



## **Relationship between Parental Bonding and Aggression among Medical College Students in Multan**

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### **Abstract**

*This study aimed to explore the Relationship between Parental Bonding and Aggression among Medical college students. The study was based on correlational research design. The sample of 110 medical students was taken from Nishter Medical College, Multan, through simple random sampling technique. Survey method was used for data collection. The instruments used for data collection included Buss and Perry aggression scale (1992) (BPAQ), The Parental Bonding Instrument (PBI by Gordon Parker, Hilary Tupling, L.B. Brown, 1979). The collected data was analyzed through Statistical Package for Social Sciences (SPSS 20). The results revealed a negative correlation between parental bonding and aggression among medical students. Significant gender differences were found in terms of parental bonding and aggression. This study can be helpful for parents to identify their bonding with the child and develop new strategies for addressing significant problems. The area of this study was restricted to Multan Nishter College. Future researches can include a large number of participants and also cover large research areas for generalizability.*

**Keywords:** Psychological adjustment, intolerance, heart surgery.

### **1 Introduction & Literature Review**

Bonding is defined as feeling of intense attachment and parental bonding is strong, powerful and deep attachment between parents and their child. Parental bond makes the parents to shower their love, affection and care to their children's. A secure and healthy parent-child bond will help to encourage children's developmental process. This developmental process is not only in physical aspects but also in cognitive, social and emotional dimensions. Parents-children healthy involvement ensures kids to perform better both socially and in academics. The base of parental bonding is attachment theory. According to this theory, individual differences exist in terms of infants bonding styles with primary caregivers and these attachment experiences guide further development patterns in children's. These patterns are observed in their social, cognitive and emotional phases (Bowlby, 1977).

Parents' attitudes are precursors of attachment, parents' behavior to their children's needs and requirements determine parental bonding between parent and child. Secure attachment

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ensues if sensitive and consistent caregiving process to infants needs is available. In some cases, parents ignore child calls for their attention, thus building insecure attachment between them and their child. Researches are evident that child who have secure parental attachment will tend to be happier, healthier, more sociable and are able to deal different relationship efficiently. In another study, results highlight secure attachment with parents' correlates with higher self-esteem and resilience (Steinberg, 2001). On the other hand, insecure attachment style in younger life was correlated with increased antisocial behaviors, low self-esteem,, dependent personalities and more prone to psychological problems in later life (Brennan & Shaver, 1991).

Parental bonding is associated with parental care and care is warm emotional association between children's and their parents. Contrast to parental care is parental rejection, characterized by affection free and cold relationship between children and parents. Four type of parenting styles are famous while describing bonding during parenting behavior. These four types are caring, rejection, overprotection and autonomy highlighting the parental bonding (Parker, Tupling & Brown, 1979; Patock-Peckham & Morgan-Lopez, 2011). There are numerous studies highlighting parental bonding effects on child development. It's not like that parent child relationship is always positive , in numerous cases this relationship negatively affecting children physical, emotional and psychological development (Diaz, Lizardi, Qian & Liu, 2008).some parental behavior like as parental over-care. Self-esteem, disregard and low emotional involvement strongly associated with depressive symptoms (Avagianou & Zafiropoulou, 2008).

Societies have shown an increased level of violent and hostile behaviors recently. The WHO has decreed violence to be an obstruction towards public health and safety. Even though authorities around the world have made many efforts to minimize violent behaviours in youngsters, the threat still remains a prominent factor in society (WHO, 1996, 2009, 2014; Baron & Richardson, 1994). Many researches have been done on aggression, categorizing it as a behaviour and studying aggressiveness as a person's tendencies to show aggression (e.g., the desire to start fights with others; Wahl & Metzner, 2012).

Every person deals with aggression in some in their lives as they live in a society with different people with different views and ideas forming a complex ad diverse web of interconnected identities each of which may possess their own definition of right or wrong or their own ideals of good and evil, and it is primarily because of these ideas and ideals that discontent arises among people which might develop into conflict as fueled by aggression. (Anderson & Huesmann 2007). Aggressiveness can range from minor accidental actions to carefully planned and cold-blooded ones towards a definite target (Anderson & Huesmann 2007). Aggressive behaviour may also be described as a behaviour in which the person is motivated to do harm or cause damage or injury to someone (Bandura 1973; Sadock & Sadock 2007). This may be verbal abuse, forcing others, threatening or intentional bad decisions which can greatly affect the psyche of the targets. Often times, discrimination and ostracism is what gives rise to aggression. The effects of such forms of aggression should not be taken lightly as they greatly affect the morale, mental health and self-esteem of the affected individuals (Sadock & Sadock, 2007).

Many studies worldwide have been conducted to connect aggressiveness in children with their parents and parenting. One of the studies looked at secondary students from Nigeria. It found those students with less aggressive tendencies to come from families with greater perceived love, care and support for the child while greater aggressive tendencies

were linked to more authoritative parenting or more overprotective parenting (Ojedokun et al., 2013). This notion is also supported by many other studies which show parental affection and support or the lack thereof to be a prime factor which leads to emotional and psychological distress which may result in an aggressive nature in the child (Estevez et al., 2005). Love in parenting is extremely important to control the child's stress, aggressive tendencies and above all giving a child a proper environment to grow up in (Moretti and Peled, 2004). Furthermore, different parenting strategies have also been linked to different aggressive natures in the adolescents, for example, if the parents act too permissive, letting the child go freely without much restraints to their actions, the child develops to be more physically aggressive as they never learn to be accountable for their actions (Hoskins, 2014).

Aggression is the behavior with an intention of causing harm. Normally, aggressiveness is the kind of behavior in which the damage on the target is to be done. The aggressor tries to damage a person and provokes the person to try to avoid confrontation (Anderson & Bushman, 2002; Bushman & Anderson, 2001). Though commonly aggressiveness has just been considered interchangeable with words like impulsive, reactive, enraged (Hostility) or a thought out, planned and an active behavior with a determined goal besides simply hurting someone, the dichotomous definition proves unusable for scientific studies which require a precise topic to focus on (Bushman & Anderson, 2001). A study was carried to assess the relation between physical aggression and parent-child relation. More than 50% of adolescents showing physical aggression had poor relation with their parents. The finding showed that gender (being male) and poor relation with parents had an increasing effect on physical aggression (Lakhdar et al., 2020)

There are different types of parental styles in practices which could range from none of the parents providing any care to the child to both parents taking care of the child. Parental control is a term controlling child psychological or mental aspects is considered a controlling style of parenting, where parents take ruling charge and intrude their ideas, emotions, feelings and perspective, limiting child space (Barber et al. 2002). The differences in knowledge, moods, perception, views and personalities are considered to be a result of both the inherited and learned behaviors, affecting the psychology of a person. Animal studies have given evidence that the experience in early stages of life can have a significant impact on life but in the case of humans, experiences have great impacts on the outlook and personality of a person all throughout their life (Draganski et al. 2004).

In the context of Pakistan, where it is considered an obligation for the children to be obedient to their elders and the parents go to great extents to make sure of it, aggression in adolescence can be seen as due to parent-child relationship. There is a lack of studies on the factors which may be the cause of aggression in adolescence. One of such studies concluded that permissive parenting can lead to aggression while authoritative parenting is negatively related to aggression in adolescence since the child gets attention and affection from parents while having positive boundaries that are set up by the parents (Batool & Bond, 2015). In another study, it was concluded that adolescents having dysfunctional relation with parents scored high on aggression and other mental issues (Saleem et al., 2017). It was also found that the emotional intelligence of parents also has a link with aggression in adolescents. Emotionally available and intelligent parents form strong bonds with their child which decreases the levels of aggression in them (Batool and Bond, 2015). With the increasing cases of youth related violence and lack of studies, the relation between physical aggression of adolescents and parental style must be establishing in Pakistan. Thus, the main purpose of this study is to define the physical aggression in Pakistan adolescents and its relation to

parents-children relation.

## 1.1 Rationale of the Study

The present study aims to study the Relationship between Parental Bonding and Aggression among Medical college students. The studies on the said variables were found to be extensively studied however, the population of medical students was not studied with these variables in Pakistan. This study would be beneficial for identifying the role of parental bonding to address aggression related issues. It will pave way for further studies on medical college students.

## 2 Method

### 2.1 Objectives of the Study

- I. Investigate the relationship between parental bonding and aggression among medical students.
- II. Study the differences in perception of parental bond and aggression with respect to gender.

### 2.2 Research Design

The current research is based on quantitative study, correlational research design.

### 2.3 Sampling Strategy

Participants were selected through simple random sampling technique. To determine the sample size for the study, G-Power software was used. The determined sample size was 110 respondents (medical students).

## 4 Measurement Scale

**Buss-Perry Aggression scale** Buss, A. H. & Perry, M. P. developed an aggression scale in 1992. This scale have act-based aggression questionnaires (involving same-sex or partners as opponents and direct or indirect aggression) and evolutionarily based predictors of aggression, all aggression measures were moderately correlated with one another. It consists of 29 items, organized into 4 factors. It is intended to evaluate aggressiveness in families, friends and other important dimensions of life. It has a 7-point Likert scale (answer format range from 1=very strongly disagree to 7 = very strongly agree).

**Parental Bonding Instrument** The instrument of parental bonding (Gordon Parker, Hilary Tupling, L.B. Brown, 1979). Children's fundamental parenting styles consist of two measures called "care" and "protection". The measure is "retrospective" (how adults (over 16 years) recall their parents in the first 16 years ).separate measures are used to elevate "Mom" and "Dad" parental bonding for same individual. There are 25 items, including 12 items of care and 13 items of protection. Parents can efficiently "assign" to one of the four quadrants in addition to generating care and protection ratings for each scale: "affectionate constraint"= high level of care and protection, "affection-free control"= high protection and poor care, "optimal parenting"= high care and protection, "neglectful parenting"= low protection.

## 5 Procedure

After all the ethical consideration, the participants were surveyed and ask to fill the questionnaire. The students were told about the purpose of the research and all the other ethical guideline. The collected data was used for quantitative analysis through SPSS 20.

Correlation and t-test were used for evaluating the results.

## 6 Results

**Table 1**  
*Correlation between Aggression and parental bonding*

S	PB	A
PB	1	-.281*
A		1

### Note

A= Aggression, PB= Parental Bonding

**Table 2**  
*Independent sample T-test of gender between parental bonding and aggression*

S	G	N	M	SD	T	P
A	M	56	31.36	9.520	-4.867	.000***
	F	53	41.15	11.446		
PB					2.835	.005**
	M	56	17.68	4.469		
	F	53	15.28	4.347		

Note:  $p < 0.05$

## 7 Discussion

It was hypothesized that a correlation between parental bonding and aggression among medical students would be present. The results of the study have confirmed the hypothesis and revealed a significantly negative correlation between parental bonding and aggression. The previous literature also suggests the same results. It shows that a good and strong parental bonding can help in reducing the aggression levels in young adults. Moreover, significant gender differences were found in term of parental bonding and aggression. Differences in parental bonding and aggression with respect to gender of parents indicate a greater parental bonding among male students greater levels of aggression in females.

## 8 Conclusion

The aim of the present study was to investigate the relationship between parental bonding and aggression among medical students. Results reveal that negative correlation exists among parental bonding and student aggression. It shows that students who experience higher parental bonding are likely to have less aggression. The results illustrated in table 2, that there is a significant relationship in terms of Parental bonding and Aggression with respect to parental Gender ( $p < 0.05$ ). Differences in parental bonding and aggression with respect to gender of parents are significant indicating greater parental bonding to males (Dad) and greater aggression in females (Mom).

## Limitations

- 1- Subject biasness was observed during survey.
- 2- The time was limited to assess a bigger population.

## Suggestions

- 1- Further studies can study these variables with the mediated-moderated models.
- 2- It can be extended among various cultures or ethnicity.

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