

Investigating the Mediating Role of Personality Traits in Relation to Perceived Parenting Style and Emotional Intelligence in High School Girls in Shiraz

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Abstract

Introduction: Emotional intelligence is a part of personality structure and personality is the basis of emotional intelligence performance, the aim of this study was to explain the mediating role of personality traits in relation to perceived parenting styles and emotional intelligence of high school girls in Shiraz.

Methods: For this purpose, 300 female high school students in Shiraz were selected by available sampling method and three questionnaires of emotional intelligence shot, perceived parenting and short form of neo personality traits were answered. To analyze the data, the path analysis method was used by Baron and Kenny method and SPSS software was used.

Results: In general, the results showed that the dimensions of perceived parenting and the dimensions of personality traits have a direct effect on emotional intelligence. Perceived parenting also has a direct effect on personality traits, and finally, personality traits play a significant mediating role between perceived parenting styles and emotional intelligence among adolescents.

Conclusion: According to the research findings, it can be said that there is a relationship between personality traits with perceived parenting style and emotional intelligence in high school girls in Shiraz.

Keywords: Adolescents, Emotional intelligence, Perceived parenting, Personality traits

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Introduction:

A human child exhibits various emotions from birth, which timely and appropriate understanding by parents is very important at all stages, especially in adolescence, on the other hand, studies show that emotional coach parents are fully aware of their own emotions as well as their children's emotions. (1).

Emotional intelligence has social, cognitive, and biological benefits, and researches have shown that people with lower levels of stress hormones and other markers of emotional intelligence also have higher emotional intelligence coping skills. and mental health during adolescence (2) the capacity to understand and control one's own and others' emotions (3) training social skills and social adaptation of adolescents (4) and between the components of emotional intelligence (self-motivation, self-awareness, self-control, empathy and communication skills) and adaptation There is a significant social relationship (5) and it is effective in reducing the aggressive behavior of juvenile delinquents (6). Emotional intelligence in teenagers has a negative relationship with Internet addiction (7) and depression (8).

The emotional intelligence of children of working mothers is higher than the emotional intelligence of children of stay-at-home mothers. Also, the emotional intelligence of daughters of working mothers was higher than that of sons of the same mother, but no gender difference was seen between the emotional intelligence of children of housewife mothers (9).

Emotional intelligence is a part of the structure of personality and personality is the platform for the performance of emotional intelligence, therefore emotional intelligence should always be studied as a part of a wider system, personality to be studied (10) Many studies show that the difference in human behavior is emotional intelligence. And the personality traits of people are related. (11). Personality is one of the most fundamental concepts of psychology. Personality psychology is a field that deals with the emotional and behavioral aspects of a person, which are usually stable and examines everyday characteristics, adaptive and balanced behaviors, and having the necessary awareness and knowledge about personality to prevent or take possible measures in the event of some disorders and disorders. Personality traits can help a person (12).

Ahmadi, Nejati, Abdi (13) came to the conclusion that the personality characteristics of teenagers can measure the possibility of changing different aspects of their general health. Also, healthy personality traits are considered an important factor in resilience in teenagers (14). Internet addiction is related to some personality traits of teenagers, including neuroticism, agreeableness, and conscientiousness (15).

The importance of the emotional atmosphere resulting from parenting styles has been revealed in the adjustment of adolescents (16) The term child's perception of parenting methods means the perception that the child has of the levels of request and response of parents along with the three areas of logical authority, autocratic and It has release (17).

The child's personality at the end of childhood or at the beginning of adolescence is significantly related to the perception of parenting warmth, hyperactivity and psychological control in adolescence. Meanwhile, parents' sense of competence plays a role as a mediator between the child's personality and his perception of parenting (18). Adolescence continues (19), if parent-parent relations in a family are carried out correctly and based on the duties of each parent's role, it has a very positive effect on teenagers' vision and understanding of correct

and enjoyable relationships in the family (20) Acceptance of parenting behavior (child perceived parenting) and positive communication with parents improve adolescents' self-control and reduce aggression (21).

The role of parents is very prominent in the psychological development of their children even during adolescence, when they are largely influenced by their peers, and this reflects the clear influence of the family on the development process. Most of the studies in the field of parenting behaviors are based on the importance of parent-child communication and the influence of parenting methods in creating a child's relationship with others during his adulthood and socialization, and the proper support of the child by the parents and their warmth and authority with the results Positive in adolescence has a direct relationship. Adolescents' experiences with their parents during adolescence play a very important role in their personality development, to the extent that the quality of the parent-child relationship in adolescence can be related to their psycho-social performance in adulthood (22).

The family can play an effective role in the quality of life and happiness of the children as well-being and psychological variables. One of the most important factors affecting the psychological state of the children in the family is the parenting style of the parents in dealing with them (23) acceptance and positive involvement of parenting with creative thinking and the generator is connected (24).

The discussion of perceived parenting and its importance considering its various dimensions is not hidden from anyone. In fact, parenting and its perception by children and its relationship with adolescent personality traits, which is one of the main characteristics of adolescence, and the need to recognize individual identity and express questions Such as "Who am I and what will I do?" It becomes bold. In the meantime, the child of the family, who is a teenager, when he meets others, tries to show the best or sometimes the worst with his personality traits, and here, if the family and the teenager want an effective and appropriate presence for the teenager in the society, surely, they should look at the issue of emotional intelligence carefully and thoughtfully. Because having emotional intelligence leads to high communication and efficiency and improving self-esteem in teenagers, and on the other hand, one of the important platforms for developing emotional intelligence is through the channel of personality traits, as well as the role of parenting dimensions and its type of perception and influence on the personality of the teenager is very important. It is important to mention that the influence of the family on growth is so obvious that despite the differences between psychological experts, many of them have a common opinion on the importance of parenting styles and its impact on growth. This research seeks to answer this question. The question is whether parenting styles perceived through personality traits have a significant effect on emotional intelligence?

Method:

This research was one of the practical projects in terms of its purpose. The statistical population of the current study consists of all female students who were studying in secondary school (2nd period) in Shiraz city in the academic year 2014-2015, and there are 300 students from 5 schools as a sample. relative classification was chosen. The tools used in the research were:

Shot's Emotional Intelligence Questionnaire: Shot's emotional intelligence questionnaire is a self-assessment questionnaire that includes 41 items that was created to measure trait emotional intelligence. It is made of emotional intelligence. In this scale, the subject indicates his level of agreement or disagreement with each of the sentences in a five-point Likert scale (1=completely disagree to 5=completely agree). This questionnaire has four dimensions (perceiving and expressing emotions, regulating emotions, using emotions in the fields of problem solving and managing emotions). In a study conducted on Canadian teenagers, 354 people (235 women and 119 men with an average age of 21.4) were selected in order to investigate the validity and reliability of SHOT's emotional intelligence scale and the correlation between SHOT's emotional intelligence scale and psychopathy scale was 37.0, extroversion 0.51, openness 0.27, constructiveness 0.18, conscientiousness 38.00, and prone to depression 38.00 ($p < 0.001$) and the reliability of the test was reported $\alpha = 0.89$ (25).

Khosro Javaid (26) reported the correlation of SHOT emotional intelligence scores with depression 0.33, anxiety -0.25, ($p < 0.01$) and alexithymia ($p < 0.05$). It also reported the reliability of the test using Cronbach's alpha in total emotional intelligence 0.81, regulation of emotion 0.78, evaluation and expression of emotion 0.67, and utilization of emotion 0.50. In the present study, the reliability calculated for the emotional intelligence test using Cronbach's alpha method was 0.84.

The five-factor NEO personality test (NEO): The revised NEO personality questionnaire is a successor to the NEO test prepared in 1985 by McCree and Costa. This questionnaire measures 5 main factors of personality and 6 characteristics in each factor or in other words 30 characteristics. And based on this, it provides a comprehensive evaluation of personality. This questionnaire has two forms, one (S) for personal reports and contains 240 five-point questions from completely agree to completely disagree, which are graded by the subject himself and are suitable for men and women of all ages. And the other is called (R) or revised form and it is based on the ratings of the observer. This form also has the same 240 questions with the difference that it starts with the third person pronoun. Form (R) can be used independently for personality assessment and can be used as a supplement for personal reports of form (S) or its validity (27).

A short neo-form personality questionnaire was administered by McCree and Costa on 208 American students three months apart, and its reliability coefficients were obtained between 0.83 and 0.75 (27).

In the standardization of the NEO test, which was carried out by Grossi-Farshi (28) on a sample of 2000 students from the universities of Tabriz, Shiraz and universities of medical sciences in these two cities, the correlation coefficient of the 5 main dimensions was between 0.56 and 0.87. reported (28).

Questionnaire of parenting methods: This questionnaire was prepared by Nachijan in 1358. This questionnaire has 77 items and measures the different dimensions of control-freedom (strictness, laxity) and affection-rejection in family relationships of parents from the perspective of the subjects (29). In the initial study by Nachijan (29), the content validation method was used to determine the validity of the questionnaire, in which the minimum agreement of two expert professors on the questions in terms of the clarity of each question for parents was the selection criterion.

In order to analyze the data obtained by the above questionnaires, descriptive statistics indices and methods are used to obtain the minimum, maximum, average and standard deviation values, and then from inferential statistics in the inferential findings section, the results of Pearson correlation tests, series regression at the same time, multiple regression was used using spss software version 21.

Results:

The results showed that among the examined people, they were divided into the first grade of middle school (131 people, 43.67 percent, the second grade of middle school with 93 people, 31 percent and the third grade of middle school with 76 people, 25.33 percent), 43.66 The percentage of respondents were experimental students, 31% were mathematics and 25.33% were humanities. It shows the distribution of frequency and percentage of respondents according to class. As can be seen, 178 of the respondents were from the second grade of secondary school, which is 59.33% of the total sample size, and the rest, 122 respondents were from the third grade of secondary school, which is 40.66% of the total sample size. It shows the distribution of frequency and percentage of respondents according to age. As can be seen, 36% of respondents are 15 years old, 37% are 16 years old, 24% are 17 years old, and 3% are 9 years old.

Table 1. Mean and standard deviation of the studied variables

Variable		Number	Maximum	Maximum	M	SD
Perceived parenting dimensions	Control	300	65	152	122/59	13/60
	affection	300	29	93	62/49	10/20
Dimensions of personality traits	Don't be nervous	300	23	51	37/90	9/30
	extroversion	300	24	39	29/40	4/79
	openness	300	24	40	32/65	4/76
	Agreeableness	300	21	222	30/19	12/03
	Duty oriented	300	15	42	23/13	7/34
Emotional Intelligence	Emotional Intelligence	300	61	102	77/60	12/31
	Excitement regulation	300	25	29	27/40	1/07
Dimensions of emotional intelligence	Perception and expression of emotion	300	20	42	26/78	6/59
	Take advantage of the excitement	300	16	31	23/42	6/27
	Managing emotions	300	18	28	22/28	3/20

According to the results of Table 1, it can be seen that among the variable dimensions of personality traits, neuroticism has the highest mean. Also, among the dimensions of parenting

styles and emotional intelligence, emotional control and emotion regulation respectively have the highest average.

Table 2. Pearson correlation coefficients between perceived parenting and emotional intelligence

Variable	Control	affection	Emotional Intelligence	Excitement regulation	Perception and expression of emotion	Take advantage of the excitement	Managing emotions
Control	1						
affection	-0/090	1					
Emotional Intelligence	0/440**	0/389**	1				
Excitement regulation	0/098	0/244**	0/671**	1			
Perception and expression of emotion	0/466**	0/322**	0/925**	0/785**	1		
Take advantage of the excitement	0/357**	0/384**	0/875**	0/321**	0/629**	1	
Managing emotions	0/139*	0/051	0/008	0/116*	-0/004	0/002	1
Significance at the 0.05 level *				Significance at the 0.01 level **			

According to the results of the Pearson correlation test, it can be seen that the dimension of control has a significant relationship with emotional intelligence and the dimensions of perception and expression of emotion, exploitation of emotion and perception and understanding of emotion. Also, the dimension of affection has a significant relationship with emotional intelligence and the dimensions of emotion regulation, perception and expression of emotion, and enjoyment of emotion.

Table 3. Pearson correlation coefficients between personality traits and emotional intelligence

Row	Variable	1	2	3	4	5	6	7	8	9	10
1	Don't be nervous	1									
2	extroversion	0/283**	1								
3	openness	0/034	0/198**	1							

4	Agreeableness	- 0/140 **	0/095	- 0/175	1						
5	Duty oriented	- /0473 **	0/361 **	- 0/298 **	0/144	1					
6	Emotional Intelligence	- 0/505 **	0/381 **	- 0/337 **	0/234 **	0/643 **	1				
7	Excitement regulation	- 0/199 **	0/310 **	0/019	0/061	0/289 **	0/671 **	1			
8	Perception and expression of emotion	- 0/206 **	0/408 **	- 0/260 **	0/171 **	0/547 **	0/925 **	0/785 **	1		
9	Take advantage of the excitement	- 0/740 **	0/266 **	- 0/392 **	0/270 **	0/638 **	0/875 **	0/321 **	0/629 **	1	
10	Managing emotions	- 0/137 **	0/086 **	- 0/199 **	- 0/058	0/043	0/008	0/116 *	- 0/004	0/002	1

According to Table No. 3, the Pearson correlation coefficients between the dimensions of personality traits and emotional intelligence are the following results:

1. The dimension of neuroticism has a significant relationship with emotional intelligence and all its dimensions.
2. Extraversion has a significant relationship with emotional intelligence and all its dimensions.
3. The dimension of openness has a significant relationship only with emotional intelligence, perception and expression of emotion and benefit from emotion.
4. The dimension of agreeableness has a significant relationship with emotional intelligence, perception and expression of emotion and benefit from emotion
5. The duty-oriented dimension has a significant relationship with emotional intelligence and all its dimensions.

Discussion and Conclusion:

Perceived parenting dimensions have a significant effect on the emotional intelligence of high school girls. According to the obtained results, the dimensions of parenting perceived in this way have a significant effect on the dimensions of emotional intelligence. The dimensions of control and affection are able to predict emotional intelligence, among the dimensions of parenting styles, only the dimension of affection is able to predict the dimension of emotion

regulation. Both dimensions of control and affection are able to predict the appraisal dimension of emotion. Both dimensions of control and affection are able to predict the exploitation dimension of emotion. In explaining this achievement, it should be said that emotional intelligence refers to a set of abilities that make it possible to process information about one's emotions and those of others. which, if nurtured well, enables a person to develop special skills and basic abilities of his emotional intelligence (30), on the other hand, Basharat, Asghari, Hadi Bahrami and Ghorbani (31), how to perceive parental affection as one They have considered it as one of the most important factors influencing children's emotional intelligence. Home environment is the most important and the first factor that affects the development of people's personality. Parents' ideals and aspirations, their parenting style, and emotional intelligence can all influence the shaping of a child's behavior and mental health (32). Through more love and participation of parents, in parenting and teaching emotional intelligence skills, it prevented the harmful effects of self-handicapping behavior in children (33).

In explaining the significant effect of affection dimension on emotion regulation dimension, it can be said that parents who through recognizing emotions, regulating emotions, finding ways to calm themselves and control emotions and express these emotions in the right ways, whether through education with speech and direct behavior or through Through modeling, they organize things in such a way that others and especially their children enjoy them, or they look for activities that will make the child happy, or if the teenager is indifferent to his influence on others, they correct him, or this ability have the ability to change his mood and help him to have a good mood and to choose the right paths in the mentioned cases, all these cases show the effect of the child's perception of parenting styles and in fact its output as emotional intelligence (emotion regulation)) be

In explaining the dimensions of control and affection on the dimension of emotional evaluation, it can be said that teenagers need to evaluate their emotions in various cases such as starting a new job, conflicting feelings, expecting failure in different situations, and this is manifested by parents and (control and affection). It is found and manifested.

In explaining the dimensions of control and affection on the dimension of exploiting emotions, it can be said that teenagers need to talk to others and face their problems, face obstacles, understand non-verbal messages, re-evaluate important and unimportant things, find new solutions, preserve feelings and appreciate others. to the evaluation of one's own emotions, and this shows the impact of perceived parenting dimensions on the evaluation dimension of emotions.

According to the dimensions of the personality traits of neuroticism, extroversion, openness and task orientation, they are able to predict emotional intelligence. In general, personality characteristics determine the type and extent of experiencing emotions, and this issue also affects emotional intelligence, which is consistent with the studies of Landa, Martos and Zafra (34), Tok and Moral (35), and Hosseini Nesab and Mohammadi (36). is . Among the dimensions of personality traits, the three dimensions of neuroticism, extroversion and agreeableness have a significant relationship with all dimensions of emotional intelligence. The dimension of openness has a significant relationship with the two dimensions of emotion evaluation and emotion exploitation. The dimension of agreeableness has a significant

relationship only with the dimensions of emotion evaluation and emotion exploitation. which is in line with the studies of Shafii Tabar, Khodapanahi and Sadekpour (37).

In explaining this finding, it can be said that since personality consists of relatively stable and unique patterns of thoughts, feelings and actions of a person, on the other hand, it should be said that personality is different from character, because character is related to professional ethics, moral principles, Values, honesty and reliability are related (11) Therefore, proper treatment of children and teenagers is of particular importance and misbehaving with teenagers will lead to the formation of inappropriate personality traits and increase risky behaviors in them. (38) Considering the importance of children's mental and physical health, the issue of the impact and impression of these two variables (emotional intelligence and personality traits) is very important and of particular importance in the education of adolescents. Therefore, by teaching emotional intelligence and considering the dimensions of personality traits such as neuroticism; Based on chemical studies, behavior and Soltanifar (39) extraversion and task orientation have a significant effect on emotion regulation. In explaining this finding, it can be said that intimacy, collectivism, decisiveness, vivacity, excitement, competence, order, conscientiousness, striving for success, internal order and inflexibility all somehow indicate the characteristic of making others happy, enjoying being with others. , empathy and solving problems easier and being resistant to the challenges ahead, all of which are characteristics of the dimension of emotion regulation.

The dimensions of extroversion, openness and duty-oriented have a significant effect on the evaluation of emotions. In explaining this finding, it can be said that the mentioned personality traits need to be evaluated and investigated in the adolescent's personal and social life, for example, in order for the adolescent to attend properly and Success in communicating with others requires using the three mentioned characteristics and their dimensions to remove possible obstacles such as false self-confidence.

Also, among the dimensions of perceived parenting, the dimension of affection is able to predict the dimension of neuroticism. None of the dimensions of parenting styles can predict the extraversion dimension. Both dimensions of control and affection are able to predict the dimension of openness. None of the dimensions of perceived parenting styles are able to predict the dimension of agreeableness. Only the control dimension can predict the task orientation dimension. In explaining this finding, it can be said that according to Bamrind's theory, the authoritative parenting method includes acceptance and close relationships, adaptive control methods, and appropriate independence. Authoritative parents are intimate and caring and sensitive to the child's needs. They establish a pleasant and emotionally satisfying parent-child relationship that draws the child to a close relationship. At the same time, authoritative parents are decisive and They apply reasonableness; They emphasize mature behavior and give reasons for their expectations, and finally, authoritative parents gradually give appropriate independence to the child and allow him to make decisions in the fields he is ready for. Authoritative upbringing during childhood and adolescence is related to several aspects of competence - optimistic mood, self-control, perseverance in task, cooperation, high self-esteem, social and moral maturity and good academic performance (40).

In explaining the dimension of affection over the dimension of neuroticism, it can be said that since the personality traits of neuroticism include anxiety, anger and resentment, depression, self-consciousness, impulsivity and vulnerability to stress, it is not far from expected that loving parents can have a significant impact on teenagers to improve their performance in society.

In explaining the meaningfulness of the dimensions of control and love over openness, it can be said that teenagers need both dimensions of control and love to have a positive understanding of emotions, to be interested in having different activities and going to new places, to understand new and unusual aspects and to be ready to change values. It is related to the parents, and this can indicate the significant impact of affection and control on openness. In explaining the significance of the control dimension over the duty-oriented dimension, it can be said that parents' efforts to develop competencies, discipline, conscientiousness, striving for success, internal order and flexibility will be done with the help of the control dimension, and this shows the significance of the control dimension over the dimension. It has a duty orientation.

Limitations:

1. This research does not include boys and has limitations to generalize the results.
2. The current research does not include the first secondary level and has limitations to generalize the results.
3. Relying on questionnaires as the only way to obtain information
4. Failure to pay attention to the psychological characteristics of the studied adolescent girls when filling out the questionnaire.

Suggestions:

1. The results showed that parenting styles are a variable affecting emotional intelligence. Therefore, holding workshops on correct parenting methods can have an effective role on emotional intelligence in particular and family health in general.
2. It is suggested to teach the role of emotional intelligence in mental health by holding special courses for students.
3. In different situations such as family education meetings; The necessary information and knowledge about parenting methods should be provided to parents.
4. By holding workshops and using experts, about topics such as; Emotional intelligence and personality traits should be given the necessary training to parents.
5. By preparing brochures with themes; Parenting styles, emotional intelligence, and personality traits increased parents' awareness of these issues.
6. Using extracurricular classes; And inviting psychologists to talk about issues such as parents' parenting styles, emotional intelligence and personality traits and their direct relationship for parents and adolescent girls.
7. Through mass media such as radio and television, the necessary knowledge and awareness about parenting styles, emotional intelligence and personality traits should be provided to parents and children.
8. The role and importance of children's perception of parenting methods and the necessity of taking parenting skills seriously and improving parenting skills should be told to parents.

9. Holding a workshop to cultivate and promote emotional intelligence in students.

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Conflict of interest

The authors of the article have no conflict of interest.

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