation abilities of middle school students on conflict resolution behaviors using structural equation modeling.

Dereli (2022) examined the relationship between university students' attitudes toward dating violence and their perceived parental attitudes and parental conflict during childhood. Aydın (2021) explored the relationship between sexual myths, parental attitudes, and childhood traumatic experiences. Temel (2021) studied the effect of university students' retrospective perceptions of conflict between their parents on difficulties in emotion regulation, through perceived parental attitudes and adult attachment as mediating variables. Atakan (2024) examined the relationship between orthorexia nervosa, emotional coping, perceived parental attitudes, and personality traits.

Özen (2024) investigated the mediating role of emotion regulation difficulties in the relationship between perceived parental attitudes and social anxiety in university students. Haban (2023) examined the relationship between narcissistic personality tendencies, perceived parental attitudes, and life satisfaction. Özlü (2022) studied the relationship between childhood psychological traumas, marital adjustment, and parental attitudes among individuals who are married and have children aged 2-6.

Kıvrak (2021) explored the relationship between perceived parental attitudes, self-compassion, and self-disgust levels in adults. Ağca (2024) examined the mediating role of interpersonal cognitive distortions in the relationship between perceived parenting attitudes and adult separation anxiety. Hawarneh (2024) investigated the relationship between psychological resilience levels and self-critical rumination and perceived parental attitudes among individuals from Generation X and Y, born between 1965 and 1999. Karakurt (2022) examined the relationship between somatization levels and perceived parental attitudes among housewives, with emotion regulation difficulties as a mediating factor. Yılmaz (2021) researched the moderating role of sibling relationships during childhood in the relationship between perceived parental attitudes and personality. Delen (2021) examined the relationship between perceived parental attitudes, social anxiety, and internet addiction among university students.

Ünlü (2023) investigated the moderating role of self-compassion in the relationship between perceived parental attitudes during childhood and self-criticism. Çaçkurlu (2022) studied the effect of parental attitudes on narcissism based on childhood traumas. Ülker (2021) examined whether the attachment pattern developed towards the mother or caregiver, based on the individual's experienced parental attitudes, had an effect on attachment behaviors in future romantic relationships. Soyumtürk (2021) examined the effect of childhood traumas and perceived parental attitudes on emotional eating behavior in adults.

### **Conclusion**

The purpose of this study is to examine theses focusing on parenting styles in psychology in Turkey between 2021-2024. Based on the findings, it was determined that the most frequently used scale in studies on parenting styles is the "Parental Attitude Scale." In the keyword analysis, it was observed that the term "Parental Attitudes" was the most preferred keyword. In terms of sample group, the most common sample type consisted of adult individuals, with sample sizes of 300-400 participants in most of these studies. Regarding statistical analysis methods, it was found that ANOVA and correlation analysis were frequently used in the studies. Overall, the distribution of theses on parenting styles revealed 23 master's theses and 1 doctoral thesis.

### **Recommendations**

#### **Recommendations for Researchers**

This study analyzed the tendencies in the content of postgraduate theses conducted in psychology in the post-pandemic period. It is anticipated that similar analyses can be conducted in different disciplines.

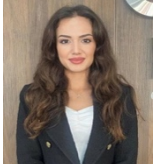
#### **Recommendations for Practitioners**

Experts in psychology have the opportunity to examine the findings of studies on parenting styles conducted during the post-pandemic period.

### Limitations of Study

This research is limited to theses on the topic of 'parenting attitudes' conducted in the departments of psychology and clinical psychology in Turkey between 2021-2024, in the post-pandemic period

### Biodata of Authors



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**Appendix 1. Selected Thesis**

No	Thesis
T1	The Predictive Effect of The Parental Attitude Perceived by Mothers Who Have Children in the Preschool Period and Their Own Parental Attitude on the Emotional and Behavioural Problems Experienced by Their Children
T2	Evolution of the Separation –Individual Attitude in Adults Within the Framework of Opposite Sex Parental Attitude and Drive Theory
T3	The Mediating Role of Self-Compassion and Rejection Sensitivity in the Relationship Between Perceived Parental Attitudes and Difficulty in Emotion Regulation
T4	Investigation Of the Effect of Perceived Parental Attitude and Anxiety Level on Emotional Eating in Individuals Between the Age Of 20-40
T5	Investigation of the Effect of Perceived Parent Attitude on Ego Function in Young Adults
T6	The Relationship Between False Self and Aggravating Parental Attitude and Separation Anxiety in Young Adults
T7	Parental Attitudes Perceived and Ability to Emotion Regulation as Predictors of Conflict Resolution Behaviours
T8	The Relationship of Attitude Towards Dating Violence with Perceived Parental Attitude and Perceived Parental Conflict
T9	Investigation Of the Relationship of Parental Attitude and Childhood Traumatic Life in University Students and Sexual Myth
T10	The Relationship Between Perceived Parental Conflict and Difficulties in Emotion Regulation: The Mediator Roles of Perceived Parenting and Adult Attachment
T11	Examination Of the Relationship Between Orthorexia Nervosa, Personality Traits, Perceived Parental Attitude and Emotional Coping
T12	Examining The Mediating Role of Emotion Regulation Difficulties in The Relationship Between Perceived Parental Attitude and Social Anxiety in University Students
T13	Investigation of the Relationship between Perceived Parental Attitude and Narcissistic Personality Tendency and Life Satisfaction in 18-Year-Old High School Students
T14	The Relationship Between Childhood Mental Trauma and Marriage Harmony of Married Individuals with Children and Parental Attitude
T15	Investigation Of the Relationship Between Perceived Parental Attitude, Self-Compassion and Self Disgustation in Adults
T16	The Mediating Role of Interpersonal Cognitive Distortions in The Relationship Between Perceived Parenting Attitudes and Adult Separation Anxiety in Adults
T17	The Investigation of The Relationship Between Self-critical Rumination and Psychological Resilience in X And Y Generation Individuals in The Context of Perceived Parental Attitudes
T18	Moderate Role of Emotion Regulation Difficulty in The Relationship Between Perceived Parental Attitudes and Somatization Level in House Women
T19	The Regulatory Role of Childhood Sibling Relationship in The Relationship Between Perceived Parental Attitude and Personality
T20	Examining the Relationship Between Perceived Parental Attitude, Social Anxiety and Internet Addiction in University Students
T21	Investigation Of the Moderator Role of Self-Compatibility in The Relationship Between Perceived Parental Attitude and Self-Criticism
T22	Investigation Of the Effect of Perceived Parent Attitudes According to Childhood Traumas on Narcissism
T23	The Relationship Between Experiences in Romantic Relationships and Perceived Parental Attitude
T24	An Investigation of The Effect of Perceived Parental Attitude and Childhood Trauma on Emotional Eating in Adult Individuals