

Parenting Style and its Effect on Altruism among Addicted and Non-Addicted Adults

Submitted By

Karsna N

(21PCP009)

Under the Guidance of

Dr. S. Srividya

A Thesis submitted to



Avinashilingam Institute for Home Science and Higher Education for Women

In Partial Fulfillment of the Requirements for the Degree of

Master of Science in Clinical Psychology

(2021-2023)

May 2023

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Signature of the Head of the Department

Signature of the Guide

CERTIFICATE

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This is to certify that the project work entitled “**Parenting Style and its Effect on Altruism among Addicted and Non-Addicted Adults**”, submitted to Department of Clinical psychology, Avinashilingam Institute for Home Science and Higher Education for Woman, Coimbatore, in partial fulfilment of **Master of Clinical Psychology**, is the record of the original project work done by **Karsna N(21PCP009)** during the period of her study, under my supervision and guidance.

Signature of the Guide

Signature of the Head of the Department

Submitted for the viva voice examination held on _____

Internal Examiner

External Examiner

DECLARATION

DECLARATION

I hereby declare that this project work entitled “ **PARENTING STYLE AND ITS EFFECT ON ALTRUISM AMONG ADDICTED AND NON-ADDICTED ADULTS**”, submitted to Department of Clinical psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, inpartial fulfilment of the requirement for the award of the **Degree of Master of Clinical Psychology** is the bonafide record of original project work done by **KARSNA N (21PCP009)** during the period of her study under the supervision and guidance of **Dr. S. Srividya** , Assistant Professor and Head, Department of Clinical psychology.

Place: Coimbatore

Signature of the candidate

Date:

N. Karsna

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ABSTRACT

Abstract

The general approach a parent uses in raising their child is referred to as their parenting style. Parents have a crucial role in promoting their kids' prosocial conduct. Certain parenting approaches could cause a youngster to become addicted as an adult. The aim of the study was to find the relationship between the parenting style and altruism among addicted and non-addicted individuals. The data was collected from 55 adults (28 Addicted and 27 Non-Addicted) between the age group of 20 – 50 years by Purposive Sampling Method. Scale of Parenting Style and Self-Report Altruism Scale was used to collect the information. The data was analysed statistically using the SPSS software version 29.0.0.0. The results indicated that there was significant relationship between the parenting style and altruism. There was also significant relationship between the parent responsiveness and control among addicted and non-addicted individuals. There was a significant difference on altruism and parenting style among addicted and non-addicted individuals.

Keywords: parenting style, altruism, addicted, non-addicted

INTRODUCTION

Chapter 1

Introduction

Children flourish when their parents create a loving and supporting atmosphere while simultaneously setting high expectations. The way parents engage with their children, how they discipline them, how they handle their behaviour and emotions all have an effect on how children develop. Several social skills and personality qualities in children are developed as a result of the parent's example. Communication between parents and their kids is essential for the growth of excellent mental health outcomes. Family is the first socializing context to foster children's prosocial behavior as well as inhibit their antisocial behavior. Moreover, some parenting practises put kids at risk of abusing and using alcohol. Statistics on parenting style in India shows that 73.2% parents followed Authoritative parenting style, 20% followed Authoritarian and 6.8% followed Permissive style of parenting. Poor substance use outcomes were linked to neglectful parenting across all substances. With the exception of the authoritative parenting style, which was linked to less frequent drinking. There is virtually always a correlation between greater rates of substance use and negligent parenting. Although most prior studies were cross-sectional and since the cultural context may affect relationships between parenting style and substance use, a recent review urged for further longitudinal research on this topic. Parents' provision of alcohol, delinquent behaviour, association with rebellious friends, and prior use of other drugs were all linked to substance use outcomes at follow-up. According to socialisation theorists, parents have a crucial role in promoting their kids' prosocial conduct. Children's prosocial development benefits from supportive parent-child relationships highlighted by collaboration and positive affect. In contrast to altruistic prosocial behavior, authoritative parenting was positively related with general, public, emotional, anonymous, dire, complying, and other particular forms of prosocial behaviours

(such as sharing). Only generic and altruistic prosocial behaviours were negatively correlated with authoritarian parenting; other specific categories were not.

Parenting Style

Parenting Style has an impact on a child's life and development. A lot of families have a blend of two or more parenting types because the mother and father tend to differ when it comes to parenting a child. A healthy development leads to a child succeeding not only in developing as a person, but also in building a stronger bond with their parents. A child's life is incomplete without their parents. The way in which they act, what they say, and what they do have an impact on a child's development from the moment they are born.

Parenting Style is the Process of raising children and providing them with protection and care in order to ensure their healthy development into adulthood is parenting. (Hendricks, 2005)

Parenting is defined as the process of ensuring children's health and safety, preparing children for life as productive adults, and transmitting cultural values. (APA, 2005)

Parenting styles are broad patterns of childrearing practices, values and behavior. It is the way parents take care of their children which can have impact on the children's personality development and the ways of interacting with social and close relations. (Akhtar, 2012)

Parenting practices can be defined as directly observable specific behavior that parents use to socialize their children (Darling and Steinberg, 1993).

Parenting and Its Effects

Parenting refers to the process of raising and nurturing a child from infancy to adulthood. It involves providing for a child's physical, emotional, and social needs while also promoting their development and well-being.

The effects of parenting on children can be long-lasting and significant. Parenting styles, in particular, can have a major impact on a child's development and outcomes.

1. Emotional Development. Parenting can shape children's emotional development by influencing their self-esteem, emotional regulation, and attachment styles. Children who experience consistent love, support, and positive reinforcement from their parents tend to have higher self-esteem and better emotional regulation skills. On the other hand, children who experience neglect, rejection, or criticism from their parents may struggle with low self-esteem, anxiety, or depression.

2. Social Development. Parenting can also affect children's social development by influencing their social skills, peer relationships, and overall social competence. Children who have warm, supportive, and involved parents tend to have better social skills, more positive peer relationships, and greater social competence. In contrast, children who experience harsh or inconsistent parenting may struggle with social skills, have difficulty forming positive relationships with peers, and may even exhibit aggressive or antisocial behavior.

3. Cognitive development. Parenting can also impact children's cognitive development by influencing their learning, problem-solving, and academic achievement. Children who have parents who are involved in their education and provide a stimulating and enriching environment tend to have better cognitive outcomes, including higher academic achievement, better problem-solving skills, and greater creativity. In contrast, children who experience

neglect or lack of support from their parents may struggle with cognitive development, leading to lower academic achievement and difficulties with learning.

4. Physical Development. Finally, parenting can also have an impact on children's physical health and development. Children who have parents who promote healthy habits, such as regular exercise, balanced nutrition, and sufficient sleep, tend to have better physical health outcomes, including lower rates of obesity, chronic disease, and other health issues. In contrast, children who experience neglect or lack of support from their parents may struggle with physical health, leading to higher rates of illness, malnutrition, and developmental delays.

Types of parenting style

Diana Baumrind identified three styles (Authoritarian, Authoritative, Permissive) of parenting in 1971. The neglectful style was added by Eleanor Maccoby and John Martin in the 1983. The effects of parenting styles on the development of children and how those effects manifest themselves in adulthood are still a subject of heavy discussion in the psychology community.

The types are classified based on Demandingness and Responsiveness by Baumrind in 1991

Parental responsiveness as “the extent to which parents intentionally foster individuality, self-regulation, and self-assertion by being attuned, supportive, and acquiescent to children’s special needs and demands”. Parental responsiveness reflects and advances nurturing, acceptance, and encouragement and constitutes a significant element in parent–child relationships.

Parental control refers to “the claims parents make on children to become integrated into the family whole, by their maturity demands, supervision, disciplinary efforts and willingness to confront the child who disobeys”. Parental control can be behavioral, which is

the regulation of the child's behavior through firm and consistent discipline or psychological, which is parents' influence on behavior of their child through emotional means

High Demandingness	Authoritarian	* Authoritative *
Low Demandingness	Neglecting	Permissive
	Low Responsiveness	High Responsiveness

Figure 1 Types of Parenting Style

Four types of Parenting Style are

1. Authoritarian Parenting Style High Demandingness, Low Responsiveness

Parents that are authoritarian can be severe in their expectations and have strict standards for their kids. An authoritarian parent may react with criticism, rage, and/or punishment if the child disappoints them. This kind of parenting frequently employs the "tough love" method. Parents that adopt an authoritarian parenting style impose restrictions without taking the child's opinions into account. A controlling parent may respond, "I told you so," when their children inquire as to why they must abide by the rule. They think that parents know best and do not necessarily want to explain their decisions or take the child's feelings or opinions into account. According to Alyson Schafer, the consequences include:

These children have trouble deciding things for themselves.

Difficult to discern right from wrong on their own.

They need confirmation of their worth from authority figures.

As soon as the parent leaves, the child will act out, and authoritarian parenting doesn't seem to instil lasting lessons.

2. Authoritative Parenting Style. High Demandingness, high Responsiveness

Parents that use an authoritarian parenting style establish definite rules and expectations. They typically let natural consequences play out and help kids learn from these circumstances rather than penalising them. Inductive discipline, which encourages children to consider how their actions influence others rather than imposing punishment or threats, is a technique they frequently use.

Furthermore, authoritative parents build close emotional bonds with their kids and pay attention to their needs, emotions, and opinions. They offer security, acceptance, affection, and free exchange of ideas. These parents freely compliment and affirm their kids. They are non-intrusive and forceful. Their techniques are helpful. They want their kids to have self-control, assertiveness, and social responsibility.

This style can help kids.

Gain self-confidence.

Handle the responsibility.

Understand how to overcome difficulties.

Become confident in their judgement.

3. Permissive (Indulgent or Lenient) Parenting Style. Low Demandingness, High Responsiveness. The permissive parenting approach, often known as child-led parenting or free-range parenting, is very lax and frequently lacks set rules and expectations. Sometimes, permissive parents will do the opposite action in response to their own authoritarian parenting. Instead of imposing rules or telling their children what to do, these indulgent parents let their

children make their own decisions. And they go out of their way to please their children, maintain their happiness, and limit conflict. They want their children to be good pals.

Some kids, especially those who are already independent, perform well with lenient parenting. However, lenient parenting can cause anxiety and a sense of uncertainty in kids who yearn for more order and security. Overly lenient parenting may have additional unfavourable effects.

Poor emotional control can be developed.

When the child doesn't get their way, the child is overly defiant.

When faced with challenges, give up.

Drug and alcohol abuse are harmful types of behavior.

4. **Neglectful (Uninvolved or Disengaged Parenting) Parenting Style.** Low Demandingness, Low Responsiveness. The category implies that parents who are neglectful do not spend much time with their children. The children are left to fend for themselves and don't have any structure or affection. This parenting style can put children in danger. This style can also be called disorganized parenting.

Neglectful parents don't interact with their children much, don't attend their children's activities or events, and don't strive for an emotional connection. The psychological aftermath of this parenting style is serious and can lead to,

The person becoming depressed.

It is difficult to form close relationships.

Having failed in relationships.

Lashing out through hostile behavior

They were cutting themselves off.

Some of the theories on parenting style are

Vygotsky Theory on Parental involvement (Vygotsky, 1962)

Lev Vygotsky was a Russian psychologist and teacher who developed a theory about how our social interactions influence our cognitive development in 1962.

Vygotsky's social development theory claims that a child's cognitive development and learning ability can be influenced by their social interactions. Vygotsky's Sociocultural theory states that learning is a social process and not an independent journey of discovery. He says that a child's learning benefited greatly from being guided by a more knowledgeable member of the community.

Vygotsky's Zone of Proximal Development (ZPD). The zone of potential development is a concept used to explain a child's potential for cognitive development and ability when they are guided through a task, rather than being asked to do it alone.

The zone of proximal development refers to a child's ability to do a task with the assistance of a more knowledgeable person if they are presented with a task that is slightly above their ability level. Some skills are presented in a social context when the child is not able to display them on their own.

The zone of proximal development is the distance between the actual developmental level and the level of potential development when assessed in collaboration with peers or mentors or under the guidance of a teacher.

Vygotsky's idea of More Knowledgeable Other (MKO). Vygotsky believes that guiding children's learning through their interaction with a more knowledgeable other is

important. Someone with a greater understanding of the task or concept that the child is trying to complete or learn is more knowledgeable. It could be a peer or mentor, but most of the time it would be a parent, caregivers or teacher.

Vygotsky believed that as an infant and caregivers participate in an activity, the adult begins by guiding and leading the experience, slowly giving more control to the infant. In order to learn and grow, Vygotsky proposed that infants collect tools.

Baumrind Theory on Parenting (Baumrind, 1966)

Baumrind noticed that pre-schoolers were different in their behavior. The behavior was correlated to the kind of parenting. For Baumrind, key element of parental role is to socialize the child to conform to the necessary demands of others and maintaining a sense of personal integrity. She defined control as strictness, use of corporal punishment, consistency of punishment, use of explanations, and so on. In contrast, Baumrind argued that parents' willingness to socialize their child is conceptually separate from parental restrictiveness.

There is a close relationship between parenting style and children's behavior, according to Baumrind's theory. There are different parenting styles that can lead to different outcomes. Baumrind identified three central models of parental control: permissive, authoritarian, and authoritative.

Parent Development Theory (Mowder, 1991)

The Parent Role Development Theory (PDT) is called as the Parent Development Theory. The theory was proposed by Mowder in 1991.

The framework for viewing parents as individuals who acknowledge, accept, and perform the parent role was provided by this theory. Being a parent does more than just involve the biological function of procreation; it also involves the on-going process of carrying out behavior associated with a specific social role. Social roles are typically defined as involving

an interaction between two individuals, with each one acting according to that socially recognized role.

The theory provides a framework for considering the parent role, as well as a model in which individual conceptualizations of the parent role change over time. According to Mowder, young children begin to appreciate social roles early in life. Young children know that parents have a special relationship with their children and that there are some similarities between parents and their children. Young children readily describe what their parents do. Increased individual, family, and other social and cultural experiences can lead to the development of individuals' cognitions or schemata relative to the parent role. Regardless of whether individuals themselves become parents; these parenting cognitive continue to develop over time.

It's more likely than not that people's parenting perceptions have some level of stability, but are also subject to change. It is not a one-to-one correspondence with parenting behavior. Parents tend to parent in a way which is consistent with their views about what is important to do as a parent. There are a number of factors that can affect the correspondence between parenting perspectives and parenting behavior.

The PDT is a useful framework to examine individual parenting perspectives. The theory helps child-oriented practitioners to understand how the individuals they are working with may view parenting from their own unique, specific point of view, which may differ from the practitioner's own perspective.

People tend to think of the parent role as including six primary characteristics. Bonding, Discipline, Education, General Welfare and protection, Responsivity and Sensitivity.

1. Bonding is the affection, love, and regard parents have for their children. The positive affect of the parent toward the child is referred to as positive affect, while the effect of children toward their parents is referred to as attachment.

2. Discipline is the setting of limits for children by their parents. This parenting dimension has been referred to as permissive versus restrictive. Discipline includes indications of setting limits or establishing rules, as well as specific parental responses to child behavior.

3. In order to inform children, education is the parental transmission of information. The parenting characteristic includes educating, guiding and teaching children. Advising, being a role model, counseling, preparing and showing by example are some examples of education.

4. General Welfare and Protection means that parents assure that their children are protected from harm and that children's general needs are met. General welfare and protection include assuring safety and a healthy environment, as well as being a breadwinner and provider.

5. The extent to which parents respond to their children is called responsivity. The parent makes a response to the child's call for assistance if they hear, see, or think that the child needs something. Exhibiting responsivity includes helping, assisting, bringing up, encouraging, and supporting children other than in a general welfare and protection sense.

6. The ability of the parent to discern what the child is communicating and matching the parent response to the child's needs is referred to as sensitivity. A sense of accuracy with which parents understand and respond to their children is a sensitivity. It includes indications of respecting, understanding, comforting, and responding to a child's specific need.

Parental Acceptance- Rejection Theory (Rohner, 2005)

The theory primarily examines parental love—its manifestations, effects, and roots. According to this view, all kids worldwide require acceptance (love) from their parents and other attachment figures. Children everywhere, regardless of differences in culture, gender, age, or ethnicity, tend to self-report a particular type of psychological maladjustment when this demand is not addressed. Furthermore, it appears that people who feel rejected are more likely

than accepted people to experience behavioural disorders, sadness or depressed mood, substance addiction, and other mental health-related problems. Finally, it appears that both kids and adults organise their ideas of acceptance and rejection around the same four categories of behaviour. Warmth and affection (or coldness and lack of affection), anger and aggressiveness, neglect and generalised rejection are some of these.

Collectively, the warmth dimension of parenting is formed via parental acceptance and rejection. All people can be categorised along this dimension or continuum because everyone has had varying degrees of love from significant carers when they were young. As a result, the warmth dimension is concerned with the nature of the affectionate relationship between parents and their kids as well as the actions, words, and gestures parents use to convey their feelings. Parental acceptance, which refers to the warmth, affection, care, consolation, concern, nurturing, support, or plain love that children can feel from their parents and other carers, is at one end of the continuum. The other end of the spectrum Parental rejection, which is defined as the absence of these sentiments and behaviours or a major withdrawal of these behaviours, as well as the appearance of a range of physically and psychologically harmful behaviours and affects, signify the introduction of PAR Theory 2. According to research on the PAR Theory, parental rejection can manifest as any combination of the following four main expressions: (1) chilly and unaffectionate, which is the antithesis of being warm and affectionate; (2) hostile and aggressive; (3) indifferent and neglectful; and (4) undifferentiated rejecting. Undifferentiated rejection describes people's perceptions that their parents don't actually love or care about them, even while there may not be obvious behavioural signs of their parents' abandonment, lack of affection, or hostility.

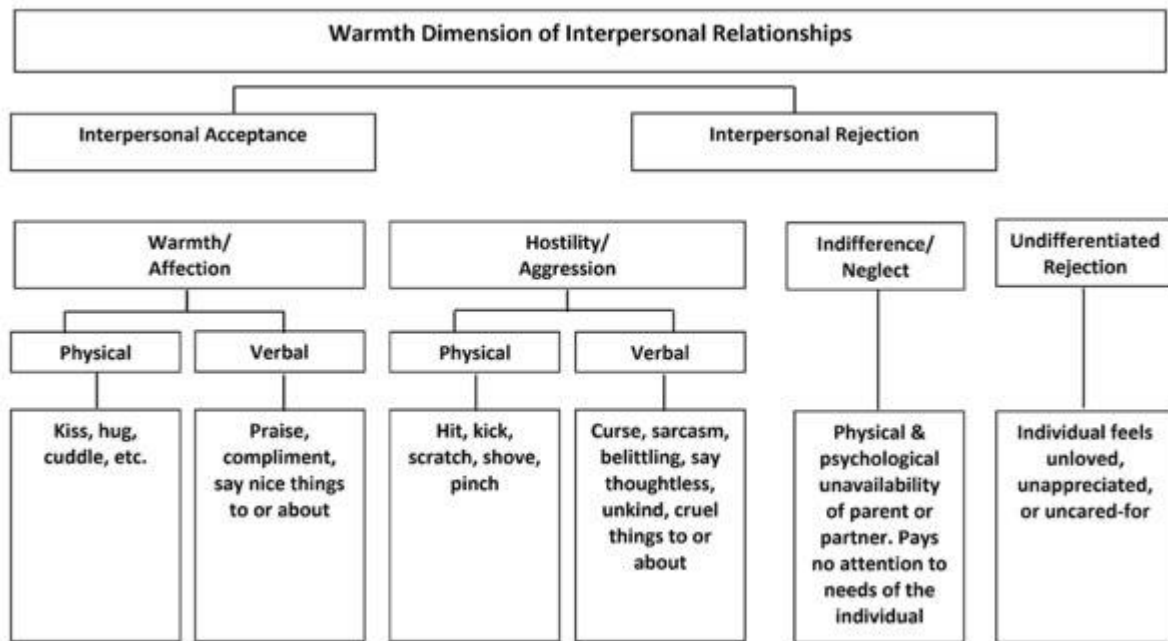


Figure 2 Warmth Dimension of Interpersonal Relationships of Parental Acceptance-Rejection Theory

Epstein Theory of Parental Involvement (Epstein, 2009)

The theory was developed by Dr. Joyce Epstein of Johns Hopkins University in 2009. The interest in Epstein's model is pegged on the presumed import for involving parents in the educational progress of their children. Epstein's model of involvement is designed like a functional connection between the status of parents, the success of their children as well as their modification.

Dr. Joyce Epstein of Johns Hopkins University has developed a framework for defining six different types of parent involvement. This framework assists educators in developing school and family partnership programs.

The Epstein Model outlines six concrete types of family involvement behavior: positive home conditions, communication, involvement at school, home learning activities, shared

decision making within the school, and community partnerships (Epstein & Dauber, 1991; Epstein et al., 2009).

1. Parenting: Help all families establish home environments to support children as students.
2. Communicating: Design effective forms of school-to-home and home-to-school communications about school programs and children's progress.
3. Volunteering: Recruit and organize parent help and support.
4. Learning At Home: Provide information and ideas to families about how to help students at home with homework and other curriculum-related activities, decisions, and planning.
5. Decision Making: Include parents in school decisions, developing parent leaders and representatives.
6. Collaborating with Community: Identify and integrate resources and services from the community to strengthen school programs, family practices, and student learning and development.

Importance of Parenting style:

Parenting styles are concepts that are used to describe the various methods parents often use to raise children. These parenting philosophies cover actions, attitudes, and the emotional atmosphere in which parents raise their kids.

Parents are essential in the lives of their kids. Parenting techniques have a significant impact on a child's long-term development, whether it is in terms of influencing their attitude, thinking, worldview, or physical and psychological health. This is due to the fact that parents are a child's first teachers and the ones from whom they learn and modify their behaviours from

the moment they are born. Parents are a child's first instructor; thus, it makes sense that kids emulate and mirror their attitudes and behaviours.

According to Eisenberg, Zhou, and Spinrad et al. (2005), effective parenting practises influence children's temperament through improving their ability to regulate their emotions. One of the negative results that carry over into adulthood is the ability to regulate one's emotions, according to another study that looked at the opposite behaviour and found that children who experience parental abuse or neglect are more likely to exhibit these behaviours. These illustrations demonstrate how parenting practises have a significant impact on how children express their emotions and behave in general.

Studying parenting styles serves many purposes in the relationship of parents with children. It helps in children's moral and psychological training, their growth and development, and familiarizing them with the social norms.

Impact of parenting style:

Research suggests that parenting styles can have a range of effects on children. Some of the areas of a child's life that may be affected in the present and in the future include:

- **Academics.** Parenting styles can play a part in academic achievement and motivation.
- **Mental health.** Parenting styles can also influence children's mental well-being. Kids raised by authoritarian, permissive, or uninvolved parents tend to experience more anxiety, depression, and other mental health problems.
- **Self-esteem.** Kids raised by parents with an authoritative style tend to have strong self-esteem than kids raised by parents with other styles,

- **Social relationships.** Parenting styles can impact how kids relate to other people. For example, kids raised by permissive parents are more likely to be bullied, while kids raised by authoritarian parents are more likely to bully others.
- **Adult relationships.** Researchers have also found that kids raised by strict, authoritarian parents may be more likely to experience emotional abuse in adult romantic relationships.

Some of the studies were,

Bahmani, Naseri and Faribozi (2022) investigated the effect of parenting styles, attachment styles and the mediating variable of addiction on child abuse. The study sample included 530 people and 1060 parents and were administered with Addiction Severity Index (ASI) and answered Baumrind's Parenting Styles Questionnaire (PSQ), Childhood Trauma Questionnaire (CTQ), and Adult Attachment Scale (AAS). The result showed that there are differences in parenting style. Only the relationship between the two components of parental affection and control with the attachment avoidance index was supported by the results. The relationship between parental parenting components and the child attachment avoidance index is influenced by perceived emotional abuse.

Sondhi, Beniwal and Ganotra (2021) conducted a study in Understanding the relationship between Prosocial Behaviors and Parenting Styles in Young Adults. The study includes 96 female participants from 18 to 21 years age group and are administered with Prosocial Tendency Measure and the Parenting Style Index. Regression analysis reveals that the Parenting Style could predict Emotional Prosocial Behaviors and not the other prosocial behaviors.

Altruism

Altruism is typically believed to be behaviour that puts one's own needs aside for the sake of others. However, different authors have interpreted altruism differently in the context of evolutionary biology, leading to varying hypotheses on the development of altruistic behaviour. Generally speaking, different perspectives disagree on who benefits from generosity and how the cost of altruism is calculated. People frequently act altruistically, showing concern for others' welfare, worrying about unjust economic distribution, returning others' kindness or cruelty, etc. Prosocial behaviours are what these actions fall under. Experimental data show that human benevolence is a strong force and exceptional among animals. The interaction between selfish and altruistic people, however, is essential to fostering human cooperation because there is substantial individual variation. Depending on the situation, a small group of altruists can persuade a large group of egoists to collaborate, or vice versa, a few egoists can persuade a sizable group of altruists to defect.

‘Altruism means not abject self-sacrifice, but merely a willingness to act in the consideration of the interests of other persons, without the need of ulterior motives’ (Nagel, 1970).

‘Altruism can be defined as intentional and voluntary behavior that people act to increase other people’s welfare as their ultimate goal rather than as merely a means to an end designed to enhance the actors’ welfare’ (Batson, 2002).

Altruism is “intrinsically motivated voluntary behavior intended to benefit another” acts motivated by concern for others or by internalized values, goals and self-rewards rather than by the expectation of concrete or social rewards or the avoidance of punishment (Eisenberg and Mussen, 1989).

The French philosopher Auguste Comte popularized the term “altruism” as the opposite of egoism. The Latin ‘alteri’ means “somebody else” or “other people” and was derived from the French word altruisme.

Benefits of altruism

Reducing blood pressure can be achieved by altruism.

Good deed can make you feel happy, as altruism can improve mental health

Being able to help and understand others can often bring peace of mind, and altruism can improve relationships and social connections.

The Psychology of Altruism

People who are suffering are believed to be the main reason for psychological altruism. Altruism has been studied from a psychological perspective, trying to find out why a person acts in this way.

There are a few theories that psychologists have.

The existence of evolution. According to psychologists, we help relatives to continue our bloodlines because of the study of altruism from an evolutionary standpoint.

The environment. Our early environment is thought to influence how we will be when we grow up. Altruism is behavior that benefits other people. If we model prosocial behavior in front of others, they are more likely to mirror them.

Some of the theories on Altruism are,

Social Exchange Theory (Homans, 1958)

George Homans was the man who developed it in 1958. Social exchange theory believes that a relationship between two people is created through a process of cost-benefit analysis. It is a metric designed to determine the effort poured in by an individual in a person-to-person relationship.

Core Assumptions of Social Exchange Theory. The foundations of social exchange theory are based on assumptions about human nature and relationships.

Humans tend to seek out rewards and avoid punishments.

A person begins an interaction to gain maximum profit with minimal cost — the individual is driven by “what’s in it for me?”

A third assumption is that individuals tend to calculate the profit and cost before engaging and that a person begins an interaction to gain maximum profit with minimal cost. The theory assumes that the payoff will vary from person to person, as well as with the same person over time.

An interaction that elicits approval from another person is more likely to be repeated than an interaction that elicits disapproval, according to the social exchange theory. Predicting whether a particular interaction will be repeated can be done by calculating the degree of reward (Approval) or punishment (Disapproval) that comes from the interaction. The interaction is likely to occur or continue if the reward surpasses the punishment.

According to this theory, the formula for predicting the behavior of any individual in any situation is:

$$\text{Behavior (profits)} = \text{Rewards of interaction} - \text{costs of interaction.}$$

Social recognition, money, gifts, and even subtle everyday gestures like a smile, nod, or pat on the back are some of the ways in which rewards can come. Extreme punishments include public humiliation, beating, or execution, as well as subtle gestures like a raised eyebrow.

Reciprocal Altruism theory (Robert Trivers, 1974)

It was developed by Robert Trivers in 1974. Positive actions are exchange between people. It's about taking and giving in relationships. We want our relationships to be a two-way street, even though we contribute to relationships. The maintenance of social norms can be explained by reciprocal actions. The human tendency is so strong that a person will feel obligated to return a favour even if they don't like the person who gave the favour in the first place.

Empathy - Altruism Hypothesis (Batson, 1991)

According to Daniel Batson (1991), altruistic motivation is caused by the feeling of need for a person.

Most of us have an inclination to take care of our own. We make notable efforts in order to improve their situation. We don't always feel like we need that.

We don't experience the desire to know if a colleague is okay or to do something nice for a stranger often. When there is no empathy, neither generous or cooperative behavior emerges.

According to the empathy-altruism hypothesis, when we connect with the emotional reality of the other, feelings of compassion, sympathy, and tenderness arise. Altruistic behavior is activated to promote the well-being of others. According to Daniel Batson, this would explain why some people can't help others.

Incentives for Altruistic Behavior

There may still be cognitive incentives that are not obvious, even though the definition of altruistic involves doing for others without reward. Some cognitive explanations include helping others to relieve our own distress or being kind to others.

Empathy. According to the empathy-altruism hypothesis, people are more likely to engage in altruistic behavior when they feel sympathy for someone in distress.

To relieve from negative feelings. Altruistic acts can help alleviate the negative feelings associated with seeing someone else in distress, which is referred to as the negative-state relief model. When we see another person in trouble, we feel upset, distressed, or uncomfortable, but if we help them, these feelings are reduced.

Types of Altruism

Different types of altruistic behavior have been identified by psychologists. These also include:

1. **Generic or Kin Altruism.** Altruistic acts that benefit close family members are called genetic altruism. In order to provide for the needs of family members, parents and other family members often sacrifice.

2. **Reciprocal Altruism.** A mutual give-and-take relationship is a type of altruism. They may one day be able to return the favour, so they need to help another person now.

3. Group Selected Altruism. Altruistic acts are done for people based on their group affiliation. People might try to help people who are part of their social group or support causes that benefit a specific group.

4. Pure altruism. It involves helping someone else even if it is risky, without any reward. It is motivated by morals and values.

Fostering Altruism

There are things you can do to help foster altruistic tendencies in yourself and others. These include.

Look for inspiring people who engage in altruistic acts. We can act altruistically in our own life if we see others work to improve the lives of others.

Building connections and putting a human face on the problems you see is what practice empathy is about. Think about what we can do to make a difference, and how we would feel in that situation.

If we set a goal, we can find ways to do random acts of kindness. We can volunteer in our community by looking around for people who need help. Fix a meal for someone in need, help a friend with a chore, donate blood, or volunteer for an organization.

Try to keep kindness in the forefront of your thoughts. Think about the altruistic acts that have done, how they might have helped someone, and how you might repeat them in the future. Consider doing at least one act of kindness a day.

Importance of Altruism:

For students Altruism inspires young people by directing their attention outward and providing an opportunity to experience the value of helping others. Kindness, compassion, gratitude, empathy and many other positive qualities emerge when children learn that helping others is also a great way to help themselves.

In an organisation Altruism can help create behavioral expectations or positive values toward others, which can make it possible to increase the Organizational Trust. In addition, Altruism in the organization can encourage the climate of Organizational trust within the organizational context

1. Altruism Increases Happiness in the Individual. Too many young individuals make the mistake of putting only their own needs first. Depression or anxiety are bred by this egocentric inclination. By cultivating compassion for others, altruism penetrates the rigid exterior of self-absorption.

2. Altruism Promotes a Positive Sense of Connectivity. Happiness is stifled by isolation. Harvard researchers published findings in the Journal of Happiness that support the urge to feel connected to others. According to the survey, people value gifts they buy for others more than they value things they buy for themselves. To gauge their degree of contentment during the study, participants filled out a personal satisfaction scale. Giving gifts consistently resulted in greater happiness scores. Generosity produced life.

3. Self-Identity is Strengthened by Altruism. Self-esteem soars as a result of altruism, which encourages assurance and confidence. Altruism can support a positive self-perception. A teenager who volunteered her time to visit senior residents in her neighbourhood gave an

illustration of this when she said, "If I give it to you... I'm not offering it to you because I know you need it. I'm offering it to you because I'm just being myself."

4. A Sense of Mission is Inspired by Altruism. Young people are inspired by altruism because it focuses their attention on others and gives them a chance to understand the importance of doing good deeds. When young children discover that helping others is a terrific way to help themselves, a host of beneficial traits including kindness, compassion, gratitude, empathy, and many others start to develop.

Some of the studies on Altruism are,

Robet (2023) aimed to determine the relationship between Religiosity and Parenting Style with Altruism in Adolescents. The data was collected from 87 adolescents and the results indicate that the Religiosity and Parenting Style have a positive influence on Altruism.

Tomei, Studer and Gmel (2021) conducted a study on Prosocialness in young males with Substance and Behavioral Addictions. The study examines prosocialness (Altruism, Empathize and care for others) among a population of young males. A sample of 5,675 young males, aged 19–29 years old were assessed using prosocialness scale for Adults & Alcohol Use Disorder according to DSM 5 Criteria. Result showed that the addicted young men suffer from lowest level of Prosocialness when compared to non-addiction group.

Need for the Study

As previous research studies explicitly state that there is a relationship between altruism (positive behavior) and Addiction (negative behavior) and effects of parenting would be a lifelong impact, studying these two variables would help to understand the role of parenting in developing these behaviors. It will also help professionals in clinical psychology, therapist and other state holders to device plans and methods by which clients can be approached to handle their addictive behaviors or to use altruistic behaviors for their personal growth. Hence the study aimed to understand the following objectives.

Objectives

- a. To examine the parenting style of father and mother towards development of addiction and altruism
- b. To compare the differences in parenting style of father and mother among addicted and non-addicted individuals towards altruism.

REVIEW OF LITERATURE

Chapter 2

Review of Literature

The parenting style of a parent has an effect on the life and development of a child. Many families combine two or more parenting methods since the mother and father typically have diverse parenting philosophies. Children pick up a number of social skills and personality traits from their parents' example. Family is the first socialising setting that influences children's prosocial, antisocial, and addictive behaviour. Physical, emotional, and social issues can arise as a result of addiction and have a significant negative impact on a person's life. One of the prosocial behaviours is altruism, which is often thought of as behaviour that places one's own needs second to those of others. Children's prosocial development benefits from strong parent-child relationships that are characterised by collaboration and joy.

The objectives of the study are

- a. To examine the parenting style of father and mother towards development of addiction and altruism
- b. To compare the differences in parenting style of father and mother among addicted and non-addicted individuals towards altruism.

With the above objectives, the review of literature of the current study involved the following studies interrelated to

Parenting style

Altruism

Addiction

Parenting style and Addiction

Bahmani, Naseri and Faribozi (2022) investigated the effect of parenting styles, attachment styles and the mediating variable of addiction on child abuse. The study sample included 530 people and 1060 parents and were administered with Addiction Severity Index (ASI) and answered Baumrind's Parenting Styles Questionnaire (PSQ), Childhood Trauma Questionnaire (CTQ), and Adult Attachment Scale (AAS). The result showed that there are differences in parenting style. Only the relationship between the two components of parental affection and control with the attachment avoidance index was supported by the results. The relationship between parental parenting components and the child attachment avoidance index is influenced by perceived emotional abuse.

Khadija, Zahra, Samira, Idrissi and Ahmed (2022) conducted a study to evaluate the effect of early maladaptive schema (EMS) and alexithymia such as moderators and mediators in the relationship between the perceived parenting styles (PS) among patients with substance use disorders. The study sample consists of 451 patients of 13 to 67 years of age and administered with the Young Schema Questionnaire-Short Form, the Young Parenting Inventory, Toronto Alexithymia Scale (TAS-20), the State-Trait Anxiety Inventory, the Columbia-Suicide Severity Rating Scale, and the Rosenberg Self-Esteem Scale. The analysis showed that the alexithymic group perceived both their attitudes of mother and father negatively, possess more severe EMSs, and women face more difficulties in the emotion regulation than the men group and the association between parenting and alexithymia was moderated by EMS.

Sun and Wilkinson (2020) conducted a study to examine how parenting style affect the family relationships when Internet addiction is a concern. The data was collected from 700 middle school and 500 college students using self – report questionnaire scales of Internet

addiction, parenting style, personality questionnaire, Interpersonal relationship questionnaire and Demographic details. According to the findings, problematic parenting styles, such as strict attitudes, heavy punishment and regularly withholding affection, are associated with Internet addiction. It has been shown that personality tendencies of lie, neuroticism, and psychoticism are associated with Internet addiction. Internet addiction is linked to poor Interpersonal skills. There is a relationship between parenting style and internet addiction

Valente, Moreira and Sanchez (2018) conducted a study to examine the roles of parental alcohol use and parental style as predictors of adolescent patterns of drug use. The data was collected from 6391 students. The result revealed that the parenting style and occasional alcohol use by parents were the predictors for adolescent alcohol use and they were classified as (1) abstainers/low users, (2) alcohol users/binge drinkers, and (3) polydrug users.

Valente, Moreira and Sanchez (2017) conducted research on Gradient of Association between parenting styles and patterns of drug use in Adolescence: A Latent Class Analysis. The aim of the Study was to identify associated patterns of drug use and the parenting style. The data was collected from 6381 students using baseline data collection to evaluate the effectiveness of the drug prevention program. The results revealed the identification of three Latent class among students 1) abstainers/low users (81.54%), 2) alcohol users/binge drinkers (16.65%), and 3) polydrug users (1.80%). A gradient of inverse association was found between parenting styles (authoritative, authoritarian, and indulgent, with the neglectful style) and the classes “alcohol users/binge drinkers”.

Ozgur (2016) studied the relationship between Internet Parenting Styles and Internet usage of Children and Adolescents. The aim was to demonstrate how parenting styles in relation to Internet use are perceived by children and parents and how these styles affect Children’s Internet use. The data was collected from 1289 students quantitatively and

qualitatively from 20 parents and 23 children. The result revealed that there was a significant relationship between Internet parenting style and child's gender and mothers education level. As the grade level of the students increased, the Internet parenting style tended to be changed

Calafat, Garcia, Juan, Becona and Hermida (2014) examined which parenting style is more protective against adolescent substance use. The data were collected from 3774 individuals and the result indicated that both indulgent and authoritative parenting styles were more protective against the adolescent substance use than the authoritarian and neglectful parenting.

Matejevic, Jovanovic, and Lazarevic (2014) studied Functionality of Family Relationships and Parenting style in Families of Adolescents with Substance Abuse Problems. 50 Addiction and 50 Non-Addiction adolescents were taken as sample for the study. The result showed that there is a correlation between family functioning, parenting style and the presence of addiction diseases among adolescents.

Parenting style and Altruism

Robet (2023) aimed to determine the relationship between Religiosity and Parenting Style with Altruism in Adolescents. The data was collected from 87 adolescents and the results indicate that the Religiosity and Parenting Style have a positive influence on Altruism.

Batool and Lewis (2022) investigate that Does positive Parenting predict prosocial behavior and friendship quality among adolescents, Emotional intelligence as a mediator. The data were collected from 350 students aged between 14- and 16-year using Parenting Style Scale, Emotional Intelligence Scale for Children and Adolescents, Altruistic Personality scale and the Intimate Friendship Scale. The result indicates that the positive parenting has significant relationship on predicting prosocial behavior and friendship quality.

Sondhi, Beniwal and Ganotra (2021) conducted a study in Understanding the relationship between Prosocial Behaviours and Parenting Styles in Young Adults. The study includes 96 female participants from 18 to 21 years age group and are administered with Prosocial Tendency Measure and the Parenting Style Index. Regression analysis reveals that the Parenting Style could predict Emotional Prosocial Behaviours and not the other prosocial behaviours.

Parwez, Raheem and Hussain (2020) investigated the gender differences in Pro-social Behavior and focused on the relationship between helping behavior and life satisfaction of the students. This study was also aimed to explore the dominant parenting style of parents and its influence on the helping behavior of their children. A sample of 100 students (50 males and 50 females) were administered with The Helping Attitude Scale, (Nickell, 1998) Scale of Parenting Styles (2014) and the Satisfaction with Life Scale (1985). The result revealed that male students scored higher on the helping attitude scale as compared to the female students and there was a significant correlation between the Prosocial behavior and life satisfaction whereas there was no significant difference between parenting style on prosocial behavior of the students.

Fogle (2018) studied Perceived Parenting, Psychological flexibility and perspective taking as predictors of Altruism. The study examined perceived parenting style as a predictor of Altruism and the flexible connectedness factors as potential mediators. 76 University students were selected as participants. They were assessed with Acceptance & Action Questionnaire–II, Interpersonal Reactivity Index (IRI), Parental Bonding Instrument (PBI), Parental Authority Questionnaire (PAQ), Self Report Altruism and Altruism decision-making tasks. The study results suggested that inflexible parenting (i.e., Authoritative and permissive parenting) may influence how a person treat others in unexpected ways. Authoritative parenting, was not associated with increased altruism, psychological flexibility, or empathy.

Authoritarian parenting, was the only parenting style that significantly predicted increased probability of altruism. A rigid parenting style may positively influence the way people treat others, even while negatively impacting their responses to distressing or unwanted thoughts and emotions. In totality, the mechanism by which authoritarian parenting influences altruistic behavior is unknown. Despite the questions that remain, however, altruistic behavior, even when part of an overall inflexible repertoire formed from a rigid parent-child relationship, benefit society.

García, Serra, Zacaes and García (2018) studied the association between parenting styles and short- and long-term socialization outcomes. 571 Adolescents and 527 Adults were included in the study population. Results showed that both adolescents and older adults from indulgent families reported equal or even higher self-esteem than those from authoritative households.

Guo and Feng (2017) studied the associations between Perceived Parenting Styles, Empathy, and Altruistic Choices in Economic Games. 494 children are administered with Perceived Parenting style, Griffith Empathy measure and Altruism choice by dictator games. The findings reveals that the Enhancing parental emotional warmth and reducing parental rejection may encourage children empathy and elevate Altruism.

A study of family relationship, altruism and aggression level of adolescents in 2017 by Patil and Adsul of sample 60 students revealed that there is no significant difference between family relationship and altruism but family relationship has a significant influence on aggression.

In 2016, Nwe and Min investigated Prosocial behavior of Lower Secondary Students and their Parenting styles on 630 students using pro-social personality battery (PSB) for student's pro-social behaviour (consists of social responsibility scale, empathy scale, moral

reasoning scale, and self-reported altruism scale) and parenting style questionnaire. The correlational study reveals that Authoritative Parenting style positively related with prosocial behavior.

Clark, Dahlen and Nicholson (2015) investigated the role of Parenting Styles and parental psychological control in the prediction of relational aggression and prosocial behavior in 323 college students. The result reveals that parental psychological control was on the contrary to prosocial behavior.

Richaud, Mesurado and Lemos (2013) analyzed the Links between parental styles, practices and empathy and prosocial behaviors in early adolescence of 289 student samples. The results indicate that the parental practices are related with anonymous and altruistic aspects of Prosocial behaviors.

Karmakar and Ghosh (2012) studied Altruistic behaviour of Adolescents of different regions of India. The present study tried to find out the effect of parenting style on self-report altruistic behaviour of Indian adolescents of three different regions. 220 school going adolescents (boys and girls) participated in the study. The Self-Report Altruism Scale and Parental Authority Questionnaire (PAQ) were used in this study. Stepwise multiple regression analysis was used for analyses. Findings of the study indicate that demographic variables as well as socio-cultural variable play important role in the development of altruistic behaviour.

Prior, Carvalheiro, Lawler, Stapinski, Newton, Somers, Pereira and Barrett (2021) investigate Early trauma and associations with altruistic attitudes and Behaviors among young adults. Sample from 511 individuals were collected and the result indicates that experiencing one or more trauma types was negatively related with Altruism.

Altruism and Addiction

Tomei, Studer and Gmel (2021) conducted a study on Prosocialness in young males with Substance and Behavioral Addictions. The study examines prosocialness (Altruism, Empathize and care for others) among a population of young males. A sample of 5,675 young males, aged 19–29 years old were assessed using prosocialness scale for Adults & Alcohol Use Disorder according to DSM 5 Criteria. Result showed that the addicted young men suffer from lowest level of Prosocialness when compared to non-addiction group.

Ermakov, Kryuchkova, Denisova and Kolenova (2021) studied life meanings and values in connection with the life satisfaction of persons with drug addiction at the stage of rehabilitation. The result state that the drug addicts at the stage of rehabilitation begin to have a meaningful attitude, optimistic about their life. This indicated the productivity of the rehabilitation program. Status and altruistic meanings are of the least importance in the respondents' system of life meanings. Hedonistic meanings of life prevail, acceptance of life as it is.

Hao, Jin, Lyu and Akram (2020) examined the association between the Problematic mobile phone use and altruism among 674 young adults with the self-report questionnaires for measuring levels of problematic mobile phone use, altruism, alexithymia and empathy. The results were that the problematic mobile phone use negatively predict Altruism.

Bathje, Pillersdorf, Kacere, and Bigg (2019) conducted a study to understand the live experiences of people who use drugs, with a focus on their relationships and helping behavior. The study sample includes 32 participants and data collected using qualitative method. Grounded theory methodology was used to understand the patterns of helping behaviour, along with the contexts in which help is or is not given. Researchers particularly focus on participants' distribution of syringes and carrying medicine to reverse overdose (naloxone). Participants

shared stories of altruism and mutual aid, along with barriers and disincentives to helping others. Researchers situate these behaviours within contrasting environments of a free harm reduction program and the competitive market system

The effect of personality dimensions on Work Addiction was studied by Babalhavaeji, Taghvaei and Soleimani in 2016. 62 employees were included in the study. The results were there is a significant relationship between all personality dimension and the work addiction among employees. The dimension of altruism and flexibility can anticipate work addiction.

Friedman, Pouget, Sandoval, Jones, Nikolopoulos and Gelabert (2015) measured Altruistic and Solidaristic orientations toward others among people who inject Drugs. The Altruism and Solidarity scales were administered to 300 peoples. There was a significant correlation between Altruism and Solidarity among drug injected people.

Karmakar and Ghosh (2012) studied Altruistic behaviour of Adolescents of different regions of India. The present study tried to find out the effect of parenting style on self-report altruistic behaviour of Indian adolescents of three different regions. 220 school going adolescents (boys and girls) participated in the study. The Self-Report Altruism Scale and Parental Authority Questionnaire (PAQ) were used in this study. Stepwise multiple regression analysis was used for analyses. Findings of the study indicate that demographic variables as well as socio-cultural variable play important role in the development of altruistic behaviour.

Carter, Johnson, Exline, Post and Pagano in 2012 studied to explore Narcissistic and Prosocial Behaviors with and without Substance Dependency Disorder (SDD) among Adolescents. Results reveals that there is direct connection between Self-centeredness and addiction with the Levels of narcissistic and prosocial behaviors.

Nicholson (2010) studied Altruism and Alcohol Dependence. This study explored the relationship between Altruism and recovery from Alcohol dependency. Self-report survey on

Altruism was done using Rushton Altruism Scale, AA Altruistic activities. The results from 92 AA members showed no statistically significant relationship between altruism and recovery from alcohol dependence emerged.

There may be variations in parenting styles, according to studies on parenting style and addiction. According to the research, unhealthy parenting behaviors including strictness and lack of compassion are linked to addiction. Children who have dysfunctional parent-child relationships may turn to the internet or drug abuse as a means of escaping. It was understood that Internet parenting style was substantially connected with the child's gender and the parents' educational level. Additionally, it was found that as the students' ages and grade levels increased, Internet parenting practices that were first viewed as authoritative were now perceived as laissez-faire. As the grade level increased, the Internet parenting style tended to loosen up. Individual alcohol usage is predicted by parental parenting style and parental occasional alcohol consumption. The attachment avoidance index serves as a mediator between the two elements of parental affection and control. The classes "alcohol users/binge drinkers" and parenting styles (authoritative, authoritarian, and indulgent, with the neglectful type as a starting point) had a gradient of inverse relationships. Authoritarian and neglectful parenting were less effective at preventing teenage substance use than indulgent and authoritative parenting. When compared to the alexithymia and nonalexithymia groups, the alexithymia group has a tendency to view the views of the parents of substance use disorder patients unfavorably. It should be noted that across the addiction and non-addiction groups, patterns of disengaged family functioning, parenting based on rejection and overprotection, and a significant prevalence of incomplete family systems were significantly more common in adolescents with addiction diseases.

According to research on parenting practices and altruism, altruism is positively influenced by parents who practice both parenting and religion. Race of the individual and each

of the three parenting styles (permissive, authoritative, and authoritarian) were associated with prosocial conduct. Race of the participants had an impact on the relationship between psychological control and prosocial behavior. An authoritative parenting style has a strong correlation with predicting prosocial behavior and the strength of friendships among adolescents. No correlation was found between authoritative parenting and greater levels of empathy, psychological adaptability, or altruism. The only parenting style that clearly showed a higher likelihood of giving in kids was authoritarian parenting. The way people treat one another may benefit under a rigid parenting style, but how they respond to unpleasant or uncomfortable ideas and feelings may suffer. Parental involvement in the child's life was the most effective predictor of emotional prosocial behaviors among parenting styles. The most significant predictor of parenting styles, which also connected with obedient prosocial behaviors, was parental supervision or strictness in the young adult's life. The other prosocial behaviors, such as altruistic, anonymous, dreadful, and public prosocial behavior, however, were not foreseen by any of the parenting strategies. There was a gender gap in altruistic behavior, with male students scoring higher than female students. It was also shown that there was a strong link between prosocial behavior and life happiness, with parenting style having no bearing on this relationship. But increasing parental emotional warmth and decreasing parental rejection may promote empathy in kids and boost altruism. In India, socio-cultural and demographic factors both have a significant impact on the development of altruistic behavior. Parental psychological control was especially inversely connected with prosocial behavior for African Americans, but not for White people. Altruism was inversely correlated with a person's early life trauma experiences, whether one or several.

According to studies on altruism and addiction, young men who are addicted have the lowest levels of prosocial behavior when compared to the group who are not addicted. The drug abusers who are in the rehabilitation stage start to have a positive outlook on their lives.

The respondents' concept of life meanings places the least value on status and altruistic values. Altruism may not be positively predicted by a mobile addiction. The altruism can foresee work addiction as well. Among drug injectors, there was a connection between altruism and solidarity. The degree of narcissistic personality is directly correlated with self-centeredness, addiction, and prosocial behavior. Altruism and recovery have not been significantly correlated in people receiving treatment for alcoholism.

As based on the above literature reviews and an understanding of the theoretical propositions the present study has tried to find the relationship between altruism (positive behavior) and Addiction (negative behavior) and effects of parenting with the objective of a) to examine the parenting style of father and mother towards development of addiction and altruism b) to compare the differences in parenting style of father and mother among addicted and non-addicted individuals towards altruism.

METHOD

Chapter 3

Method

Children's development is influenced by how parents interact with them, how they punish them, and how they handle their behaviour and emotions. Family is the initial socialising setting that both encourages and inhibits children's antisocial and prosocial behaviour. Positive parent-child connections characterised by cooperation and positive emotion are beneficial to individuals' prosocial development.

The procedure pertaining to the present study namely, Parenting Style and its Effect on Altruism among Addicted and Non-Addicted Adults was carried out involving the following steps:

Objectives

Hypotheses

Sample

Inclusion Criteria

Exclusion Criteria

Tools

Procedure

Analysis of data

Objectives

The study was conducted with the objective of

- a. To examine the Parenting Style of father and mother towards development of addiction and Altruism
- b. To compare the differences in Parenting Style of father and mother among addicted and non-addicted individuals towards Altruism.

Hypotheses

Based on the studies made by Sondhi, Beniwal and Ganotra (2021) and Valente, Moreira and Sanchez (2018) the following hypotheses have been framed

H1: There will be significant influence of Parenting Style on Addiction and Non-Addiction

H1.a: There will be a significant influence of Mothers responsiveness and control of parenting on addiction

H1.b: There will be a significant influence on Fathers responsiveness and control of parenting on addiction

H1.c: There will be a significant influence of Mothers responsiveness and control of parenting on non-addiction

H1.d: There will be a significant influence on Fathers responsiveness and control of parenting on non-addiction

H2: There will be significant differences in the Parenting Style between addicted and non-addicted towards Altruism

H2.a: There will be significant differences in the Mothers responsiveness on parenting between addicted and non-addicted individuals

H2.b: There will be significant differences in the Mothers control on parenting between addicted and non-addicted individuals

H2.c: There will be significant differences in the Fathers responsiveness on parenting between addicted and non-addicted individuals

H2.d: There will be significant differences in the Fathers control on parenting between addicted and non-addicted individuals

H2.e: There will be significant differences in Altruistic tendencies among addicted and non-addicted adults.

H3: There will be a significant influence in the Altruism between addicted and non-addicted as a result of Parenting Style

H3.a: There will be significant influence on Altruistic tendencies among addicted and non-addicted individuals as a result of Mothers responsiveness on parenting

H3.b: There will be significant influence on Altruistic tendencies among addicted and non-addicted individuals as a result of Mothers control on parenting

H3.c: There will be significant influence on Altruistic tendencies among addicted and non-addicted individuals as a result of Fathers responsiveness on parenting

H3.d: There will be significant influence on Altruistic tendencies among addicted and non-addicted individuals as a result of Fathers control on parenting

Based on the above objectives and the hypotheses formulated the present study was conducted in Coimbatore district, Tamil Nadu for the current analysis.

Sample

The sample for the present research comprised of 55 individuals in which 27 Non- Addicted individuals and 28 Addicted individuals were reported by sampling between the ages of 20 and 50 years by Purposive sampling technique. The data collected from the sample with average age of 36 years, 44 male, 11 female among which includes 28 addicted and 27 non-addicted individuals. The following are set of inclusion and exclusion criteria.

Inclusion Criteria

- Age ranges from 20 - 50 years
- Participants from psychiatric clinics and normal population

Exclusion Criteria

- The participants below the age of 20 and beyond the age of 50
- The participants who are unwilling to participate

Tools

The following tools were used for data collection

- Scale of Parenting Style by Gafoor and Kurukkan (2014).
- Self-Report Altruism Scale by Rushton (1980).

Scale of Parenting Style

Scale of Parenting Style was developed by Gafoor and Kurukkan in 2014 to assess the style of parenting among individuals. The scale consists of 38 statements with 5 Alternatives Very right, mostly right, sometimes right, sometimes wrong, mostly wrong, very wrong. The scale has 2 subscale Responsiveness and Control for mother and father respectively. Each subscale has 19 statements. The validity for responsiveness subscale is 0.80 and for control

subscale is 0.76. The test-retest reliability for responsiveness and control subscale is 0.81 and 0.83 respectively.

Self-Report Altruism Scale

Self-Report Altruism Scale was developed by Rushton in 1980 to assess the level of Altruism among individuals. The scale consists of 20 statements with 5 options such as Never, Once, more than once, Often, very often. The split half reliability was +0.51 and the validity was 0.35.

Procedure

The research topic was well examined and the hypotheses and objectives were formulated. The participants chosen for the research were adults of the age range 20 – 50 years and on the basis of inclusion and exclusion criteria. The participants were chosen based on the purposive sampling method. Initially seventy individuals (addicted n=35, non-addicted n=35) were approached for the study. However only 55 individuals (addicted n= 28, non-addicted n=27) responded to the study. 15 individuals did not respond to the survey. Hence the response rate (RR) was 78%. The 55 individuals were briefed about the research. Informed consent form, Socio-demographic status profile, were given to the participants and they were instructed to read each item very carefully and choose the options that suits them the best. Copies of the questionnaires were given to the participants' in-person and instructions were given for each individual.

The Scale of Parenting Style and Self-Report Altruism Scale were given. They were informed that the data collected will be confidential. The scoring was done according to the scoring key and interpreted using the norms provided by the authors. The results were analysed and the hypotheses were verified.

Analysis of Data

The data was analysed statistically using SPSS version 29.0.0.0 (Statistical Package for the Social Sciences). Correlation was used to find the relationship between Parenting Style and Altruism and Independent Sample t Test was computed to find the significant differences.

Institutional Human Ethics Committee

As the study involves human subjects, all procedures described in the study was reviewed and approved by the Institutional Human Ethics Committee, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. The approval number for the research purpose is **AUW/IHEC/CP-22-23/XPD-09**.

RESULTS AND DISCUSSION

Chapter 4

Results and Discussion

Parenting is the process of bringing up children, ensuring their safety and well-being, and fostering their development into healthy adults. Children's prosocial and antisocial behaviours are both encouraged and inhibited in their first social environment, the family. Prosocial development is facilitated by cooperative parent-child relationships that are represented by positive emotion. The present study was undertaken with the following objectives of a) to examine the parenting style of father and mother towards development of addiction and altruism. b) to compare the differences in parenting style of father and mother among addicted and non-addicted individuals towards altruism.

The results for the study titled “Parenting Style and its Effect on Altruism among Addicted and Non-Addicted Adults” are given below. The sample consists of 55 adults aged between 20 to 50 years. The data was analyzed using independent sample t-test to find gender difference and Product Moment Correlation to find the relationship.

Table 1*Demographic Data*

Demographic Data		N	Percentage %
Addicted	Male	28	51
	Female	0	0
Non-Addicted	Male	16	29
	Female	11	20
Total		55	100

Table 1 shows the demographic data of responses of Addicted and Non-Addicted Adults. In this study, out of 55 samples, there were 51% of 28 Addicted Male Adults, 29% of 16 Non-Addicted Male Adults and 20% of 11 Non-Addicted Female Adults. From the above table it may be inferred that there is equal proportion of addicted and non-addicted individuals. Hence the sample was deemed to be fit for further analysis.

In order to fulfil the objective of examining the parenting style of father and mother towards development of addiction and altruism, correlation analysis was done on the dimensions of scale on parenting style for both father and mother. The scale consisted of two dimensions namely responsiveness and control. the following tables shows the results of the correlational analysis on mother score and father score.

Table 2

Correlation between Mothers responsiveness and Mothers control among addicted individuals

	N	Mothers responsiveness	Mothers control
Mothers responsiveness	28	-	0.839**
Mothers control	28	0.839**	-

** - Correlation is significant at the 0.01 level (2-tailed).

A Pearson product-moment correlation was run to determine the relationship between Mothers responsiveness and Mothers control among Addicted individuals. There was a positive correlation between Mothers responsiveness and Mothers control among addicted individuals, which was statistically significant ($r = 0.839$, $n = 28$, $p = 0.01$).

Mothers who are more receptive might also be more perceptive of their kids' actions and feelings, which might aid them in knowing when and how to exert control over their upbringing. A mother who exhibits both high levels of responsiveness and control may unintentionally foster a culture in which her child feels overly dependent on her for approval and support. Due to issues handling stress or controlling emotions, there may be a higher chance of developing an addiction as a form of self-medication or relief.

Hence the hypothesis “*H1.a: There will be a significant influence of Mothers responsiveness and control of parenting on addiction*” **has been accepted**

Table 3

Correlation between Fathers responsiveness and Fathers control among addicted individuals

	N	Fathers responsiveness	Fathers control
Fathers responsiveness	28	-	0.950**
Fathers control	28	0.950**	-

** - Correlation is significant at the 0.01 level (2-tailed).

A Pearson product-moment correlation was run to determine the relationship between Fathers responsiveness and Fathers control among Addicted individuals. There was a positive correlation between Fathers responsiveness and Fathers control among addicted individuals, which was statistically significant ($r = 0.950$, $n = 28$, $p = 0.01$).

Strongly controlling and responsive Fathers may unintentionally assist their kids develop a sense of learned helplessness. These Fathers could prevent their kids from gaining the knowledge and self-assurance they need to make their own judgements and deal with situations by frequently interfering and making decisions for them. Feelings of worry, sadness, and low self-esteem, all of which are risk factors for addiction, may be increased by a lack of agency and autonomy.

Hence the hypothesis “*H1.b: There will be a significant influence on Fathers responsiveness and control of parenting on addicted individuals*” **has been accepted**

Table 4

Correlation between Mothers responsiveness and Mothers control among non-addicted individuals

	N	Mothers responsiveness	Mothers control
Mothers responsiveness	27	-	0.666**
Mothers control	27	0.666**	-

** - Correlation is significant at the 0.01 level (2-tailed).

A Pearson product-moment correlation was run to determine the relationship between Mothers responsiveness and Mothers control among non-addicted individuals. There was a positive correlation between Mothers responsiveness and Mothers control among non-addicted individuals, which was statistically significant ($r = 0.666$, $n = 27$, $p = 0.01$).

Mothers who are excellent at meeting their kids' needs may also be more invested in the lives of their youngsters. As a result, they could exert more control over their parenting because they want to make sure that their young ones are secure and successful.

Hence the hypothesis “*H1.c There will be a significant influence of Mothers responsiveness and control of parenting on non- addiction*” **has been accepted.**

Table 5

Correlation between Fathers responsiveness and Fathers control among non-addicted individuals

	N	Fathers responsiveness	Father control
Father responsiveness	27	-	0.616**
Father control	27	0.616**	-

** - Correlation is significant at the 0.01 level (2-tailed).

A Pearson product-moment correlation was run to determine the relationship between Fathers responsiveness and Fathers control among non-addicted individuals. There was a positive correlation between Fathers responsiveness and Fathers control among non-addicted individuals, which was statistically significant ($r = 0.616$, $n = 27$, $p = 0.01$).

This indicates that Fathers who are more responsive to their children's needs also tend to exhibit higher levels of control in their parenting. Fathers who are highly responsive to their children's needs may also be more involved in their children's lives and may feel a greater sense of responsibility to ensure their children's safety and success. This could lead them to exhibit more control in their parenting, as they may want to set clear boundaries and guidelines for their children's behavior.

Hence the hypothesis “*H1.d: There will be a significant influence on Fathers responsiveness and control of parenting on non-addiction*” **has been accepted.**

From the above tables it may be inferred that both father and mother responsiveness and control are similar to both addicted and non-addicted individuals. Hence it may be inferred that parenting style does not have an influence on addiction or non-addiction. However, this

cannot be generalised that parenting does not have an influence on addiction. Further studies need to be done as to how peer pressure or other environment led to addiction. Though literature revealed that parenting style can lead to addiction, the present study did not find any relationship between parenting style of neither father nor mother on addiction.

In order to fulfil the objective of comparing the differences in parenting style of father and mother among addicted and non-addicted individuals towards altruism. Independent Sample t test was done on the dimensions of scale on parenting style for both father and mother and altruism among addicted and non-addicted individuals. The scale of Parenting Style consisted of two dimensions namely responsiveness and control. The following tables shows the results of the independent sample t test on dimensions of Parenting Style and Altruism.

Table 6

Independent sample t test on Mothers responsiveness between addicted and non-addicted individuals

	Addiction/ Non- Addiction	N	Mean	Std. Deviation	Std. Error Mean	t	df	signifi cance
Mothers Responsi veness	Addiction	28	63.58	17.61	3.33	-3.87	53	0.00**
	Non- Addiction	27	78.44	9.57	1.84			

** - Significant at 0.01 level

The above table shows the descriptive statistics and independent sample t test conducted on Mothers responsiveness between addicted and non-addicted individuals. It was found that there was significant difference between the two groups in terms of Mothers responsiveness. $t(53) = 3.87, p = 0.00$.

The non-addicted individuals had significantly high scores on mother responsiveness compared to addicted individuals. Addiction is often associated with a lack of support and nurturing during childhood, which can lead to maladaptive coping mechanisms and a greater risk of addiction. Therefore, individuals who grew up with Mothers who were more responsive to their needs would have lower rates of addiction.

Hence the hypothesis “*H2.a: There will be significant differences in the Mothers responsiveness on parenting between addicted and non-addicted individuals*” **has been accepted**

Table 7

Independent Sample t test on Mothers control between addicted and non-addicted individuals

	Addiction/ Non- Addiction	N	Mean	Std. Deviation	Std. Error Mean	t	df	signifi cance
Mothers Control	Addiction	28	64.71	16.01	3.03	-4.44	53	0.00
	Non- Addiction	27	79.74	7.43	1.43			

** - Significant at 0.01 level

The above table shows the descriptive statistics and independent sample t test conducted on Mothers control between addicted and non-addicted individuals. It was found that there was significant difference between the two groups in terms of Mothers control. $t(53) = 4.44, p = 0.00$.

Compared to addicted individuals, non-addicted individuals had higher scores on mother control. Maternal control describes a mother's capacity to regulate her child's behaviour by establishing limits and guidelines as well as by keeping an eye on and supervising her child's activities. People who grow up in circumstances with high levels of mother control are less likely than people who grow up in environments with low levels of maternal control to participate in dangerous behaviours, such as drug use and addiction.

Hence the hypothesis "*H2.b: There will be significant differences in the Mothers control on parenting between addicted and non-addicted individuals*" **has been accepted.**

Table 8

Independent Sample t test on Fathers responsiveness between addicted and non-addicted individuals

	Addiction/N on-Addiction	N	Mean	Std. Deviation	Std. Error Mean	t	df	signifi cance
Fathers Respons iveness	Addiction	28	45.32	32.40	6.13	-4.41	53	0.00
	Non- Addiction	27	74.41	11.42	2.20			

** - Significant at 0.01 level

The above table shows the descriptive statistics and independent sample t test conducted on Fathers responsiveness between addicted and non-addicted individuals. It was found that there was significant difference between the two groups in terms of Fathers responsiveness. $t(53) = 4.41, p = 0.00$

The non addicted individuals had significantly high scores on father responsiveness compared to addicted individuals. Fathers who are responsive and involved in their children's lives may be better able to support their emotional and developmental needs, and to model healthy behaviors and coping strategies that can help to prevent addiction.

Hence the hypothesis "*H2.c: There will be significant differences in the Fathers responsiveness on parenting between addicted and non-addicted individuals*" **has been accepted.**

Table 9

Independent Sample t test on Fathers control between addicted and non-addicted individuals

	Addiction/ Non- Addiction	N	Mean	Std. Deviation	Std. Error Mean	t	df	signifi cance
Fathers Control	Addiction	28	47.71	32.70	6.18	-4.35	53	0.00
	Non- Addiction	27	76.00	8.63	1.66			

** - Significant at 0.01 level

The above table shows the descriptive statistics and independent sample t test conducted on Fathers control between addicted and non-addicted individuals. It was found that there was significant difference between the two groups in terms of Fathers control. $t(53) = 4.35$, $p = 0.00$

The non addicted individuals had significantly high scores on father control compared to addicted individuals. Fathers with more controlling parenting styles may be better equipped to give their kids structure and direction and act quickly if they spot any warning signs of substance abuse or other harmful behaviours. This may aid in preventing the onset or progression of addiction.

Hence the hypothesis "*H2.d: There will be significant differences in the Fathers control on parenting between addicted and non-addicted individuals*" **has been accepted.**

Table 10

Independent Sample t test between addicted and non-addicted individuals on altruism

	Addiction/ Non- Addiction	N	Mean	Std. Deviation	Std. Error Mean	t	df	signifi- cance
Altruism	Addiction	28	71.07	11.14	2.11	8.89	53	0.00**
	Non- Addiction	27	44.37	11.12	2.14			

** - Significant at 0.01 level

The above table shows the descriptive statistics and independent sample t test conducted on altruism between addicted and non-addicted individuals. It was found that there was significant difference between the two groups in terms of altruism. $t(53) = 8.89$, $p = 0.00$

This suggests that addiction may be related to higher levels of altruism, although further research is needed to determine the direction of causality and the potential underlying mechanisms.

Hence the hypothesis “*H2.e: There will be significant differences in Altruistic tendencies among addicted and non-addicted adults*” **has been accepted.**

From the above tables it may be inferred that there are differences in both father and mother responsiveness and control among addicted and non-addicted individuals. There is difference in the altruistic tendencies among addicted and non-addicted individuals.

However, this cannot be generalised that there will be differences in parenting style of father and mother among addicted and non-addicted individuals towards altruism. Though literature revealed that there is no difference in altruism among addicted and non-addicted individuals,

the present study reveals there is difference. Further studies need to be done with larger sample size for accurate findings.

In order to fulfil the objective of examining the parenting style of father and mother towards development of addiction and altruism, correlation analysis was done on the dimensions of scale on parenting style for both father and mother with altruism. The scale of Parenting Style consisted of two dimensions namely responsiveness and control. The following tables shows the results of the correlational analysis on mother score and father score with altruism

Table 11

Correlation between Mothers responsiveness and altruism among addicted and non-addicted individuals

	N	Mothers responsiveness	Altruism
Mothers responsiveness	55	-	-0.447**
Altruism	55	-0.447**	-

** - Correlation is significant at the 0.01 level (2-tailed).

A Pearson product-moment correlation was run to determine the relationship between Mothers responsiveness and altruism among addicted and non-addicted individuals. There was a negative correlation between Mothers responsiveness and altruism among addicted and non-addicted individuals, which was statistically significant ($r = -0.447$, $n = 55$, $p = 0.01$).

This suggests that individuals who perceive their Mothers as more responsive are less likely to exhibit altruistic behaviors. It's possible that this may be due to a sense of over-

dependence on their Mothers or a lack of opportunities to develop their own sense of agency and autonomy.

Hence the hypothesis “*H3.a: There will be significant influence on altruistic tendencies among addicted and non-addicted individuals as a result of Mothers responsiveness on parenting*”

has been accepted

Table 12

Correlation between Mothers control and altruism among addicted and non-addicted individuals

	N	Mothers control	Altruism
Mothers control	55	-	-0.474**
Altruism	55	-0.474**	-

** - Correlation is significant at the 0.01 level (2-tailed).

A Pearson product-moment correlation was run to determine the relationship between Mothers control and altruism among addicted and non-addicted individuals. There was a negative correlation between Mothers control and altruism among addicted and non-addicted individuals, which was statistically significant ($r = -0.474$, $n = 55$, $p = 0.01$).

Individuals who perceive their Mothers as more controlling tend to exhibit less altruistic behavior. Overly controlling parenting styles can lead to children feeling less autonomous and less able to take initiative, which in turn may impact their ability to engage in altruistic behaviors.

Hence the hypothesis “*H3.b: There will be significant influence on altruistic tendencies among addicted and non-addicted individuals as a result of Mothers control on parenting*” **has been accepted**

Table 13

Correlation between Fathers responsiveness and altruism among addicted and non-addicted individuals

	N	Father responsiveness	Altruism
Father responsiveness	55	-	-0.557**
Altruism	55	-0.557**	-

** - Correlation is significant at the 0.01 level (2-tailed).

A Pearson product-moment correlation was run to determine the relationship between Fathers responsiveness and altruism among addicted and non-addicted individuals. There was a negative correlation between Fathers responsiveness and altruism among addicted and non-addicted individuals, which was statistically significant ($r = -0.557$, $n = 55$, $p = 0.01$).

Individuals who perceive their Fathers as more responsive tend to exhibit less altruistic behavior. Fathers who are highly responsive to their children's needs may inadvertently discourage them from developing a sense of empathy and concern for others. If children grow up receiving a lot of attention and resources from their Fathers without having to work or share with others, they may be less likely to understand the importance of altruism and may have a harder time empathizing with others.

Hence the hypothesis “*H3.c: There will be significant influence on altruistic tendencies among addicted and non-addicted individuals as a result of Fathers responsiveness on parenting*” **has been accepted.**

Table 14

Correlation between Fathers control and altruism among addicted and non-addicted individuals

	N	Fathers control	Altruism
Fathers control	55	-	-0.527**
Altruism	55	-0.527**	-

** - Correlation is significant at the 0.01 level (2-tailed).

A Pearson product-moment correlation was run to determine the relationship between Fathers control and altruism among addicted and non-addicted individuals. There was a negative correlation between Fathers control and altruism among addicted and non-addicted individuals, which was statistically significant ($r = -0.527$, $n = 55$, $p = 0.01$).

Individuals who perceive their Fathers as highly controlling are less likely to exhibit altruistic behavior. This could be because a highly controlling parenting style can lead to a sense of insecurity and reduced self-esteem in children, which may in turn lead to a decreased motivation to help others. Additionally, a highly controlling parenting style may emphasize obedience and conformity over independent thinking and autonomy, which could also hinder the development of altruistic tendencies.

Hence the hypothesis “*H3.d: There will be significant influence on altruistic tendencies among addicted and non-addicted individuals as a result of Fathers control on parenting*” **has been accepted**

From the above tables it may be inferred that both father and mother responsiveness and control are correlated to altruism among addicted and non-addicted individuals. Hence it may be inferred that parenting style have an influence on Altruism. However, this cannot be

generalised that parenting influence Altruism on every individual. Further studies need to be done as to how environment or other factors contribute altruism. As literature revealed that parenting style can influence altruism, the present study reveals there is a relationship between parenting style and altruism.

SUMMARY AND CONCLUSIONS

Chapter 5

Summary and Conclusions

A child's life and development are impacted by a parent's parenting style. The mother and father frequently have different parenting styles, many families combine two or more parenting styles. As a result of the parent's example, children learn a variety of social skills and personality traits. Family is the initial socializing environment that both encourages and inhibits children's antisocial, addiction and prosocial behavior. Addiction can have a profound impact on a person's life, leading to physical, emotional, and social problems. Altruism, one of the prosocial behaviors is typically believed to be behavior that puts one's own needs aside for the sake of others. Positive parent-child connections characterized by cooperation and positive emotion are beneficial to children's prosocial development. The present study was conducted to assess the relationship between Parenting style and Altruism among addicted and non-addicted adults. The study was undertaken with the following objectives

- a. To examine the parenting style of father and mother towards development of addiction and altruism
- b. To compare the differences in parenting style of father and mother among addicted and non-addicted individuals towards altruism.

The study included a total sample of 55 (28 Addicted and 27 Non-Addicted) Adults. The age range of the individual was between 20 to 50 years. The data were collected from the individuals according to the inclusion and exclusion criteria. Purposive sampling method was used to collect the data. Scale of Parenting Style by Gafoor and Kurukkan (2014) and Self-Report Altruism Scale by Rushton (1980) were used for data collection. The scoring was done according to the scoring key and interpreted using the norms provided by the authors. The data was analysed statistically using SPSS version 29.0.0.0 (Statistical Package for the Social

Sciences). Correlation was used to find the relationship between Parenting Style and Altruism Scale and Independent Sample t Test was used to find the difference was computed. The study found that mothers responsiveness and control as parenting style influenced each other positively in terms of both addicted and non-addicted individuals similarly fathers responsiveness and control equally influenced each other positively in addicted and non-addicted individuals. Thus, parenting style does not differ in terms of being a father or mother for addicted or nonaddicted individuals. The result of the present study was contrary to the study done by Matejevic, Jovanovic, and Lazarevic (2014) which revealed that there was parenting influence on addiction.

In terms of the altruism, it may be concluded from the findings that altruism is inversely related to parenting style of both father and mother. Thus, altruism does not seem to grow in terms of heightened parent responsiveness and control. Parent domination seems to dampen altruism in the present study.

While examining the second objective of the differences in terms of parenting style among addicted and non-addicted individuals it was found that parent responsiveness was very high among non-addicted individuals. In terms of parental control of both father and mother was found to be high in addicted individuals. Probably the high controlling nature of the parents could have led to better equipment of structure and direction towards an individual which may prevent onset or progression of addiction. Though it may not be generalised using the present study based on limited sample and time and other methodological constraints it may still be inferred that excessive parental control of either parents could not lead to addiction. Surprisingly, in terms of altruism it was found that addictive individuals were more altruistic than non-addicted individuals.

An individual development is influenced by how parents interact with them, how they punish them, and how they handle their behaviour and emotions. Family is the initial

socialising setting that both encourages and inhibits children's antisocial, addictive and prosocial behavior like Altruism. The parents' responsiveness and control attitude towards child might influence addiction and altruism in their adulthood. The present study revealed that there was significant relationship between parental responsiveness and control on altruism among addicted and non-addicted adults. There was significant difference in altruism among addicted and non-addicted individuals. Since parenting affects altruism, parents can serve as role models for altruistic actions that can bring purpose and fulfilment to life. This is particularly crucial for adult addicts in recovery who may have lost their sense of direction or purpose in life. People in recovery can feel a feeling of achievement and satisfaction from improving the lives of others, which can serve as a strong incentive for them to keep working towards their own recovery goals.

Limitations of the study

The study is not devoid of limitations. As the time frame of the study was limited, the sample size of the study was restricted. Further there were consent issues which limits the generalisability of the study. The study is limited in terms of the tools used which is not developed for this particular investigation. Though the constructs of the study are interrelated in terms of theoretical propositions and related literature, the scales used limited the scope of the study. Hence future research studies to understand the theoretical constructs using a larger sample and tool devised accordingly. The study can also be validated through other research designs such as a qualitative study to triangulate the studies.

Scope for Further Research

- The research can be expanded to diversified and cross-cultural samples that compare parenting styles and the development of altruistic tendencies across different cultures

and countries could help to identify the role of cultural norms and values in shaping these behaviors.

- Intervention studies that test the effectiveness of different parenting interventions in promoting altruism and preventing addiction could help to identify best practices for promoting prosocial behaviors in children and adults can be done
- Future studies can also be done to understand whether parenting style mediates addiction in terms of their altruistic tendencies

Implications

There are greater possibilities and necessities for further research on Parenting Style and Altruism among Addicted and Non-Addicted Adults toward Seeking Professional Psychological Help among Adults. The scope of these areas would heighten in upcoming years.

- This study would serve as background data for further research.
- Exploring the impact of different parenting styles on the development of altruism among addicted and non-addicted adults could shed light on the underlying mechanisms that influence the development of altruistic behavior.
- Studying the relationship between addiction and altruism could provide insight into the impact of addiction on social behavior and relationships. Addiction is known to have negative effects on social functioning, including the ability to form and maintain positive social relationships. Investigating the relationship between addiction and altruism could help to better understand these social deficits and may inform the development of interventions aimed at improving social outcomes among those struggling with addiction.
- The research findings will benefit adults, counselors, therapists, etc. to develop programs about Parenting Style and Altruism among addicted and non-addicted adults.

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APPENDICES

Appendices

Annexure 1

Consent Form

I (Karsna. N) am pursuing my Master's degree in Clinical Psychology and I would like to have your participation in this academic research. I assure confidentiality with the details provided by you and it will be used only for the academic purpose. Thank you for the same.

Study Procedure

You will be given two questionnaires in form type along with socio demographic profile. You need to respond to all items in the tests. There is no risk in undertaking the study. There will be no direct benefits to you for your participation in this study. Your response to the question will be anonymous and kept confidential. Your participation in this study is voluntary. It is up to decide to whether or not to take part in this study. If you decide to take part in this study, you will be asked to sign this form. You are free to withdraw at any time and without giving a reason. There is no cost to you for your participation in this study.

Consent

“By signing this consent form, I confirm that I have and understood the information and have the opportunity to ask questions. I understand that my participation is voluntary and I am free to withdraw at any time, without giving a reason and without cost. I voluntarily agree to take part in this study.”

Name of the participant:

Signature:

Place:

Date:

Annexure 2

Socio-Demographic Status Profile

NAME :

AGE :

GENDER : M/F

OCCUPATION :

I assure that the data collected will be used only for the study and will not be used for any other purposes and confidentiality will be maintained throughout and even after the study.

Annexure III
Avinashilingam Institute for Home Science
And Higher Education for Women
Coimbatore – 641043, India

CONFIDENTIALITY STATEMENT

I **Karsna. N**, pursuing my **II M.Sc. Clinical Psychology** from the Department of Psychology in Avinashilingam Institute for Home science and Higher Education for Women, Coimbatore-43, is assigned to do a thesis as a part of the curriculum to complete my course. In this connection, I am going to collect the information from adults (20-50 years), as my topic is **“Parenting Style and Its Effect on Altruism among Addicted and Non-Addicted Adults”**. I assure that the data collected will be used only for the study and will not be used for any other purposes and confidentiality will be maintained throughout and even after the study.

Place:

Date:

Signature of the Researcher

Annexure 4

SCALE OF PARENTING STYLE

Gafoor & Kurukkan (2014)

Name:

Male/Female:

Place:

Instructions: Given below are statements to know how your mother/father deals with you. For each statement 5 options namely 'Very right' (5), 'Mostly right'(4), 'Sometimes right, Sometimes wrong'(3), 'Mostly wrong'(2), 'Very wrong'(1) are given. Tick Mark against each statement, on the left side about mother and on the right side about father, on the option that suites the behaviour of your mother or father in relation to you. Take care to mark your responses against all statements. Observe the example.

					STATEMENT										
5	4	3	2	1		5	4	3	2	1					
√					Eg: Enquires about my matters with teachers.		√								
					1. Does whatever I tell.										
					2. Spends free time with me.										
					3. Points out my mistakes in the manner that I understand.										
					4. Gives money for my needs.										
					5. Discusses the benefits and detriments of my learning topics.										
					6. Considers my likes in food.										
					7. Controls my game when in excess.										
					8. Shows love to me.										
					9. Enquires the reason for my failure.										
					10. Helps me in studying.										
					11. Confers responsibilities in accordance with my growth.										
					12. Has faith in me										
					13. Enquires the reasons for reaching home late										
					14. Accepts my privacy										
					15. Takes care of my dressing										
					16. Fulfils my desires with available means										
					17. Makes me aware that the responsibility of what I do is mine										

Annexure 5

Self-Report Altruism Scale

Rushton (1980)

Read Each of the following carefully and please select the category that conforms the frequency with which you have carried out the following acts.

1= Never, 2= Once, 3= More than once, 4= Often, 5 =Very Often

- 1.) I have helped push a stranger's car that was broken down or out of gas.
- 2.) I have given directions to a stranger.
- 3.) I have made change for a stranger.
- 4.) I have given money to a charity.
- 5.) I have given money to a stranger who needed it (or asked me for it).
- 6.) I have donated goods or clothes to a charity.
- 7.) I have done volunteer work for a charity.
- 8.) I have donated blood.
- 9.) I have helped carry a stranger's belongings (books, parcels, etc).
- 10.) I have delayed an elevator and held the door open for a stranger.
- 11.) I have allowed someone to go ahead of me in a line up (in the supermarket, at a copy machine, at a fast-food restaurant).
- 12.) I have given a stranger a lift in my car.
- 13.) I have pointed out a clerk's error (in a bank, at the supermarket) in undercharging me for an item.
- 14.) I have let a neighbour whom I didn't know too well borrow an item of some value to me (eg, a dish, tools, etc).
- 15.) I have bought 'charity' holiday cards deliberately because I knew it was a good cause.
- 16.) I have helped a classmate who I did not know that well with an assignment when my knowledge was greater than his or hers.
- 17.) I have, before being asked, voluntarily looked after a neighbour's pets or children without being paid for it.
- 18.) I have offered to help a handicapped or elderly stranger across a street.
- 19.) I have offered my seat on a bus or train to a stranger who was standing.
- 20.) I have helped an acquaintance to move households.

Response sheet for Self-Report Altruism Scale

Rushton (1980)

Read Each of the Following in Questionnaire carefully and please select the category that conforms the frequency with which you have carried out the following acts.

1= Never, 2= Once, 3= More than once, 4= Often, 5 =Very Often

s.no	Never	once	More than once	Often	Very often
1					
2					
3					
4					
5					
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11					
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20					

INSTITUTIONAL HUMAN ETHICS COMMITTEE



Avinashilingam

Institute for Home Science and Higher Education for Women
(Deemed to be university under Category 'A' by MHRD, Estd. u/s 3
of UGC Act 1956) Re-accredited with 'A⁺⁺' Grade by NAAC.
Recognised by UGC Under Section 12 B
Coimbatore- 641043, Tamil Nadu, India

06.01.2023

Chairman

Dr. Sudha Ramalingam
Director – Research and Innovation
Professor- Community Medicine,
PSG Institute of Medical Sciences
& Research, Coimbatore

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Dr. A Thirumani Devi
Professor
Department of Food Science and
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Ms. D. Kavitha
Dr. A R Sudamani Ramasamy
Dr. G. Victoria Naomi
Dr. Judith Justin
Dr. Anitha Subash
Dr. K. Sampath Rani

To
Ms. Karsna, N.
Department of Clinical Psychology
Avinashilingam Institute for Home Science and
Higher Education for Women
Coimbatore- 641043

Dear Karsna,

Ref: Your proposal No. IHEC/22-23/CP-09 entitled
“Parenting Style and its Effects on Altruism among Addicted and
Non-Addicted Adults” submitted for approval of IHEC on
19.11.2022.

The Institutional Human Ethics Committee of our
University hereby grants approval to your research proposal
No. IHEC/22-23/CP-09 entitled “Parenting Style and its Effects on
Altruism among Addicted and Non-Addicted Adults” submitted by
you. The Approval number for the same is AUW/IHEC/CP-22-
23/XPD-09.

We wish you all the best in your research endeavours.

Regards

Dr. A Thirumani Devi
Member Secretary

